

Hart 4 Trail Relay Race

Sunday 12th August 2018

YOUR RACE DAY INSTRUCTIONS



Hart 4 Trail Relay Race

Sunday 12th August 2018, race start 10.30am



Welcome to the Hart 4 2018 and thank you for entering your team. Here are the final race day instructions that we hope will answer all your questions and provide you with the important information you need for maximum enjoyment of the Hart 4.

What is the date and when does the Hart 4 race start?

Race date is **Sunday 12th August 2018** and the race **starts at 10.30am**. The race finishes 4 hours later at 2.30pm.

How do I get there?

The Hart 4 is located in the Minley Woods on Ministry of Defence (MOD) land just off the Minley Road, near Camberley, Surrey on the A327. The postcode of **GU17 9UA** will take you to Minley Road. Please look out for Hart 4 signs from the M3 & A30 that will direct you to the event; *see the example here*. There will be marshals in Hi-Vis yellow jackets at the MOD land entrance from Minley Road to direct you to the car park.



Driving Directions

From the M3 (heading north from Basingstoke/Southampton).



Leave the M3 at Junction **4A**, sign posted Farnborough (W) A327 and Fleet (A3013).

Follow the slip road from the motorway to the roundabout. **Head straight** across the roundabout, following signs for Reading A327. You are now on the Minley Road.

Continue on this road for 1 mile, passing the Crown & Cushion pub (0.4 mile) on your left, and then Hawley Lake (0.7 mile) on your right. Prepare to turn left into the MOD land entrance. There will be a marshal at the entrance.

From M3 (heading south from Bracknell/London)



Leave the M3 at Junction **4A**, sign posted A327 Farnborough (West) and Fleet (A3013).

Follow the slip road from the motorway towards the roundabout. Merge left into the filter lane at the roundabout following the sign for Reading, Blackwater, Yateley A327. You will drive over the M3 and then at the next roundabout **turn left** again. You are now on the Minley Road. Continue on this road for 1 mile, passing the Crown & Cushion pub (0.4 mile) on your left, and then Hawley Lake (0.7 mile) on your right. Prepare to turn left into the MOD land entrance. There will be a marshal at the entrance.

From the A30 (from Camberley)



Heading away from Camberley/the large M&S/Tesco roundabout, travel 2.2 miles until you pass The Ely pub (on the right) and then **turn left** at the roundabout sign posted Farnborough A327 (also Minley/Cove). At the next roundabout (200m), **turn left** following signs to London/Southampton M3 and Gibraltar Barracks.

This is the Minley Road. Continue for 0.8 mile, passing the Gibraltar Barracks on your left (0.3 mile), continue onwards and then prepare to turn right into MOD land. There will be a marshal at the entrance.

From the A30 (from Basingstoke/Hook/Hartley Wintney)



Follow the A30 until you pass Blackbushe Airport on your left. At the next roundabout **turn right** following London/Southampton M3 signs. At the next roundabout (200m), **turn left** following signs to London/Southampton M3 and Gibraltar Barracks. This is the Minley Road. Continue for 0.8 mile, passing the Gibraltar Barracks on your left (0.3 mile), continue onwards and then prepare to turn right into MOD land. There will be a marshal at the entrance.

Remind me of the race format?

The Hart 4 is a team relay event run off-road through the Minley Woods near Fleet. Teams of 4 will run as many laps of a 4km woodland course as they can in 4 hours; the winning team will be the team with the most recorded laps. If two or more teams complete the same number of laps, the winner will be the team with the quickest overall time.

How does it work exactly?

The first runner from your team will line up on the **start line at 10.30am**, when the gun goes off, they will run a lap and as they return to the Start/Finish line they pass the baton to runner 2 (*who will be waiting in the runner handover area – see explanation of runner handover area later*). Runner 1 exits the course and takes a well-deserved rest. Runner 2 will run their lap and then pass the baton to runner 3, runner 2 exits and runner 3 starts their lap, and so on. Runner 4 passes the baton back to runner 1 (or runner 2 or 3 if you wish) and you carry on trying to complete as many laps as you can in the 4 hours. Two important things to note:

1. **There will only ever be one runner from your team running on the course at any time.**
2. **Runners can run in any order and for as many laps as you wish, provided each runner completes at least one circuit.**

Your chip timers will be automatically linked to your other team members. You will be provided with individual chip lap times as part of the final results. You can run in any order you like and change the runner order as the race progresses. The magic of chip timing will record your total team laps and times as well as your personal times.

