



# Bourton Roadrunners

## THE HUMPH'S HILLY HALF Saturday 16th June 2018 - Start 6 p.m.

Part of the Gloucestershire Road Race Series + Race Permit 2018-35384

### Dear Runner

Thank you for entering this year's event. Please read the following information to maximize the enjoyment of your race.

**Race Headquarters** Bourton Rovers Football Club, Rissington Road, Bourton-on-the-Water, Gloucestershire ( opposite Birdland GL54 2BN ).

**Car Parking** is **NOT** available at the Race Headquarters – using the lane to the HQ has proved disruptive in the past. Opposite to the HQ is the car park in Rissington Road (next to Birdland and the Maze) and is adjacent to the finish of the race, so not far to stagger back to the car! There is alternative parking in the village 1km away. Both have disabled parking.

**Changing/ Showers** Available at Race Headquarters. It would help if you arrived changed and ready to run.

**Toilets** 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 and also near to Edinburgh Wool Shop in the village centre. Latter two facilities are likely to charge. All toilets have disabled facilities.

### Race Numbers

- Ensure secured to the front of your running vest. Runners may wish 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 4pm 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** Late entries will be accepted and runners will still be eligible for prizes. Blank entry forms will be available at the Race Headquarters. Runners must be at least 17 years old on race day and must be able to complete the course within 2 hrs 30 mins. Entries £16 ( + £2 for unattached runners ) with £2 extra for race day entries.

### The Start

The start is in Victoria Street in Bourton-on-the-Water not far behind Victoria Hall and on the opposite side of the river to the village green. If walking from the Rissington Road car parks at the finish please allow enough time to get there, approx 1km away, for a prompt 6 p.m. start . Race director's briefing will be at the start no more than 10 mins before the race start.

### The Course

The course is an accurately measured 13.1 mile single loop on rural roads with basically just 2 testing climbs. 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 signed throughout. The roads are not closed to traffic so please take care !

### The Route

The first mile includes a testing climb up "The Steeps". Then apart from a small climb just after the 2 mile mark the course is flat and downhill through Clapton on the Hill and into Sherborne just before the 5 mile mark. The course then undulates from Sherborne through Windrush to the Fox Inn at Great Barrington just past the 7 mile marker. After this follows the second long (but not steep) climb over the next 2 miles. A flat mile then follows with a small climb up to the 10 mile marker at Great Rissington. Downhill through Great Rissington and apart from a small climb just past the 11 mile mark it is a flat run to the finish at the Rissington Road car park back in Bourton-on-the-Water. A map of the route can be found on our website: [www.bourtonroadrunners.co.uk](http://www.bourtonroadrunners.co.uk).

**Drink Stations** Water and sponges will be provided at approx. 3 miles, 6 miles, 9 miles and 11 miles as well as at the finish area.

**Refreshments** Snacks and drinks are available at the bar in the Race Headquarters . Full catering is not available, **although Rovers Football Club have told us they are providing a burger BBQ, including a veggie choice.**

**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
- 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
- Being an evening event runners must intend to complete the course within 2 hours 30 mins. Any runners taking longer than this on the night 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**

**HACKLINGS**  
**palletline**





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**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** Long sleeved T-shirts will be handed out at the finish to all those runners completing the course – well done !

**Prize list** for First 5 men and First 4 ladies. Prizes for veteran men and veteran ladies in 5 year age categories. A veteran runner who runs faster than a younger veteran may take their prize. Thus, the veteran age categories are effectively "over 40", "over 45" etc. Also, First men's team and First ladies team with both teams 3 to count. Team prize winners must be first claim members of their club and must wear their clubs colours. The individual prize will be based on the highest prize value. In addition to a single individual prize there is also the best Age Graded run by a Man and Lady using the WAVA 2010 tables. Presentation of the prizes will be at Race Headquarters as close to **8.30 p.m.** as possible. Please be patient while the prize list is being compiled.

**Results** Will be available on the club's website: [www.bourtonroadrunners.co.uk](http://www.bourtonroadrunners.co.uk) as soon as possible.

#### **Course Records and numbers of entries in previous years**

Dan Robinson-Tipton Harriers(2006) 1-06-33; Wendy Nicholls – Cirencester AC(2007) 1-22-18. Entries: 2005–257; 2006–276; 2007–342; 2008 – 390 ; 2009-340 ; 2010-148 ; 2011-245 ; 2012-208 ; 2013-179 ; 2014-183; 2015-188 ; 2016-151 ; 2017-165

**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. 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. Your entry details will not be passed onto professional bodies except, if required, to the emergency services.

**Donation to Charity** : this year, Kate's Home Nursing based in Stow on the Wold. All donations are gratefully received.

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

**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 local villages who always support the event as the race passes through. Our thanks also extend to our long standing sponsor Hacklings of Bourton-on-the-Water who provide financial help as well as use of their transport to help set the course. Not forgetting a big thanks to Bourton Rovers for letting us use their club once more.

**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 !!

Gill Carrick, Bourton Roadrunners Race Director  
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