

Sunday 2nd July 2023 9:00am / 9:15am

HQ and finish at Greystones Farm

Thank you for entering this year's event. Please read the following information to help make things simpler on the day and maximise your enjoyment of your race.

### **Race Headquarters**

Greystones Farm, Greystones Lane, Bourton-on-the-Water, Gloucestershire GL54 2EN (What3Words: bridge.piglet.allies). For our family-friendly event, the farm animals (Gloucester and Freisan Cattle) will be aroundthe Discovery Barn and Salmonsbury Hill Fort. The fun run will take place during the half marathon event, and we are selling tea, coffee and cake during and after the events. Please join us for a lovely morning, and cross your fingers for sunshine, or at least not rain!

# **Travelling and Car Parking**

Please car share where you can. This will help to ease traffic congestion and make parking easier for everyone (not to mention being kinder to the environment).

Please enter the village from the Fosseway (A429) at the traffic lights that lead into Station Road. Please avoid using the turn into Lansdowne as too many cars can quickly cause congestion in that part of the village. Ignore satnavs, which tend to turn you into Lansdowne – follow the road signs for the village.

Parking is not available at the Race Headquarters. There is parking adjacent at Station Road (320 spaces), with 229 spaces available 0.5 miles away next to Birdland and the Maze. You will be required to 'pay and display'. Both car parks have accessible parking.

# **Bag Storage**

Available at Race Headquarters.

# Toilets, Accessible Toilets and Baby Changing

These can be found at the Race Headquarters. There are also toilets in the car park at Birdland in Rissington Road opposite to the Race Headquarters, at Station Road car park and also near to the Edinburgh Wool Shop in the village centre. The latter two facilities are likely to charge. All toilets have accessible facilities.

### **Race Numbers**

Ensure secured to the front of your running vest. Runners are asked to enter medical information and contact details on the reverse of the number in case of emergency.

Those who entered **online** must **collect** their race numbers from the Race Headquarters **on race day** from 7:30am onwards

Transfers: ensure an entry form is completed and signed by the replacement runner just as if they were entering the event themselves and send to the race entries secretary ASAP. Any adjustment to the race fee if not affiliated to a UK club must accompany the entry form. Transfers will be accepted on race day and runners will still be eligible for prizes.

### Race Entries on the day

For both events, entries on the day up to race capacity (250 combined hilly half and fun run) will be accepted and runners will still be eligible for prizes. Blank entry forms will be available at the Race Headquarters. Runners in the half marathon must be at least 17 years old on race day and must be able to complete the courses within 3 hrs. Entries on the day are £22 (+ £2 for unattached runners), and £5 for the fun run. Advance entries for the half are cheaper and available via Race Nation, but this will close at 23:00 on Thursday 29th June 2023. Entries on the day will close at 8:30am for the Half, and 9:00 for the Fun Run.

Please note that we will only be able to accept cash payments (no card or apple pay).

# Water + Sustainability

The Bourton Roadrunners are dedicated to providing a sustainable event, with a minimal carbon footprint. We are providing water from large containers to be given out in paper cups on the course and at the finish. Where we have plastic cups, these are old stock which we are seeking to use up so as not to waste. We encourage runners to bring your own bottle / vessel where possible and would be happy to fill up competitors or spectator's own bottles at the finish. We would also encourage you to bring your own mug for a tea / coffee, and to share lifts where possible. The race momento is made of recycled materials and is biodegradable.

#### **Start Times**

The Half will start at 9:00am, with the Fun Run following at 9:15am.

### The Course (Half)

The course is an accurately measured 13.1 mile single loop on undulating rural roads. Due to the nature of the course it is not suitable for wheelchairs and competitors are requested not to run with accompanying cyclists or support vehicles due to the narrow nature of parts of the course. There will be markers every mile and signs throughout. The roads are not closed to traffic so please take care and listen for marshall's instructions.

Following feedback from the 2022 edition of the race, the event will no longer depart across the fields, but instead stick to the roads.

The race HQ, start and finish are at Greystones Farm, Bourton-on-the-Water, GL54 2EN. The route takes runners through the beautiful centre and river of Bourton on the Water, before up the legendary steeps (the first of two major climbs) and eventually out towards Farmington and Sherborne. As it loops back up the second major climb toward Clapton, the wondrous views continue, with the race eventually taking runners back into Bourton before re-joining Cemetery Lane and onto Greystones lane for the finish. A map of the route can be found on our website: <a href="https://www.bourtonroadrunners.co.uk">www.bourtonroadrunners.co.uk</a> and will be available at race HQ.

# **Drink Stations**

Water will be provided at approx.4.5 and 8.5 miles as well as at the finish area. To help minimise our environmental impact, drinks will be provided in paper cups. We would encourage you to bring your own bottle and we would be happy to fill it.

### Refreshments

Cake, tea and coffee will be for sale (with proceeds towards our nominated charity) at race HQ during and following the event. In accordance with our sustainability efforts, we would encourage you to bring your own mugs for hot drinks to help minimise waste. We are also happy to store your post-race bottles.

Please note that we will only be able to accept cash payments (no card or apple pay).

