

Ware Joggers Present...



SUNDAY 3rd July 2022

Thank you for signing up for the Ware Festival of Running 2022 and helping us to raise funds for **Essex and Herts Air Ambulance**.

This is our 13th year of the race taking place in its current venue, and we are excited to be using the same routes that we used in 2018 and 2019.

I would like to take this opportunity to thank all of our marshals/helpers and my amazing committee who have worked so hard to put the event together.

In line with government guidelines we ask you not to attend if you are Covid positive.

**The start times are 10M 9:30 and 10K 9:45** Runners will be asked to enter the start funnel in their expected finish time section. We will return to our Gun to tape finish times for the winners this year.

We look forward to seeing you on Sunday 3rd July.

Carol Hayward

Race Director

Race licence no: UKA 2022-44024

### Race HQ Venue

**GlaxoSmithKlyne Cricket Ground**

**Park Rd Ware SG12 0DP**

**Parking (opens 7:45 am)**



There is plenty of parking at race HQ with marshals who will direct you. We do not charge for parking but we would welcome donations for our charity **Essex and Herts Air Ambulance**

***The car park will close at 9am before the races start.***

***Entry and departure will be limited during the race to ensure runner safety.***

### Race Numbers (and T.shirts if you wish)

- These can be collected in advance from **OUR STALL** at the **WARE FESTIVAL** on **SATURDAY 2<sup>nd</sup> JULY** 12noon - 4pm at the following address - The Priory, High St, Ware SG12 9AL
- If collecting for someone else please bring their registration email.
- If you are collecting on the day please arrive in plenty of time to avoid queuing. Registration opens at 8am.
- It is essential that you complete the information on the back of your race number.



**Toilets** Toilets will be available at the edge of the car park near the entrance to race HQ.

**Bag Drop** Please feel free to use our free bag drop. Please attach the tear off label from your race number to your bag. Alternatively leave your bag securely in your car. (The carpark is 2 mins from race HQ)

### Refreshments

Tea, coffee, cold drinks, cakes and ices will be available all day. Please try to bring loose coins to avoid us having to give change.

**We will also have a card reader available.**



## Race Information

### Start times

- **10Mile start time 9.30am**      **10Km start time 9.45am**
- Start areas will be marked with times – please choose the area most appropriate to the time you think you will run the race.

### Race Briefing

**There will be a short race briefing before each race starts please try to listen – even though you are anxious to get going!!**

### First Aid Stations

First aid station at Race HQ and one on the course as well as a first aid bike. If you feel unwell please tell a marshal and they will get help for you.

### Water stations

- Please carry additional water if you wish to do so.
- There are three water stations for the 10K and six water stations for the 10M route. Please pick up the water cup as you pass.
- It is likely that the day will be warm, please ensure you stay hydrated.
- Even though our cups are biodegradable please use the bins provided for both cups and do not litter the course.

### Headphones

- In compliance with our race license with UK Athletics, runners are NOT permitted to wear headphones for races which include parts run on roads. We therefore have a no headphones rule. Please contact our Race Director in relation to wearing bone conductors.
- Any runner using 'normal' headphones could be disqualified.

### Marshals/Course

- **Both 10M and 10K will be fully marshalled** – please listen to our marshals for instructions on directions and other information.
- Please run single file along the tow path – the public have right of way. **Do not go in the river.**
- We have set a time limit of 3hrs and encourage you to try to finish within this time frame.
- There will be front bikes and tail runners for both distances.

### Medals and T.shirts

All finishers will receive a medal and T.shirt. We aim to ensure you are given the right size T.shirt and the size your ordered will be printed on your race number. Please do not ask to swap sizes as we have ordered the right number.

### Prizes – to be awarded at approximately 11.30 am (AFTER the children's races finish)

- Prizes for 1<sup>st</sup>, 2<sup>nd</sup> 3<sup>rd</sup> runner in both 10k and 10M
- Age category prizes for both races
- Team prizes for both races

**There will be course and finish line photographers – Don't forget to smile! Photos will be free to download after the race.**



## Children's Races

### Children's races will take place from

All children should be registered in advance on our website and if possible will need to collect their race number  
From our stall at **Ware Festival on Saturday 2<sup>nd</sup> July 12noon-4pm.**

**Address: The Priory, High St, Ware SG12 9AL**



Children's races are not timed. All runners will receive a medal, water and fruit when they finish their race.

- Parents are responsible for their children at all times.
- We have a first aid station and numerous first aiders on the site should your child require first aid.
- Timings are as follows
  - 11am: pre-school and reception dash – (fun dash)
  - 11:05 am: years one and two race (one lap) – approx. 400 M
  - 11:15am: years three and four race (two laps) approx. 800m
  - 11:25am: years five and six race (two laps) approx. 800m
  - 11.35am years seven, eight and nine (three laps) approx. 1200m
- Children will be invited to the start line by the announcer before each race, please encourage your child to only approach the start when their specific race is called so that we can ensure the right children are in each race.
- Additional information for children's races has been emailed to all entrants. Please check your emails.
- If you have not collected your child's race number on Saturday please see the Children's Race Director when you arrive.

**A huge thanks to all our sponsors for their support of this year's event.**

everyone  
ACTIVE



### Charity

The **Ware Festival of Running** is an entirely non-profit making event.

All of our funds raised, after costs will once again go to the Essex and Herts Air Ambulance.

We welcome any donations on the day for this very worthwhile charity.



In aid of

Essex & Herts  
**Air Ambulance**

Your local life-saving charity

Charity Number: 1108989