**BRITISH AIRWAYS CLUBS "CONCORDE" Open 5 Mile** **Sunday 5th June 2016**

Licence no 2016-23185

**Please read these notes carefully and study the runners map provided.**

**Race HQ is at the Imperial College Heston Sports Ground (formally known as the Concorde Club), Crane Lodge Road, Heston, Middx., TW5 9PQ**

**Please check that your details on the list of participants posted at the Concorde Club are correct as they will be used for determining age group and team prizes. Please notify any discrepancies to the Entries Co-ordinator at the pavilion before the start.**

**Event Schedule:**

* Leave Race HQ to get to start for fun run 09:40 (latest),
* **Fun run start 10:00,**
* Leave Race HQ to get to 5 Mile start 10:00 (latest),
* 5 Mile race briefing (at start) 10:20,
* **Race start 5 Mile 10:30,**
* First 5 Mile finisher: from 10:55,
* Prize giving: 12:00 in the Pavilion.

**Traditional Sunday Lunch 12:30 onwards.** Adult £10.00 or £13.00 with dessert, Children £6.50 with dessert. Heston Venue Restaurant (Advance booking required – if you did not make a booking on your entry form please do so by calling Heston Venue Reception on 0207 594 6868 or e-mail alastair.heslop@ba.com by Thursday 2nd June).

**Car parking for competitors and spectators:**

Please use the car park at the Race HQ. The car park at St Dunstan's church is for race officials and churchgoers only. Church Road is not suitable for leaving parked cars. **No dogs in the Heston sports grounds, please.**

**Arrival:**

Please plan your journey so as to arrive at the Race HQ by **09:45** at the latest for the **5 Mile** and **09:15** for the **Fun Run**, so that preparation can be completed in time and you have time to get to the start.

**The start is about half a mile from the Race HQ. Allow time for your warm-up jog to the start which is reached via Church Road. A Zebra Crossing is available for crossing Cranford High St.**

Tracksuits etc. may be handed in & will be kept under cover during the race near the finish. Please bring a labelled bag.

**Competitor numbers:**

We are enclosing your event number. It must be worn on the **front** of your vest/T-shirt, attached at all four cornersthroughout the race. Pins will be available from the Entries Co-ordinator. In case of a situation arising please write on the back of your running number emergency contact details for a friend or relative and please also write details of any medical condition, allergies or medication used that someone treating you needs to know about. Alternately wear a wristband with ICE information upon it.

**Changing, showers and toilets:**

There are changing rooms at the Race HQ Sports Complex. Please do not leave any belongings in the changing rooms during the race. Shower facilities will be available after the event. There are toilets at the Race HQ.

**Refreshments:**

Water will be available at about the half way point and water/squash at the finish.

**Medical Cover:**

St John Ambulance personnel will be covering the race. Should you need assistance, speak to one of the marshals, who will help you to locate them.

**Course Suitability:**

The course is not suitable for wheelchairs, pushchairs or by runners with dogs. For those with disabilities please advise us before the day of the event if you would anticipate needing assistance on the route or before/after the event.

**Runners on the course:**

The course includes metalled roads, paths and cycle tracks and some pavement. With the exception of the start in Church Road the roads will not be closed to traffic.  **Runners must keep to the pavement or the left hand side of the road except where directed by marshals or the police. Along the A4 & A312 runners must keep to the footpath or be liable to disqualification.**

**Headphones are not allowed in this event:**

The course features significant stretches on or alongside roads that are not closed to traffic. This event is staged under the UK Athletics Rules for Competition and this includes the necessary 3rd party insurance. The UK Athletics Rules have been updated to state that headphones must not be worn in events with courses that include running on road carriageways that are not completely closed to traffic. The concern is that headphones may prevent runners from hearing approaching traffic and/or marshals instructions. For this reason, from this year, we have to forbid the use of headphones and other earpieces and we are prepared to disqualify anyone who has them. If you have a medical reason for needing to run with earpieces please advise us before the start.