### Safety + Rules

The race is held under UK Athletic rules and with your entry you have agreed to observe these rules in addition to those for the race. The race will be fully marshalled. Please observe the following points in the interests of safety:

- Always keep to the left hand side of the road until instructed otherwise,
- Take particular care at road junctions,
- Observe normal road safety precautions,
- Obey the instructions of marshalls and police at all times,
- Runners are not allowed to run with dogs,
- Due to our marshalls being volunteers, runners must intend to complete the course within 3 hours. Any runners taking longer than this may not receive an official time this will be at the discretion of the timekeeper.
- Runners must not wear personal listening devices such as iPods- those who do will be disqualified from the event

# The Course (Fun Run)

We are hosting a 1.5 mile fun run, which will take place while the half marathon competitors are running. This two-lap off-road route around Greystones Farm starts and finishes in the same place at the half marathon and takes in parts of the Wildlife Walk and Timetravel Trail, passing the Salmonsbury Hill Fort twice.

The fun run is suitable for all ages and abilities, with toddlers and teenagers welcome alike. We encourage children under 9 to be accompanied by an adult (no additional cost for adult).

#### First Aid

Qualified first aid personnel will be available on the route and at the finish area. If you find yourself in trouble and require medical attention, please get a message to the nearest marshal. They will make arrangements for you to be picked up and be treated.

#### **Mementos**

Each finisher of the Half and Fun Run will receive a bio-degradable seed metal for the event. These are made entirely of recycled materials and are decomposable. When you have finished enjoying it, you can plant it where it should grow Wildflower to help the bees!

### **Prize list**

There is an extensive prize list (see table below). Prizes for veteran men and veteran ladies are in ten year age categories. Each runner will only be able to claim one price, other than a team prize or spot prize. There will be prizes for the first men's team and first ladies' team with both teams 3 to count (teams must be wearing club vests). Team prize winners must be first claim members of their club.

The prize list is as follows:

Male	Female
1 <sup>st</sup> prize (£100 cash)	1 <sup>st</sup> prize (£100 cash)
2 <sup>nd</sup> prize (£50 cash)	2 <sup>nd</sup> prize (£50 cash)
3 <sup>rd</sup> prize (£25 cash)	3 <sup>rd</sup> prize (£25 cash)
Team prize (first team home based on lowest cumulative	Team prize (first team home based on lowest cumulative
positions) £30	positions) £30
MV40 (a selection of prizes to choose from)	FV35 (a selection of prizes to choose from)
MV50 (a selection of prizes to choose from)	FV45 (a selection of prizes to choose from)
MV60 (a selection of prizes to choose from)	FV55 (a selection of prizes to choose from)
MV70 (a selection of prizes to choose from)	FV65 (a selection of prizes to choose from)

We also have random spot prizes which all entrants are eligible to win – stick around for your chance to win! Presentation of the prizes will be at Race Headquarters as close to 11:15am as possible.

### **Gloucester AAA**

The Half Marathon includes the Gloucestershire County Half Marathon Championships, with prizes to be awarded on the day. This Half is part of the Gloucestershire AAA Road Racing Series.

### **Timing and Results**

Timing for both the half marathon and fun run is via gun start and chip finish timing attached to your shoe, recording your accurate finish time. Results will be available on the club's website: www.bourtonroadrunners.co.uk as soon as possible.

### **Course Records**

Although the route is slightly modified, we are still recognising the fantastic times set in 2022..

The course records are:

HMMaleBen Robinson(Bristol & West AC)71:33HMFemaleFiona Carter(Lonely Goat RC)84:28

# **Priority Entry to Bourton 10K 2024**

All competitors, defined as those attending and starting the Bourton Half on 2nd July 2023, will be eligible for a priority /early bird entry place to the popular Bourton 10K in 2024. You will be contacted before entry opens for the Bourton 10K in December 2023 with further details of how to claim this. This will be non-transferable.

#### **Refunds**

Refunds for runners who have entered but are injured will be given up until three weeks before the race date. After this point, transfers would still be accepted.

### **Data Protection**

Your name, date of birth, gender and club details will be held on computer and may be used in the race results posted on the club's website and any future events promoted by the club. You will also be contacted regarding priority entry for the Bourton 10K 2024, and may be contacted for race feedback to help us improve. Photos taken at the event may be used in appropriate publications and on the internet solely for the purposes of promoting our event in the future. If you do not wish you photograph to be used, then please mark your number with a large red cross across it. Your entry details will not be passed onto professional bodies except, if required, to the emergency services.

### **Donation to Charity**

Proceeds will go towards <u>Acorn's Children's Hospice</u> and the <u>Maggie's</u> centre in Cheltenham. All donations are gratefully received.

# **Further Information**

If there is anything else which you need to know please contact the Race Director. Any problems with race entries please contact the race director – see below for contact details.

# Acknowledgements

We acknowledge gratefully the support, time and effort that all club and family members have given together with all the race officials in making this a successful and memorable event. We would also like to thank the many people from the local villages who always support the event as the race passes through.

#### **Finally**

Thank you for entering our race. Good luck with your run! Enjoy the hills and the glorious Cotswold scenery. Tell all your running friends how great it was and please bring them along next year!

Race Director | Tim Carter, Bourton Roadrunners | timcarter30@gmail.com

bourtonroadrunners.co.uk

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