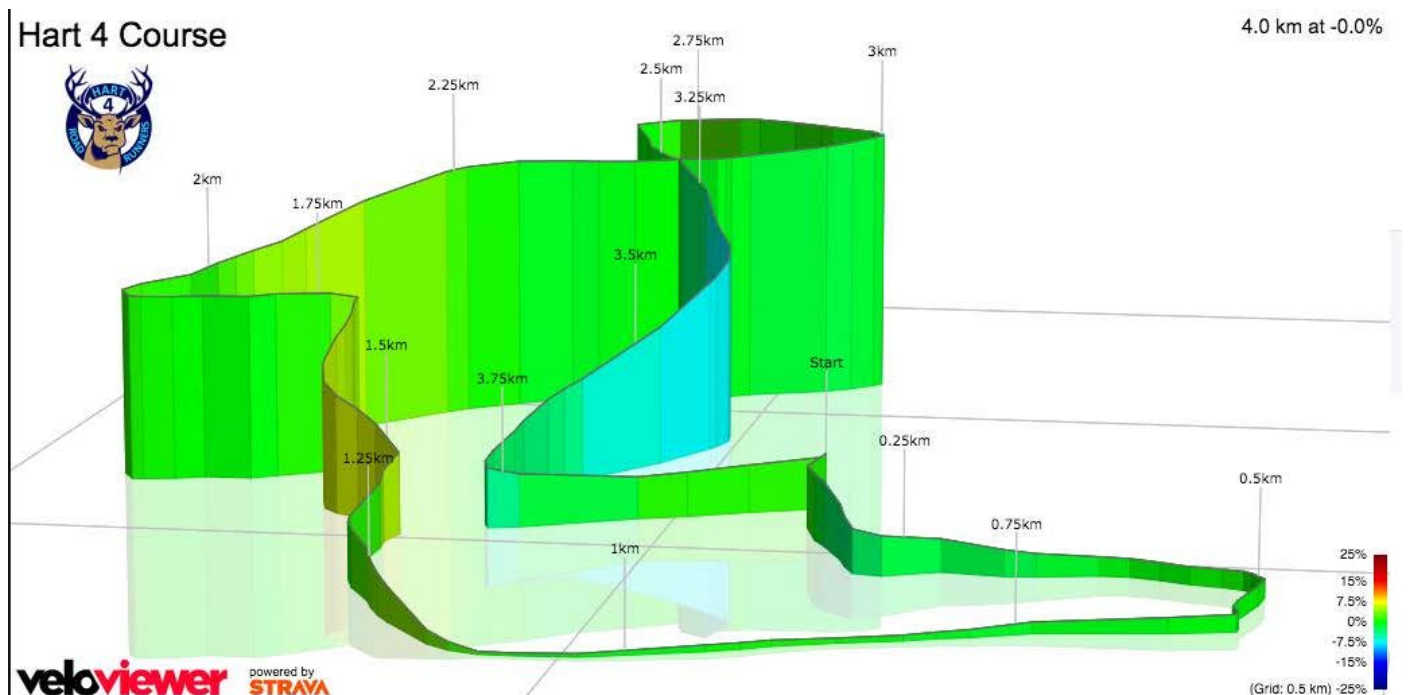


## Timings for the Hart 4

<b>From 8.30am</b>	Registration / Race HQ will be open to collect your race packs (race numbers with chip timers, relay baton and litter bag) and make any last minute changes to your team details if needed
<b>10.10am</b>	Claire from <a href="#">Hartoutfit</a> will take us through a warm-up routine
<b>10.20am</b>	The first runner from each team to assemble at the start line
<b>10.25am</b>	Brief race instructions and safety briefing
<b>10.30am</b>	Race is started by <a href="#">Paula Fudge</a> , former World 5000m record holder and Commonwealth Gold medal winner
<b>10.45am approx.</b>	The race leader returns from completing their 1 <sup>st</sup> lap and hands their baton to their team mate
<b>During the Hart 4</b>	Free children's face painting, a colouring competition, a roving magician and balloon sculpture will be available to keep children and adults alike entertained. Visit all our sponsors in the Race Village and maybe purchase some award winning sausages, have a free massage, sample some beer, peruse the latest running equipment and nutrition, join a gym or even buy a house! We will have race updates, announcements and music throughout the event too.
<b>2.00pm onwards</b>	Goody bags and medals can be collected by runners who will not be running any further laps. Please present your running number to collect your goody bag/medal at the Race HQ.
<b>2.30pm</b>	At exactly 4 hours after the start of the race, the Start/Finish line will be closed off. Runners that have crossed the Start/Finish line before the 4 hour time is up, will be allowed to complete their final lap.
<b>3.00pm</b>	Prize giving to the 1 <sup>st</sup> and 2nd male, female and mixed teams as well as fastest male lap, fastest female lap & "Most Value For Money" lap.

## Can you describe the course to me?

The course is a 4km loop on woodland, grass and gravel paths. It will be fully marshalled and signposted.



# Map of Route / Parking / Race Village



# Detailed Map of the Race Village



## HART 4 Race Village

- 1 Alton Sports
- 2 Superfeet & Massage
- 3 Elusive Brewing
- 4 Square One Massage
- 5 Everyone Active
- 6 DMP
- 7 Kids entertainment
- 8 Radio Frimley
- 9 Score board



**Athlete Camp**  
Feel free to set up team and running club camps here. Gazebos (with 6" pegs) allowed.

**Hometown Catering**

**Registration & Race HQ**

**First Aid Toilets**

**Water**

**Car Park**

**Start / Finish**

**Exchange Zone**

**Incoming runners**

**Outgoing runners**

Not drawn to scale

In the Race Village you will find the following companies/sponsors, please visit them during the day

**Alton Sports** – selling anything you might need on the day, from spare kit to energy gels.

**Square One** – providing free massage and injury advice.

**Superfeet** – providing free massage as well as prizes to the winning teams.

**Waterfords** – meet the Waterfords team, especially if you are thinking about buying, selling or renting in the area.

**Elusive Brewing** – showcasing our event beer - The Hart 4 Trail Ale!

**Everyone Active** – meet the team behind the current and new Hart Leisure Centres.

**DMP** – selling all sorts of running gear to keep you going.

## **Prize Giving**

Winning prizes will be awarded for the 1<sup>st</sup> and 2nd male, female and mixed teams as well as fastest male lap, fastest female lap & “Most Value For Money” lap. The team winners are determined by the most laps completed, if two or more teams complete the same number of laps, the winner will be the team with the quickest overall time. The Race Director’s decision is final.

Prizes will be awarded at 3.00pm by the Race HQ, presented by Charles Boffin from ClearView and Paula Fudge, former World 5000m record holder and Commonwealth Gold medal winner.

## **Spot prizes**

We have received some wonderful gifts from some of our sponsors that will be donated as Spot Prizes to finishers. These include a 40 minutes massage session, a running kit hamper, 5 packs of Event Clips and some limited print Hart 4 T-shirts.

## **Results**

Full results will be available shortly after the race on the [Hart 4 website](#).

## **Photographs**

There will be several photographers around the course so please smile as you pass them! All photos will be available for free download. Links will be provided on the [Hart 4 website](#).