



Friday 12 May 2023 7.30pm

*Course Records*

*Men: William Stockley (Belgrave Harriers) 4:14 2022*

*Women: Rose-Ann Galligan (Glos AC) 4:37 2010*

Thank you for entering this year's event. This is the first year that this race - over the classic distance of the mile – has been organised by Bourton Roadrunners. It's part of the Gloucestershire AAA County Series and is a County Championship race.

We want the race to go smoothly and for you to get the most out of your visit to this corner of the Cotswolds so please read the following information to help maximise your enjoyment of the event. For further information and up-to-date bulletins, visit the club's website at [www.bourtonroadrunners.co.uk](http://www.bourtonroadrunners.co.uk)

**Race permit**

Our race permit is 2023-45465 and will be available for inspection on race day.

**Race headquarters**

This year, we are indebted to Victoria Hall for allowing us to use their facilities as Race HQ. The full address is:

**Victoria Hall, Victoria Street, Bourton-on-the-Water, Cheltenham GL54 2BU.**

The Race HQ is in the centre of the village, facing the river. **This is where you can collect race numbers from 6.15pm on the evening of the race.**

**Arriving in Bourton on the Water**

Please enter the village from the Fosseyway (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.

**Car Parking**

Car parking is not available at the Race HQ. There are, however, plenty of easily-accessible car parks near and Race HQ and the course. The biggest of these is the pay-and-display car park on Rissington Road, next to Birdland.

There is also a pay-and-display car park on Station Road (Bourton Vale Parking Ltd).

An overview map, highlighting the location of car parks, is shown on the next page.



*MAP 1 – showing Rissington Road and Station Road car parks and the Race HQ at Victoria Hall*

### **Registration (6.15pm to 7.15pm)**

The race is electronically chip timed. All numbers are to be collected on the day together with separate shoe chip tag. Please arrive in plenty of time and join the appropriate queue based on your surname letter. After registration closes, runners who have not registered will be declared as Did Not Start (DNS).

Ensure race numbers are secured to the front of your running vest and **not** on your shorts. Runners are asked to enter medical information and contact details on the reverse of the race number in case of emergency.

No race entries nor any transfers will be permitted on race day. **Please do not pass your race number and chip tag to another runner** – anyone taking part using someone else's name will be disqualified and they, together with the intended runner, will be reported.

The shoe chip tags are reusable so we would appreciate their removal at the finish and for them to be deposited in the buckets provided. Instructions for fixing the tags to the shoe may be found on the [LuSH race timing](#) website. Please ensure the loop is not flattened or folded and it does not matter whether the silvery chip itself is facing outwards or inwards from the loop.

### **Changing/Bag Storage**

Bags may be left at the race HQ at the owner's risk. Please arrive 'race ready'.

### **Toilets**

Available at the race HQ. There are also toilets near to the Edinburgh Wool Shop in the village centre – but there is a charge. Please refrain from using toilets in local pubs and restaurants unless you are purchasing food or drink.

