



# THE MARLOW 5

9.30 a.m. SUNDAY 12th MAY 2024

supporting



## RUNNERS' INFORMATION

### WELCOME

On behalf of Handy Cross Runners, welcome to the 39th running of the race and I hope that you have an enjoyable day with us.

For most of the last 37 years or so we have received invaluable medical support from our friends at St John Ambulance and for many of those years our lead contact on the day has been David Lesser. However, unfortunately that won't be the case this year because we have received the sad news that David died last November. David was known as "Prof" by his friends and colleagues at St John's and over the years he has become a familiar face not only at the Marlow 5 but at the other races the club organised – he will be sadly missed.

If you have run the race before much of what is happening this year will be familiar to you but one thing that I must highlight is that we cannot allow runners to run with dogs. This is due to the conditions of the licence we obtained from Run Britain for the race and is for health and safety reasons – I hope that you will understand that there is nothing we can do about this!

As we say, this race has been run for a long time and we feel that we put on a good event. However, if you feel that any improvements could be made please let us know and if you just want to tell us how great our race is, we definitely want to hear from you!!

Chris Gentry  
Club Secretary  
Handy Cross Runners



## THE EVENT

One of the only 5-mile events put on in the local area of this nature, it's a real privilege for us to be able to host this event. Starting and finishing in the beautiful Higginson Park, it is fast and flat around the streets of Marlow and ideal for an attempt on your personal best. All roads including Marlow Bridge are officially closed for the duration of the race. There will be a lead vehicle and a sweep marshal. We ask that you please listen and follow the instructions of the race marshals and any police but remember that at all times you are responsible for your own safety and well-being. Slower runners may be asked to use the pavements rather than the road. You are reminded that, when you signed up for the race, you agreed not to use an MP3 player or an iPod or wear headphones whilst participating in the race. This is for your own safety, and the safety of others, because it is vital that your hearing is not impeded so that you will be able to follow instructions/warnings given by marshals and so that your senses can properly alert you to any dangers that may arise.

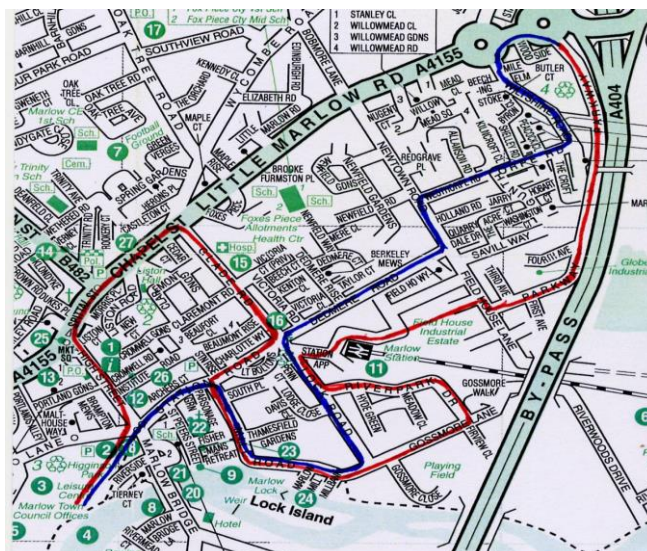
## THE RACE ROUTE



The course starts in Higginson Park and leaves via the main gates, turning left up the High Street, turning right into Spittal Street on into Chapel Street and turning right into Glade Road and then right into Station Road, left into Mill Road and onto Gossmore Road, left into Riverpark Drive, right into Lock Road and right into Station Approach, through the industrial estate and right into Field House Lane, left into Parkway, left at the roundabout into Little Marlow Road, then left at the next roundabout into Wiltshire Road, right into Gunthorpe Road and through into Westhorpe Road, left into Newtown Road, right into Dedmere Road, left into Lock Road, right into Mill Road, left into Station Road, across the mini roundabouts and back into to the park to finish. **Please note that the only road on the course that is not officially closed to traffic is Parkway and runners will be directed to run on the pavement along that stretch.**

Water will be available at the finish and about halfway around the course but runners are asked to bring their own cups.

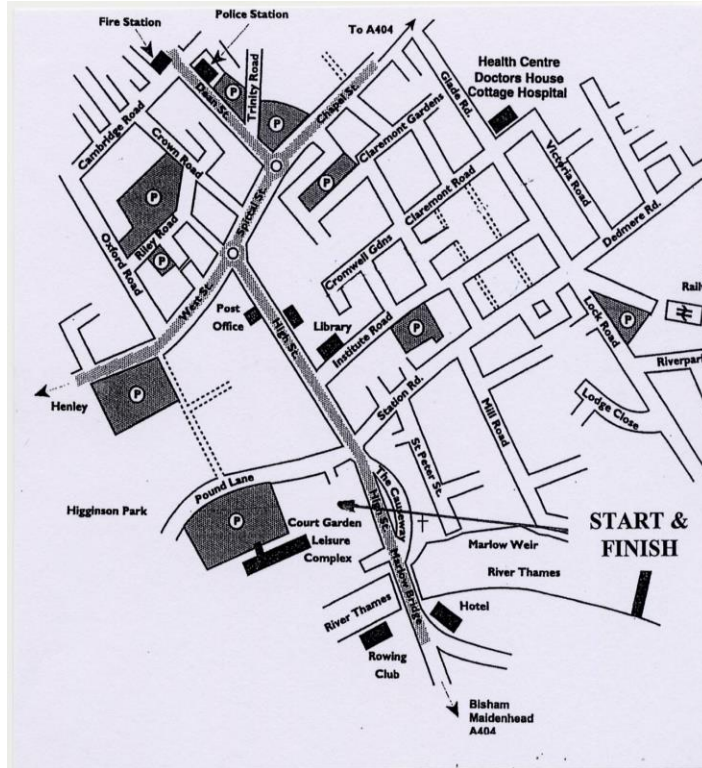
Visit our website specifically <http://marlow5.co.uk/Marlow5.html> to see more map detail plus the route topography.