Your Relay Baton



Within your race pack, you will have a blue band. This will act as your “**relay baton**” for the entire event. The baton must be worn by your first runner when the race starts and then it needs to be passed to each and every subsequent runner in your team that will be on the course running a lap for the whole race.

Do we have to run single laps?

No, if a runner wants to run two laps continuously (or even more) without handing over the baton this is fine. As you pass the Start/Finish line after completing your initial lap just keep going for your second lap. All runners in a team have to run at least one lap though.

Where do I collect my T-shirts and race numbers?

All team race packs are to be collected from the **Registration HQ from 8.30am onwards** on the day of the event. One representative from each team can collect their team's pack, the whole team does not need to be present.

To ensure smooth handover of your race pack, please make sure you know your TEAM NAME when collecting your pack thank you. Your Hart 4 T-shirts will be in your race pack, with the sizes you entered by the cut-off date.

Each runner's race number will have a chip timer on the back of the number. Please do not remove your chip – it does not need to be worn on your ankle. You must collect your race number before competing. Attach your race number to the front of your vest/T-shirt (limited pins available at Race HQ). Do not alter your number please.

Your race pack will also include a litter bag, please use this to put any rubbish in you have and please tie it up at the end of the event. Large "Hippo Bins" will be available onsite to deposit your rubbish bag into.

Where do I park?

All cars will park on the field adjacent to the Race Village, this will be approx. 100m from Race HQ and the Start/Finish line. Please follow the instructions of the car park marshals as you enter the Minley grounds. There is no charge for car parking.

Food and drink

[Hometown Caterers](#) will be onsite selling award winning Hampshire sausages, burgers and cold/hot drinks. They can provide gluten-free options too. In addition, there will be an ice-cream van onsite too to help you cool down after your lap and Ground Café, a speciality coffee vendor.

If you wish to bring your own food and drink this is absolutely fine too. This event is over 4 hours so please ensure you **hydrate regularly and bring extra fluid for you and any supporters.**

Water, kindly provided by **Fleet and Crookham Athletics Club**, will be available post-lap for runners. Please dispose of any rubbish in your litter bag provided in your race pack.

Timings for the Hart 4

From 8.30am	Registration / Race HQ will be open to collect your race packs (race numbers with chip timers, relay baton, T-shirts and litter bag). Remember your team name to collect your race pack.
10.10am	Claire from HartOutfit will take us through a warm-up routine
10.20am	The first runner from each team to assemble at the start line
10.25am	Brief race instructions and safety briefing
10.30am	The gun sounds and the Hart 4 is underway.....
During the Hart 4	Free children's face painting, a colouring competition and Professor Twist and his balloon sculpturing will be available to keep children and adults alike entertained. Visit all our sponsors in the Race Village and purchase some award winning sausages, coffee or ice-cream, have a massage or peruse the latest running equipment. We will have live race updates via an automated scoreboard so you can check your team positions. There will be general announcements and music throughout the event too. PLEASE NOTE: the Childrens Entertainment Tent is NOT a crèche. The Hart 4 is not responsible for the care and supervision of your children.
2.00pm onwards	Medals can be collected by runners who will not be running any further laps. Please show your running number to collect your medal at the Race HQ.
2.30pm	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.
3.00pm approx.	Prize giving to the 1 st , 2 nd and 3 rd male, female and mixed teams as well as fastest male & female lap. Raffle prize draw: all runners are entered, your race number is your ticket to win one of our fabulous prizes from our sponsors, you and your number must be present to win!

