

## **FINAL INFORMATION FOR JELLY TEA RUNNERS 2018**

Thanks for entering Tynedale Harriers' Jelly Tea road race.

- The race will start at **10am on Sunday 26<sup>th</sup>** August at Ovingham Middle School (OMS). The race follows an out-and-back route so will also finish at OMS.
- Please note that **Race HQ (where you will collect numbers and chips) is at Ovingham Old School NE42 6BS**, which is approximately 400m east of OMS, between Ovingham Bridge and OMS. Race HQ will be open from 8.45am.
- Refreshments (drinks, sandwiches and jellies) will be available for all runners at the Old School after the race. Cakes will be available to buy.
- **All race parking is on the south side of Ovingham Bridge** (i.e. Prudhoe side of the river). Ovingham Bridge has now reopened. **Postcode for parking is NE42 6UP**. There is NO parking at OMS or the Old School.
- There will be toilets in the car park near Ovingham Bridge and also at Race HQ.
- It is important that you listen to all instructions given at the pre-race briefing.
- Runners must listen to marshal instructions, and stay on the left hand side of the road unless specifically instructed. After the right turn at the final junction onto the Ovington-Ovingham road, runners must stay on the right.
- Most of the roads are closed to traffic, but please be vigilant and stay to the side of the road, especially on the way back when small parts of the route will be open to traffic. Marshals will be directing you and slowing traffic, but ultimately you must take responsibility for staying safe on the roads.
- **Earphones must not be worn**, as the route is not entirely on closed roads, and are therefore banned by UKA as you will not be able to hear traffic or marshal instructions.
- There will be one **water station** on the route, which you will pass twice (on the way out and on the way back). This will be at approximately 3 and 7 miles. Water will be available in sports-top bottles. Please discard bottles at the side of the road close to the water station, so that we can ensure that they are all picked up. Water will also be available at the finish. Please do not take more than one bottle at each station.
- The lead car will leave the course at the turn point (approx. 5 mile) and rejoin at 8 miles. Two cyclists will lead the race from the turn point back to the lead car.
- The race has a time limit of 2 hours 15 minutes, after which the course will be un-marshalled and there may be no chip time provided.

If you have any friends who didn't get around to entering the race, we will have some entries on the day, cost £20.00.

See you on Sunday.  
**Have a great race!**