**Lead Cyclist:**

A race marshal will cycle ahead of the leading runner.

**Distance and distance markers:**

The course has been accurately measured (certificate **SEAA 13/097**) and is a full 5 miles. Each mile will be marked. Over the final 500m, 500m and 200m signs mark the approach to the finish, as the finish line will be hidden from the view of runners.

**Finish Procedure:**

Please make sure your number is clearly displayed as you cross the finish line and that your number has been recorded at the end of the funnel. All finishers will receive a commemorative horse-brass. Water/squash will be available at the finish. After finishing please keep clear of the course and allow slower runners to have a clear run to the line.

**Retirements:**

If you are forced to withdraw from the event before reaching the finish please inform a Marshall wearing an orange or yellow waistcoat. Transport will be arranged if necessary.

The **last runner** on the course will be followed by a race official on a bicycle wearing an orange or yellow waistcoat.

**Time Limit:**

There is a time limit of 75 minutes. If any competitor seriously doubts his/her ability to complete the course within 60 minutes they are asked to contact Alastair Heslop on alastair.heslop@ba.com or 01483 855138 (evenings) **before** Thursday 2nd June to discuss the possibility of an early starting time. To try to ensure that the prize giving can start on time (at 12 noon) the official timekeepers will be withdrawn at 11:45.

**Back at the pavilion:**

While the results are being analysed, soft drinks and snacks will be available. The bar will be open from 1200 - 1300.

**Prize Giving:**

There will be prizes for the leading men and women and a range of age group winners. The male and female winners will hold the Concorde 5 Mile trophies for a year. The leading British Airways Athletics Club lady and man will hold the George Lambert Trophy jointly for a year.

**Team Competition:** There is a team competition. Team results are based on 3 competitors per team and lowest cumulative position. Competitors need to state the team for which they are competing on their entry forms or in writing before the start of the race. Competitors may compete for their first or second claim clubs. First prize will be awarded to the lowest scoring team from those clubs affiliated with UK Athletics. Credit will also be given to two other finishing teams which may include non-affiliated clubs or teams.

The event is also a London Business House event and additional team prizes will be presented to the top performing teams.

**Adopted Charities**: The British Heart Foundation will receive a minimum donation of £1 per Concorde Five entry and a donation will be made to St John Ambulance in thanks for their services.

**Results:**

The results will be sent to all competitors who supplied a (legible) e-mail address on their entry form. Paper copies will be sent to any competitor depositing a stamped self-addressed envelope (9" x 6") with the Entries Co-ordinator before the start or at the prize giving. Alternatively, the results will be published on our web-site <http://barunner.org.uk/Event_Concorde.shtml> a day or so after the race.

**Public Transport – see** [**www.tfl.gov.uk**](http://www.tfl.gov.uk) **for more information:**

**Travelling by Bus:**

There are 3 buses which travel close to the Race HQ. The 105 and H28 stop just short in ‘High Street’ (Opposite Cranford Community School). The 111 stops in ‘Cranford Lane’ with the closest stop being near to the Queens Head Public House. There is a short 3 or 4 minute walk, from either of these stops to the Race HQ. Bus E6 stops in Carfax Road 0.5km from the start although this is via a short cut subway under the M4 which is not signposted for the event.

**Travelling by Train:**

The nearest train stations are Southall or Hayes&Harlington. From Southall station, take the 105 towards Heathrow. From Hayes&Harlington there are various bus options, including E6 to Bull’s Bridge Tesco and then H28 to High Street or 195 bus (towards Ealing Hospital) to Southall/Brent Road and then a 105 (towards Heathrow). In all cases, see the directions for ‘Travelling by Bus’.

**Travelling by Tube:**

The easiest tube station is Hounslow East. From here you will need to catch a 111 bus to High Street Cranford. See ‘Travelling by Bus’.