Toilets

Toilet facilities are located near the Start/Finish and car parking field. We have ordered enough toilets so please use those and don't be tempted towards the nearby woods.

What will the weather be like?

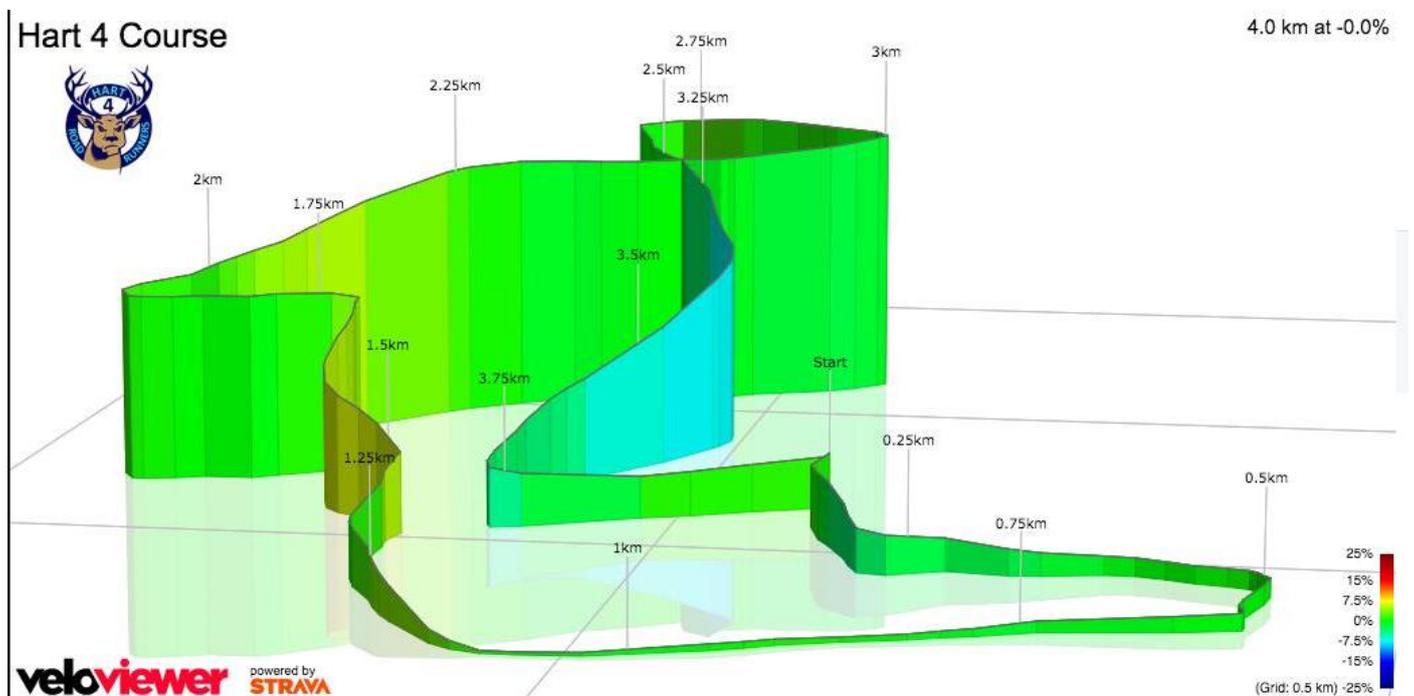
Please check the weather forecast for the few days leading up to the event. If it is going to be sunny, please ensure you bring sun cream, **adequate water/drinks**, deck chairs and sunshade/gazebos. Currently there is a low chance of rain, so please prepare accordingly – maybe some spare dry clothes and use your gazebo as a rain shelter!

Other Rights of Way Users

Although the Hart 4 is on MOD land, the area is open to all other users, and so you may encounter other members of the public (dog walkers, cyclists, recreational walkers). Please be courteous. They will be aware a race event is taking place due to signage at all entrance points to the MOD land.

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.



