



Highbridge Jewellers' Bourton 10k

Sunday 23rd February 2020 10 a.m.

Thank you for entering this year's event. Please read the following information to help maximise your enjoyment of race day. Full up to date race info can be found on our website.

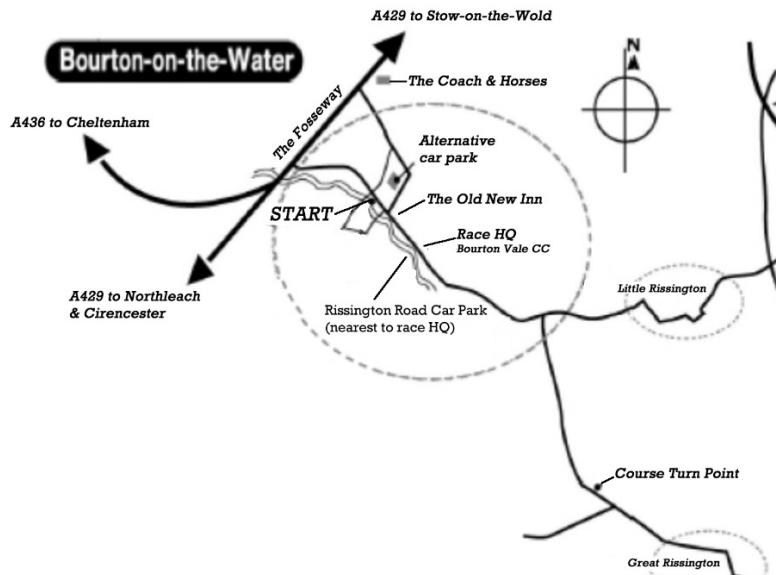
www.bourtonroadrunners.co.uk

Race Headquarters

Due to the positive feedback that we received following the **2019 HILLY HALF +10K** we decided we would use the Bourton Vale Cricket Club for this year's **10k race HQ** too. The full address is:

Bourton Vale Cricket Club, Rissington Road, Bourton on the Water, GL54 2AY (opposite Birdland).

Race numbers are to be collected from the race HQ on race day and prize giving will also take place here afterwards. Light refreshments will be available to purchase, with the proceeds going to our nominated charities (see our website for details).



Sponsors of the Bourton Roadrunners 10k

Race Permit

Our race permit is **2020-37857** and will be available for inspection on race day.

Race Numbers (incorporating timing chip)

The race is electronically chip-timed. All numbers are to be collected on the day, and will be available for collection from 08:15 to 09:30. Please arrive with plenty of time to collect your number (incorporating the timing chip). The Race HQ is a short walk from the start/finish area, which is in the centre of Bourton-on-the-Water village. Ensure numbers are secured to the front of your running vest. Runners are asked to enter medical information and contact details on the reverse of the race number in case of emergency.

Car Parking

There are Pay-and-Display car parks (see map on page 1). Parking is not available for runners at the Race HQ. Opposite the Race HQ is the Rissington Road car park (next to Birdland). There is alternative parking in the village approximately 1km away. Both have disabled parking.

Changing/Shower/Bag Storage

Available at the Race Headquarters.

Toilets

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

The Start

For those new to the race, the start is in the centre of Bourton village, approximately 400m from the Race HQ. Please allow enough time to get there. The race starts at 10 a.m. prompt. The Race Director's short briefing will be at the start line five minutes before the start.