# CAR PARKING



Car parking may be at a premium on race day so please car share if possible and do not park on the route as some of the roads are quite narrow. All car parks in Marlow are shown below but please be aware that there may be charges on the day. The pay stations in the car parks only accept card payment.



# BEFORE THE START

Entries on the day will only be accepted if our entry limit of 1,600 is not reached before the day. If they are accepted, they will only be accepted up until 9 a.m. **Entries on the day will not be eligible for team prizes.**

There are toilet facilities within Higginson Park and these will be supplemented by portable toilets.

**Please don't use the toilet facilities in Court Garden Leisure Complex.**

No changing facilities are available but there will be tents available for runners in which to leave their personal belongings. These tents may well be manned but please remember

**All belongings are left at your own risk.**

## RACE NUMBER



You will need to collect your race number from the Information Tent in Higginson Park on the morning of the race. The tent will be open from 8 a.m. The number should be pinned to the **front** of your vest or T shirt ensuring that the pins are positioned at each corner. Please ensure you fill in the Health & Safety information and any medical conditions you have. You must not transfer your number to anyone else.

## THE START



You should assemble in Higginson Park at least 15 minutes before the start of the race which will be at **9.30 am** sharp, whether you are there or not. Please line up in accordance with your anticipated finishing times which will be found on posts adjacent to the start.

## RUNNING BUGGIES



We are pleased to announce that we will again be inviting running buggy competitors to take part in the race. These competitors will start from the rear of the field and there will be a two-minute delay before they will be allowed to cross the start line.

## TIMING



We are again using chip timing with the chip being part of your running number. This means that the chip will not need to be removed at the finish.

## PRIZES



Prizes will be awarded as soon as possible after the race

- |            |   |
|------------|---|
| Individual | 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> male and female |
|            | 1 <sup>st</sup> and 2 <sup>nd</sup> male and female aged 40 to 49     |
|            | 1 <sup>st</sup> male and female aged 50 to 59                         |
|            | 1 <sup>st</sup> male and female aged 60 to 69                         |
|            | 1 <sup>st</sup> male and female aged over 70                          |
| Team       | 1 <sup>st</sup> male and female Athletic Club (4 to score)            |
|            | 1 <sup>st</sup> Sports and Social Club (4 to score)                   |
|            | 1 <sup>st</sup> Company Team (4 to score)                             |



## CHARITY

Each year we choose a different charity to benefit from the proceeds of the race and this year it is Hearing Dogs for Deaf People who train dogs to alert deaf people to important and lifesaving sounds they would otherwise miss. Thanks to a hearing dog, being aware of things such as the smoke alarm, alarm clock and even a baby's cry makes a real difference to deaf people's lives, and can even save them.



Hearing Dogs for Deaf People has been through an incredible journey to get where they are today.

They started life as a three-year pilot at Crufts in 1982 under their original name of Hearing Dogs for the Deaf which means that they recently celebrated their 40th Anniversary. It took until 1986 before they were granted full charitable status and bought their first property in Lewknor, Oxfordshire. A few years later the HRH The Princess Royal accepted their invitation to become their Royal Patron and she holds the title to this day.

In 1996 they changed its name to Hearing Dogs for Deaf People and three years later they opened their main office and training centre – The Grange – in Saunderton, Buckinghamshire. This renovated farmhouse and outbuildings is still home to their head office and training centre today.

## RESULTS



Race results will be available on our website [www.handycrossrunners.co.uk](http://www.handycrossrunners.co.uk) and on the website of Race Timing Solutions, [racetimingolutions.racetecresults.com](http://racetimingolutions.racetecresults.com), as soon as possible after the race.



## ENJOY YOUR RUN

If, after your run, you're feeling inspired to join us, HANDY CROSS RUNNERS have runners of all ages and abilities and meet at Wycombe Judo Centre, Barry Close, High Wycombe, HP12 4UE every Monday, Tuesday and Thursday at 7.00pm. You are more than welcome to come along and run with us without obligation, I assure you that you will not feel out of place. For more information visit our website <http://www.handycrossrunners.co.uk>. If you would like to find out more about us before coming along, please feel free to send an email to [info@handycrossrunners.co.uk](mailto:info@handycrossrunners.co.uk).

# ACKNOWLEDGEMENTS



Handy Cross Runners would like to thank the following for their generosity and support, without which it would be very difficult to stage this race:

**Places for People Leisure Ltd.**  
**The Mid-Thames Raynet Group**  
**Thames Valley Police Authority**

**St. John Ambulance**  
**Buckinghamshire Council**