



Immortal Farmoor 10k | Saturday 20th July 2019 | 10am

Athlete Information

Location and Venue

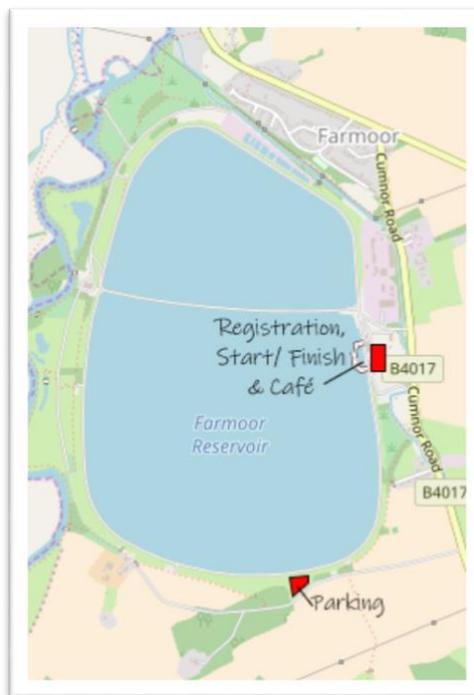
Farmoor Reservoir is located 5 miles west of Oxford and is just a few minutes' drive off the A40 and A34. If using a Sat Nav, please use postcode OX2 9NS, the entrance is slightly South of this. There is a café on site which will be serving hot and cold food and drinks throughout the event. No dogs are allowed on site.

Car Parking

Car parking will be available on site and will be clearly marked as you drive onto Farmoor Reservoir. There will be no charge for parking.

Registration

Registration will be open from 0830 until 0930. This will be a short walk from the parking area and will be within the Oxford Sailing Club building, adjacent to Hackett's Café on site. At registration you'll be asked for your name and will be handed your race bib. Safety pins will be available if required. Please make sure you complete the medical section on the reverse.



Medics and Marshals

St John Ambulance will be on site should there be a need for medical assistance.

We are lucky to have an incredible team of marshals at Immortal Sport, without whom our events would not be the same. Please give them a smile and a thank you if you can!

Toilets

There will be portable toilets available near registration and there are public loos around the site.

Left Luggage

There is no left luggage area as cars will be parked close to registration.

Race Start and Briefing

The start line for the race is a very short walk from Registration and will be clearly marked. The race will be timed gun to chip. A short race briefing will be given approximately 5 minutes before the race start at 10am.

Race Route

The Immortal Farmoor 10K is licensed by the ARC and has been permitted accordingly with permit number 19/114

The run route map can be viewed here:

<https://www.strava.com/routes/14835044>

The route is 2 laps of the Farmoor Reservoir. One lap 1 you will descend onto a footpath and very quiet road for just over 2km before rejoining the Reservoir road. This will be well signed. On the second lap you will stay on the Reservoir road for the full circumference. **Due to the nature of the course and the section on public highway, we will not allow the use of headphones (including bone conduction types) on any part of the course. Users will be excluded from the results.**

Drink stations

There will be two drink stations on the 10k course. The first will be visited at approximately 2k and again at 7k and the second will be at the Start/ Finish location and will be visited at 5k. This will have water in biodegradable cups. Please ensure empty cups end up in the recycling bins provided. **Any athlete seen deliberately littering will be excluded from the results.**



Awards

There will be trophies awarded to the top three male and top three female finishers. These will be presented once the top three have finished, at the podium near the finish line outside the café.

Good luck with the rest of your training, and we look forward to seeing you on the 20th July!