### The start (7.30pm)

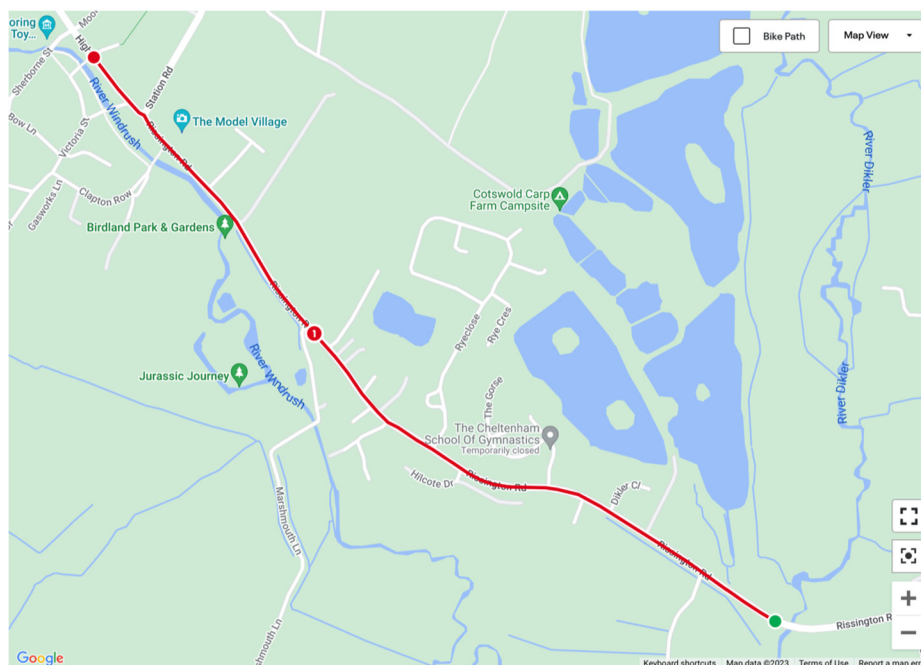
For those new to the race, the start is one mile from the village centre, on Rissington Road in the direction of Little Rissington, past Birdland on your right. There is a path along the entire route and it is ideal for your warm-up.

**Please allow enough time to get to the start which will be at 7.30pm prompt.** Runners should assemble in the large lay-by near the start, from where Race Marshals will lead them to the start line. Please follow Race Marshals' instructions.

There will be a countdown to the start, beginning at 10 and then 5mins to go. There will be the shortest of briefings from The Race Director, immediately before the start.

### The course

The course is accurately measured at one mile and is fast and flat, suitable for PBs. It begins near the layby on Rissington Road and follows a straight line to the High Street, in the centre of the village, where the finish is adjacent to the Londis store. The road will be closed to traffic and Race Marshals will gradually steer runners to the left side of Rissington Road as the race gets underway.



You can also see copy at: <https://www.mapmyrun.com/routes/view/5399107474>

### Safety/rules

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

- Always keep to the left-hand side of the road
- Take particular care at road junctions
- Observe normal road safety precautions
- Obey the instructions of marshals and police at all times
- Runners are not allowed to run with dogs
- We will follow the instruction of local police and Highways staff regarding re-opening roads. Please take extra care.
- **Runners must not wear personal listening devices as defined by UKA – those who do will be disqualified from the event.**

### **First aid**

Trained first aid personnel will be available on the course and at the finish area. If you find yourself in trouble and require medical attention, please get a message to the nearest Race Marshal. They will make arrangements for your treatment.

### **The Finish and Post-race entitlements**

Once you have cleared the finish area, you will be offered water refreshment and a wildflower seed medal.

You will also be able to have your race chip time printed on a sticky-backed Able styled label. It means you can stick it in your race book if you get a PB or want an instant reminder to come again next year! The printout also shows the position within your age category - but please be aware that this may conflict with the eventual prize allocation which is based on race gun time.

### **Prize giving (8pm)**

We aim to present prizes to the race category winners in or outside the Race HQ at Victoria Hall, across the bridge from the finish line as close to 8pm as possible. Prizes will be awarded to the first 3 men and the first 3 women. Also, there will be prizes for vet-category men from MV40 upwards and women LV35 upwards, in 5-year bandings up to vet 70. Additionally, there is a prize for the first junior man and woman (under 18). One individual prize per person. According to UKA rules, prizes are awarded on gun time. Chip times as given on the printout slips – the time it takes the runner to reach the finish from when they crossed the start line – are only for personal use.

There will be a team prize for Men consisting of 3 club members and the same for Women. All winning team runners must wear their club vest.

### **Donation to charity**

Bourton Roadrunners now associate the event with charities. The names of these charities may be found on the Race Nation online entry webpage. All donations are gratefully received.

### **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 for any future events promoted by the club. Photos taken at the event may be used in appropriate publications and on the internet solely for the purpose of promoting our event in the future. Your entry details will not be passed onto professional bodies except, if required, to the emergency services.

### **Acknowledgements**

We gratefully acknowledge 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 village who always support the event and tolerate the inconvenience it might cause.