Health and Safety on the course

➤ **EXTREME FIRE RISK** The area in which we run the Hart 4 is currently extremely dry and poses a very high fire risk. There is no significant rain forecast before the event to reduce this risk. Please abide with the following:

1. There is absolutely **NO SMOKING** allowed once on the military training area for the whole duration that you are there. (NO smoking is a military requirement on their land – whatever the weather)
2. There must be no naked flame used, including no BBQs, no camping gas cookers and nothing that generates heat likely to cause a fire (Motor vehicles are parked away from the event village, so less of a risk)
3. Please be extra vigilant with glass bottles, reading glasses and similar as if left in direct sunlight they could easily create a fire
4. You are solely responsible for your supporters and children that you bring to this event.

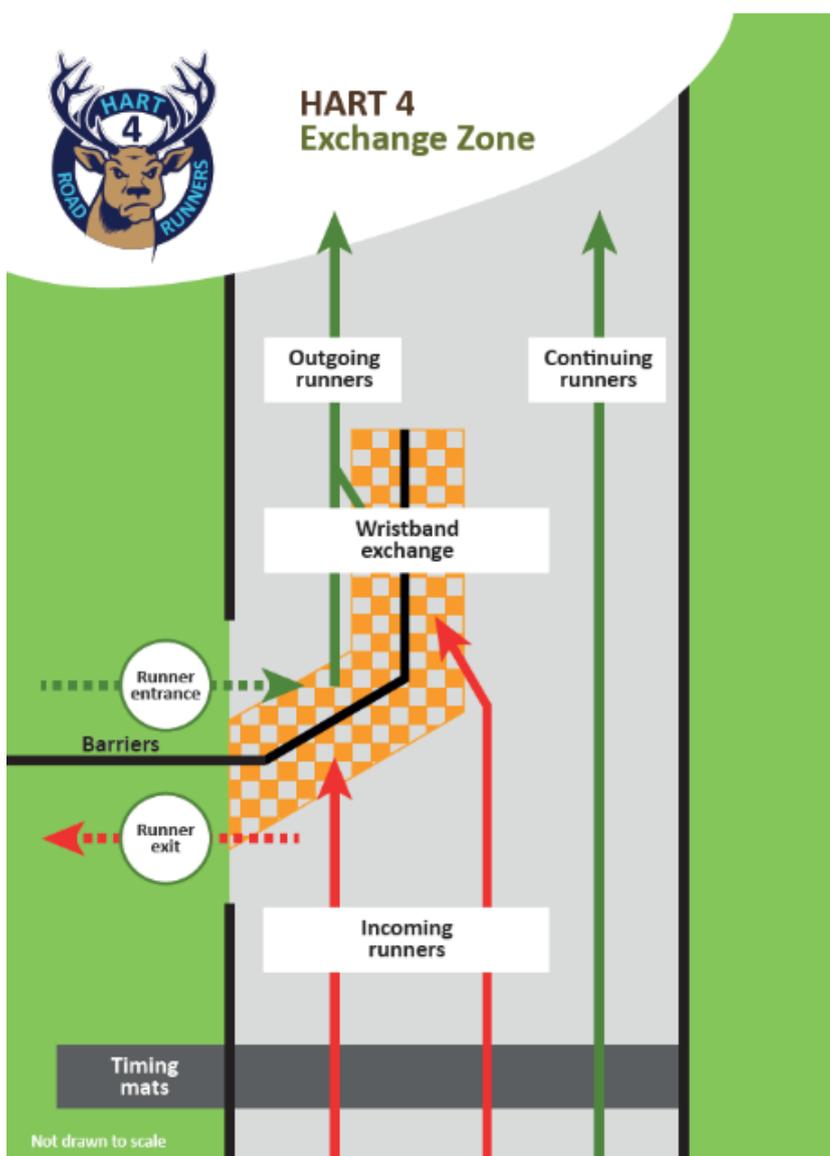
Fire marshals will be patrolling the area, and anyone who is not complying with these rules may be asked to leave.

