



Sunday 26 February 2023 10am



*Sponsors of the Bourton Roadrunners 10k*

### **Race permit**

Our race permit is 2023-45463 and will be available for inspection on race day.

Thank you for entering this year's event. Please read the following information to help maximise your enjoyment of race day. Our website contains up-to-date race information.

[www.bourtonroadrunners.co.uk](http://www.bourtonroadrunners.co.uk)

### **Race headquarters**

This year, we are indebted to Bourton-on-the-Water Primary Academy for allowing us to use their facilities. The full address is:

**School Hill, Bourton-on-the-Water, Cheltenham GL54 2AW.**

The Race HQ is a short walk from the start/finish area, which is in the centre of Bourton-on-the-Water village.

Race numbers are to be collected from the race HQ on race day from 08.15am.

### **Arriving and car parking**

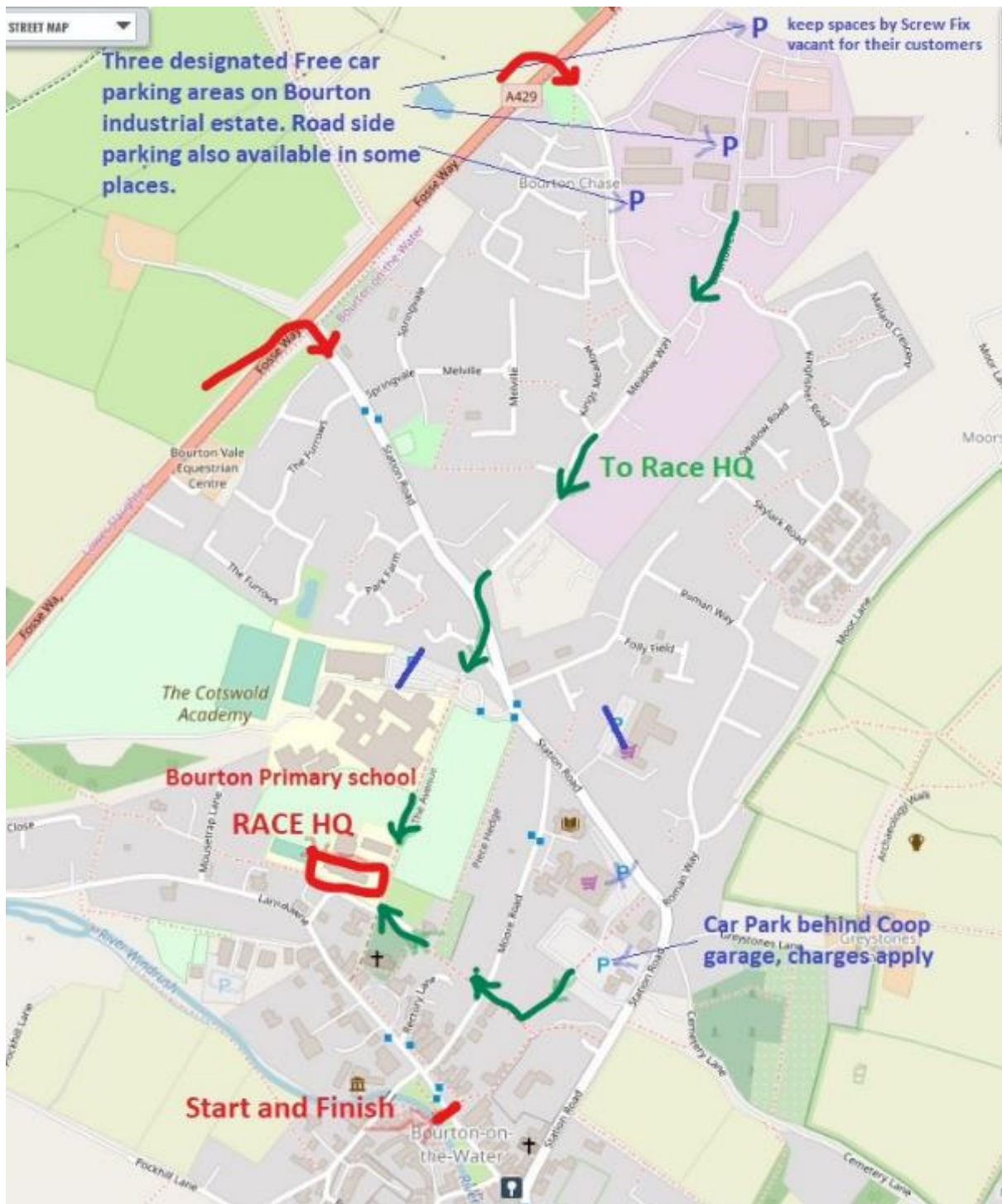
Please enter the village from the Fosseyway (A429) at the traffic lights that lead into Station Road. Please avoid using the turn into Lansdowne as too many cars can quickly cause congestion in that part of the village. Ignore satnavs which tend to turn you into Lansdowne.

Parking is **not available** at the Race HQ.

**IMPORTANT:** the pay-and-display car park on Rissington Road (next to Birdland) is currently closed for refurbishment. We are fortunate to have secured the support of local businesses who are letting us use their staff/customer car parks in the industrial estate (please see MAP 1). Parking will be free of charge and we will aim to fill the available spaces (and street-parking on the industrial estate) first as this is +1k from race HQ.

**Please follow the instructions provided by marshals.**

There is also a pay-and-display car park on Station Road (Bourton Vale Parking Ltd), approximately 500m, away, which has 320 spaces.



