



Dear runner,


Thank you for entering the **Alton 10**. With race day fast approaching, here's everything you need to know to ensure a smooth and enjoyable experience on **Sunday, 10th May**. **The race will start promptly at 09:30 AM**, so please ensure you arrive early enough to collect your number, walk to the start line, and be ready in good time.

The event is run under **UK Athletics rules** (Licence No. **3048**) and the course is officially measured and certified (Course No. **23/085**).

Parking

Parking is limited, so **please car share where possible** to help ease congestion and reduce environmental impact.

- **Treloar School, College and Trust**

 [Powell Drive, Holybourne, Alton GU34 4GL](#)
What3Words - [///marble.hopeless.crumples](#)


This year, parking will be available at **Treloar School** - approximately a **10-minute walk** to Eggar's School (Race HQ).

→ **Aim to arrive by 07:50 AM**, and **no later than 08:20 AM**, to allow time for the short walk, registration, and a relaxed start to your day. Once parked, please follow the directional signage and listen to the instructions provided by our marshals, who will guide you on the short walk to Eggar's School.

To help the morning run smoothly, we strongly encourage all runners to **arrive at Race HQ as close to 8:00 AM as possible**.

Please note: There is **no parking at Race HQ** (Eggar's School). Any cars arriving there will be turned away. Please use one of the designated parking locations above.

Race HQ – Eggar's School

 [Eggar's School, London Road, Holybourne, Alton GU34 4EQ](#)
What3Words - [///names.posts.legroom](#)

Race HQ opens from **08:00 AM**. Head here first to collect your **race number and timing chip**. Registration closes at **09:00 AM**, so please arrive in good time.

- Toilets will be available
- There are limited changing and showers facilities - we recommend arriving ready to run
- **Bag drop** available - label your bag with your race number (a tag will be included with your race number)
- We are offering a **recycling point**, in partnership with TeesMedals. Don't forget to bring your old trainers, sports wear and metal medals for recycling - look for the black Teesmedals flag at Race HQ.


Race Numbers

Your race number will be available to collect **at Race HQ between 08:00 AM and 09:00 AM on race day**. This number also contains your timing chip, so it's important that you wear it clearly on the front of your top.

Please **do not fold, cut, or alter your number in any way**, as this may damage the timing chip. You'll also find a space on the back to fill in your emergency contact and medical details, please take a moment to complete this before the race.

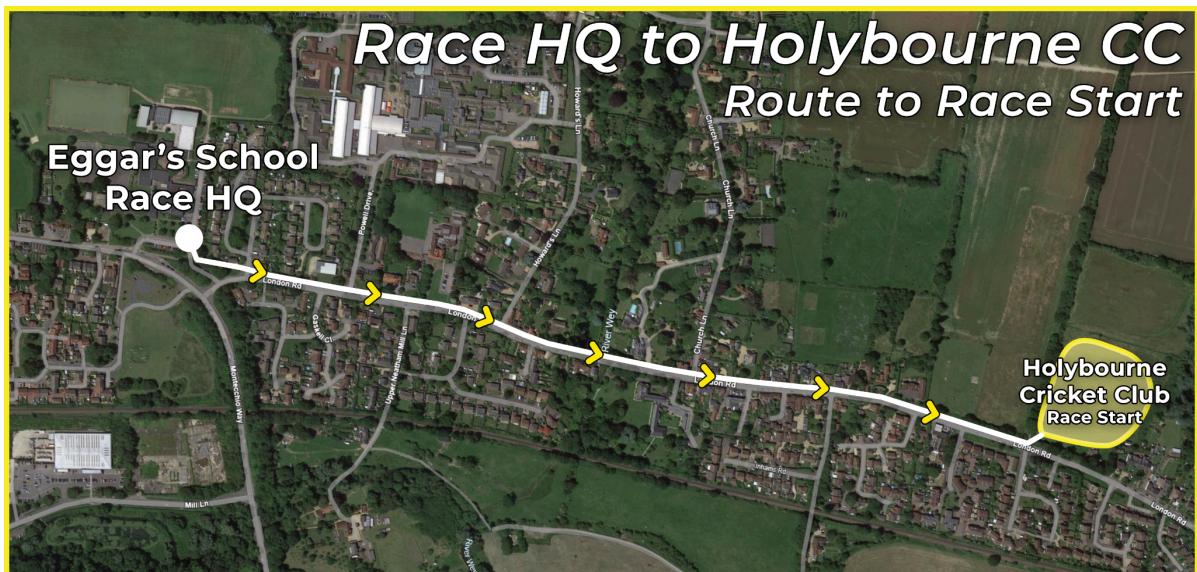
We recommend bringing your own safety pins to secure your number, although we'll have a limited supply available on the day.