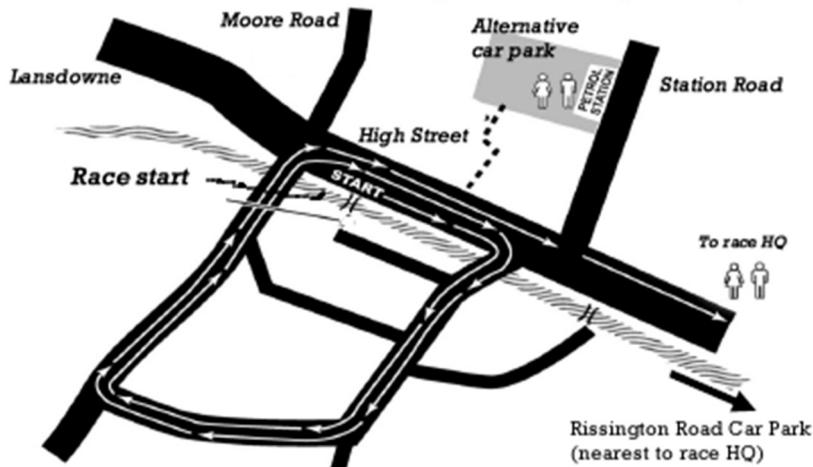
The Course

The course is an accurately measured 10k and considered fast and flat, suitable for PBs.

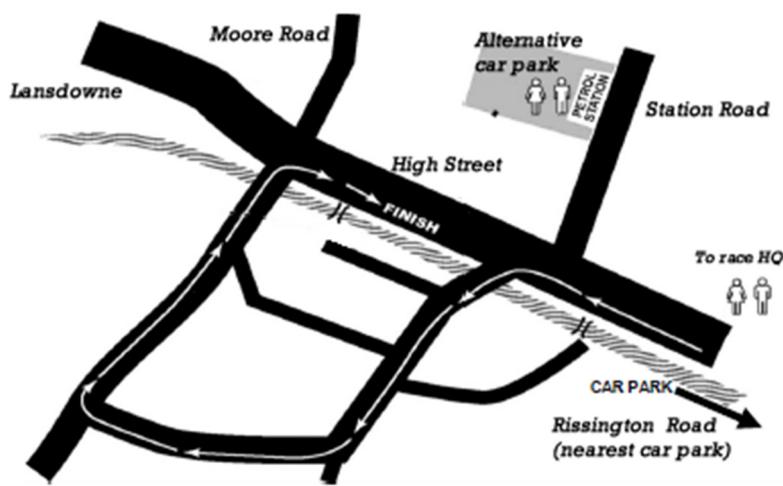
The Route

The start is in the centre of Bourton-on-the-Water, with two small laps of the village at the start (see map 1 - next page).

The route then follows an out-out-back course, along the Rissington Road, turning right into Leasow Lane towards Great Rissington, with a turn-point near New Bridge Lane. Upon return into Bourton village, there is a three-quarter loop of the village, having turned left after the post office, finishing close to the start (see map 2 – next page).



Map 1 - Race start, with two small loops



Map 2 - Race finish, with three-quarter loop

Refreshments

Tea, coffee and cakes will be available for sale at the race HQ during and following the event. Proceeds going to our nominated charities.

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 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 in Bourton village after one hour. Please take extra care.
- **Runners must not wear personal listening devices – those who do will be disqualified from the event.**

First Aid

Cotswold 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 your treatment.

Mementos

A runner's LED light will be provided to all finishers.



Prize List

As in previous years, prizes will be awarded to the first 5 men and the first 4 women. Also, there will be prizes for vet-category men from MV40 upwards and women LV35 upwards, in 5-year bandings. Additionally, there is a prize for the first junior man and woman (under 18). Only one individual prize per person.

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 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.

Donation to Charity

Parkinson's UK (A registered charity in England and Wales (258197) and in Scotland (SC037554)) and North Cotswold Foodbank (Registered charity in England and Wales (1181310)). All donations are gratefully received.

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 and tolerate the inconvenience it might cause.

Sponsors

Our thanks are extended to our sponsor, Highbridge Jewellers Bourton-on-the-Water for the continued support of this event. Bourton Vale Cricket Club have kindly extended the use of their facilities to help make this event possible.



<http://www.highbridge-jewellers.co.uk/>



<http://www.bourtoncricket.co.uk/>