

BOURNEMOUTH 10 Mile Road Race

RUNNERS BRIEFING

Organised by Bournemouth Athletic Club

Sunday 20th February 2022, starting at 8.30 am

Thank you for entering this year's race. It's great to be back after the last 24 months of difficulties. We are still taking some Covid-19 related precautions so please note the briefing and we hope that you will have an enjoyable run.

COVID - A key message – If you have Covid-19 symptoms just before or on the event day please do not race!

NUMBERS

Numbers (if not collected at Lytchett) will be collected in our race HQ, in the south east/seafront end of the Pavilion between 07:15 and 08:15. You can only access this area on foot, via the pavilion terrace. There will be an IN and an OUT entrance – Please follow our guidance. There will be sanitiser as you enter the room for your use as required.

Once you have collected your number please ensure you complete the medical and emergency contact details on the back before you start the race.

BAGGAGE - There will **NOT** be a baggage drop available. This is to reduce the additional handling of items. Please come prepared to run.

TIMING

We are encouraging a rolling start, to reduce the bunching of runners in the funnels. Due to this race positions and prizes will be on chip times, except for the first 3 male and female runners will be based on the gun times (i.e. first over the line) and not the chip times.

The chip timing is contained in your number. You must cross the start and finish line with it on. Please wear it on the front of your vest/T-shirt.

Results will be on Timing Monkey.

WE START AT 08:30

The start is by Harry Ramsdens on the Undercliff – Around 100 metres from Number Collection

There will be up to 680 runners racing - we also ask you not to congregating in large groups at the start. And please leave enough room for quicker runners to gather in front of you.

Be at the start for 08:20. That's **ten** minutes before we start.

COURSE

Please only use the pavements when you're not on the promenade. Mile markers will be in place – SEAA Course Assessment Certificate South 15/015. Race licence: 2022-39094. All major junctions will be marshalled. You must comply with directions given by race officials, but your safety is your own responsibility. You **MUST** cross roads **ONLY** at the official appointed crossing points. There is a cut off time at 4 miles of 60 minutes.

SAFETY

For everyone's safety please heed the advice of the race marshals on the course and run on the left hand side of the road, on the pavement unless instructed otherwise.

Please note that there are no road closures in force on the day so great care must be taken, in particular on the Overcliff Drive, where normal traffic will be seen. The promenade (Undercliff Drive) between Boscombe and Bournemouth Pier is also open to traffic so we strongly advise that runners keep to the pavement. The pavement is narrow in places and includes some bollards, so runners will need to be extra vigilant / cautious in those areas.

The course will be fully marshalled and will include drink stations near Boscombe Pier around 1.5 miles in and 8.5 miles and also at the far eastern end of the course, around 4 miles and 6 miles. The route will be clearly marked with route arrows and caution runner signs. There will be a short briefing for runners at the start at approximately 08:20. There will be no police presence around the course.

You need to be able to hear instructions from our marshals so **NO HEADPHONES OF ANY TYPE ARE ALLOWED**

FIRST AID - Medical cover will be on hand at the start/finish area, and on the course – speak to a marshal if needed.

FINISH - Don't hang around – Keep walking through the funnel and collect water, your medal and flapjack at the end

PRIZES - There will be a race medal for every finisher and prizes for individual age categories and for the first 3 (three) male and female teams. **Please note:** 1 prize per runner excluding team prizes. We will have spot prizes too

Subject to the conditions we may post prizes after the event, otherwise the prize giving will start between 10:45-11:00.

OUR AMAZING TEAM

This race could not take place without the help of a great many people and our thanks go particularly to all our volunteers, especially **our amazing course marshals** and race sponsors.

OUR SPONSORS

Our race is kindly supported by:

Runderwear
Up & Running Bournemouth,
White Star Running
XMiles

Photographs will be taken by Charles Whitton Photography

HAVE A GREAT RACE