**MAP 1 – Bourton 10k parking and race HQ**

### **Registration (08.15am to 09.30am)**

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 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 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 from the loop or inwards.

### Changing/Bag Storage

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

### Toilets

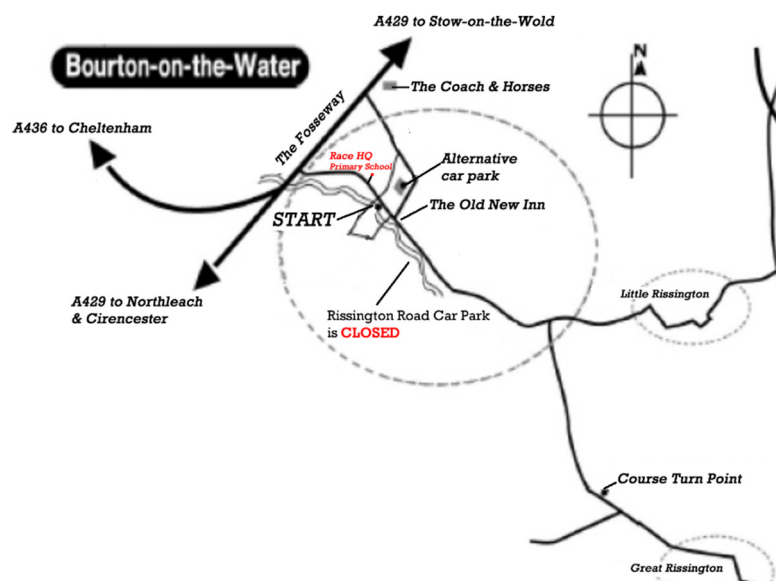
Available at the race HQ. There are also toilets near to the Edinburgh Wool Shop in the village centre – but there is a charge.

### The start (10am)

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 am prompt. The Race Director's short briefing will be at the start line five minutes before the start.

### The course

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

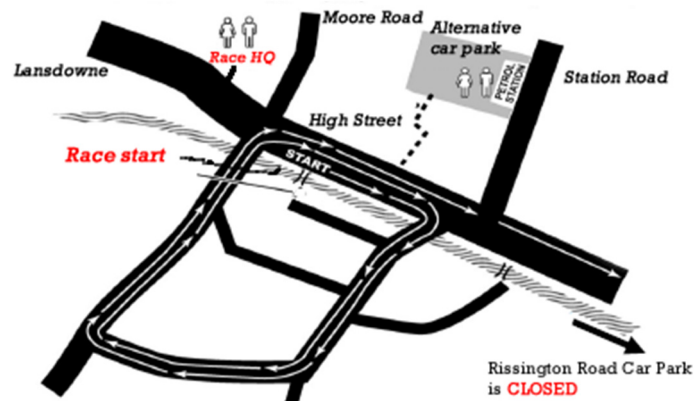


Map 2 – Bourton 10k course

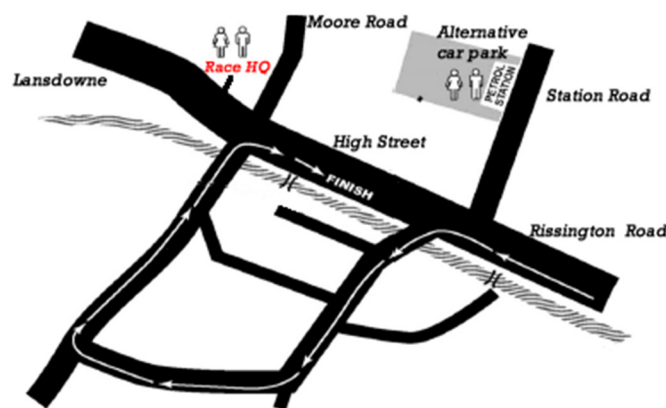
### The route

The start is in the centre of Bourton-on-the-Water, with two small laps of the village at the start, taken in a clockwise direction (see Map 3). Faster runners will catch the back of the race field within these two laps, **please ensure you give them sufficient room to pass**. As you approach the High Street over the small bridge before running towards Rissington, please keep to the **left-hand side** so that your exit from the village centre is assured.

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 Newbridge Lane. Upon return into Bourton village and after turning left passed the post office, there is a three-quarter loop of the village, finishing at the same location as the start (see Map 4).



*Map 3 - Race start, with two small loops*



*Map 4 - Race finish, with three-quarter loop*

### **Water station**

Is positioned just after the course turn point on the way back to the finish. Runners are encouraged to take their own drinking cups/vessels as we are reducing plastic waste. Drinking station will be providing water in paper cups. Could runners please dispose cups responsibly in the bin 30-40m further down the road.

### **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 after **one and a half hours**. 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 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.

### **Post-race entitlements**

Once you have cleared the finish area and towards the end of High Street, you will be offered water refreshment and a “nutritional” event give-away supplied by:



You will also be able to have your race chip time printed on a sticky backed Able styled label – if you get a PB, stick it into your race book! The printout also shows the position within your age category, but please be aware this may conflict with the eventual prize allocation which is based on race gun time.

### **Prize giving (11:30am)**

We aim to present prizes to the race category winners at the bottom of the High Street close to the finish line and near to our race sponsor Highbridge Jewellers, as close to 11:30am 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 Ladies. All winning team runners must wear their club vest.

### **Refreshments**

Sadly, for this year, refreshments will **not be available** at the race HQ.

### **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 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 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 and to **Bourton-on-the-Water Primary Academy** for the use of their facilities to help make this event possible.