- **No headphones when running during the race please**, although the route is car-free, the event is held under a UK Athletics Licence, which stipulates no headphones during the event thank you.
- **Please run on the left where possible**, some parts of the course are narrow and this will allow faster runners to pass on the right hand side as the event progresses.
- **Please be observant**, we run on woodland paths and grass trails so keep a lookout for tree roots and other natural obstacles.
- **Marshals will be present at each turning point on the course**, should you encounter difficulties while on your run or if you spot another runner in difficulty, please approach the nearest marshal. They will have radio contact with Race HQ and can request help from Medical Services.
- **Medical conditions**, please bring any medication with you that you normal need, eg asthma inhalers.

Runner Handover Process & Rules

Upon completing their lap, runners will cross the Start/Finish line and then approach the exchange zone at which point they will hand over their baton to another member of their team (throwing batons is not permitted). All outgoing runners must wait within the exchange zone to receive the baton before starting their lap. Anyone setting off before receiving their baton will be disqualified. Exchanges can be made along the entire length of the exchange zone, so spread out – but, do not leave the zone without your baton.

For the brave runners who want to continue straight onto a second lap and not pass on to a fellow team member, they can run straight past the zone.



Please be aware of runners approaching the zone at speed and leaving the zone at speed - please take care to not to impede or slow down others. Take care when leaving the exchange zone to start your lap, as it will be busy. Incoming runners who have completed their handover should leave the course via the exit in front of the exchange zone.

The exchange zone is **not a spectating area** and is for runners about to start a new lap only. Please take care in this zone as runners will be constantly setting off on new laps. Runners leaving the exchange zone should look before they run. Do not grab your baton, turn and run without knowing who or what is around you. All runners entering and leaving the course must do so at the exchange zone.

The end of the race

All laps started before the end of the 4th hour can be completed and will count towards your team total. No laps can be started after the end of the 4th hour, therefore plan the last hour carefully to ensure you get that last lap in!

Map of Route / Parking / Race Village



Prize Giving and Raffle

Prize giving and the raffle will take place at approx. 3pm by the Race HQ. Our main event sponsor, Clearview, will award prizes. Winning prizes for the 1st, 2nd & 3rd male, female and mixed teams as well as fastest male and female lap. The Race Director's decision is final.

Raffle prize draw: all runners are entered, your race number is your ticket to win one of our fabulous prizes from our sponsors, you and your number must be present to win!

Spot prizes

Our generous sponsors have donated spot prizes, so even if you do not expect to win the race, you may still win a prize. The spot prize winners will be announced during the race.

Results & Photographs

There will be several photographers around the course so please smile as you pass them!

Results and **free downloadable** photos will be provided on the [Hart 4 website](#) and the [Hart 4 Facebook Page](#).

Leaving after the Hart 4

We will have several hundred cars onsite and most of them will wish to depart at a similar time. We have just one exit back to Minley Road and to avoid queues and congestion, **all cars will need to turn left** onto Minley Road when leaving the site. This speeds up the departure process for all and avoids cars having to turn right across a potentially busy and fast road. If **you need to join the M3**, then please travel along the Minley Road (towards the A30) and then make a U-turn at the first roundabout to head back to the M3.

A BIG THANK YOU TO ALL OUR SPONSORS FOR HELPING TO MAKE THE HART 4 HAPPEN

Main event sponsor



Race Village, Spot Prize & Goodie bag sponsors



Thank you to everyone that made this possible!

A huge thank you to all the runners and teams that have entered this event, we hope you have a great time. And a huge THANK YOU to all our sponsors.

Post-race feedback

If you have any feedback on how we can make the Hart 4 even better, we'd love to hear from you. Our Runner's World event listing can be found [here](#) – please can you take a few minutes to let us know what you thought.

Or alternatively, your feedback can be shared on our [Hart 4 Facebook Page](#) or email us via the Contact page on the [Hart 4](#) website.

Wishing you all great fun and a fabulous time, **The Hart 4 Organising Team**

The Hart 4 is a Hart Road Runners event. Hart Road Runners is a friendly running club based in Fleet, Hampshire. For more information on Hart Road Runners, including how to join, please see our club website www.hartroadrunners.co.uk