Walk to the Start – Holybourne Cricket Ground

 [Holybourne Cricket Club, Holybourne, Alton GU34 4HU](#)
What3Words - [//cheer.casually.strongman](#)

Once you've collected your number, make your way to the **start area** at Holybourne Cricket Ground. It's approximately a **20-minute walk** from Race HQ.

- **Race start time: 09:30 AM sharp.**
- Please listen to marshals and announcements at the start.
- **Please leave Race HQ no later than 09:00 AM** to ensure you reach the start line comfortably and don't miss the race briefing.
- **There are no toilet facilities at the cricket ground** - please use the toilets at Race HQ before making your way over.
- **Please respect the grounds and facilities** - we kindly ask that all runners behave considerately while at the cricket club. Any inappropriate use of the area could jeopardise our future use of this lovely start location.
- **Do not leave any belongings at the start** - the race finishes at Eggar's School, and any items left at the cricket ground will not be brought to the finish.



The Route

The course is a scenic, undulating 10-mile route through Hampshire countryside and local villages, finishing back at Eggar's School.

- Water stations at approximately **3, 6, and 8 miles**.
- Mile markers will be clearly displayed along the course.
- Please **keep left** unless directed otherwise.
- **Please be aware that the roads are open to traffic** - follow marshal instructions at all times and take care when running through the villages and along rural roads.
- Only cross roads when instructed by marshals.
- Our tail runners will follow the last runner.
- If you become injured or unwell during the race, please wait safely at the roadside for assistance. If you're able and it's safe, finding the nearest marshal is the best way to get help quickly.
- First aid cover will be provided by Emergency Medical Team and is available on the course and at Race HQ
- **Cut-off time:** 150 minutes (2 hours 30 minutes). Runners unable to finish within this time may be asked to withdraw and may not appear in the official results.

[View route map](#)

At the Finish – Eggar's School Grounds

After you cross the finish line:

- Please keep moving and clear the finish line as soon as possible.
- All finishers will receive a commemorative medal, fresh fruit (supplied [Sainsbury's in Alton](#)) and a fruit bar (supplied by [Zombie Snacks](#)).
- A variety of food and drink will be available for purchase, including coffee from [Bean & Gone](#), a selection of hot & cold food, and ice-cream.

- Race results will be uploaded online as soon as they are processed.
 - We encourage all running clubs to bring along their gazebos and flags to help create a vibrant atmosphere at the finish area!
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Awards & Prizes

Awards will be presented as soon as possible after the race.

- Trophies for the top 3 male and female finishers - sponsored by [C.N. Coles](#).
 - Category prizes for:
 - Men: Senior, V40, V45, V50, V55, V60, V65, V70, V75, V80
 - Women: Senior, V35, V40, V45, V50, V55, V60, V65, V70, V80
 - If you need to leave early, please arrange for someone to collect your prize.
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Important Reminders

- No entries on the day.
 - Minimum age: 17.
 - No dogs or bikes.
 - If you become injured or unwell during the race, please wait safely at the roadside for assistance. If you're able and it's safe, finding the nearest marshal is the best way to get help quickly.
 - First aid cover will be provided by Collingwood Medical Services and will be available on the course and at Race HQ.
 - **Headphones:** For your safety and the safety of others, standard headphones are not permitted, as they may prevent you from hearing instructions or approaching traffic. Anyone seen wearing them during the race will be removed from the results. However, bone conduction headphones are allowed.
 - No parking at Race HQ – any cars arriving there will be turned away.
 - Transfers close at 17:00 on Friday 8th May. No changes or transfers will be accepted after this time.
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Results

Live results will be available on the day via [Active Training World](#), and we'll also publish them on the Alton Runners website later in the day.

Share Your Day

We love seeing your race-day highlights! If you are posting on social media, please tag us and use the hashtag **#Alton10** so we can celebrate your achievement.

Please note: There is no official race photographer this year.

We're looking forward to welcoming you on the day for a fantastic run through the Hampshire countryside.

If you have any questions in the meantime, don't hesitate to get in touch.

Good luck and enjoy the race!

Best regards,

Darren Mansfield

Race Director, Alton 10

on behalf of **Alton Runners & Alton Lions**