

Thank you for entering the 34th ANNUAL JUNCTION BROADSTONE ¼ MARATHON ROAD RACE on 1st JANUARY 2019, 10:30 am. Please assemble in the start area **no later than 10.15**

Please check your details are accurately listed on entry list shown at <http://poolerunners.co.uk/broadstone-quarter/>. If there are any errors or omissions, please immediately contact Sarah Swift on [rolphs@hotmail.com](mailto:rolphs@hotmail.com).

**Race HQ:** Admin is in the main sports hall, ground floor of The Junction Leisure Centre, Station Approach, Broadstone, BH18 8AX. Children must not be left unattended at any time.

**Car Parking:** Please park in the public car park on Kirkway/Story Lane, behind The Broadway.

**Race Numbers:** Your race number will be available from race HQ from 9:00am on race day. Please attach it to the front of your vest or T-shirt and ensure it is visible at all times. On the reverse, please write your details, emergency contact details and any medication you are taking.

**Changing:** Please come changed, ready to run if possible, however there are changing facilities in the Sports Centre. Please do not leave any baggage in the changing area, please either leave it in your car or in the main hall at your own risk.

**Prizes:** To score for DRRL positions and event team prizes, athletes must be England Athletics registered with an affiliated club and wear their official club vest. An individual will be awarded any prizes to which they are entitled, i.e. if a Male Vet 40 is 2nd overall and 1st Vet in his category, he will win both prizes. Vets are awarded only prizes in the category they have entered, i.e. A V50 will not be considered for a V40 award. Individual prizes for first two finishers (male & female), first male & female under 20, first over 40 male and over 35 female, then first males and females over 50, 60 and 70. For team awards, the first three runners will score, with the lowest combined placings winning the team prize. In the event of a tie, the position of 3rd runner will be the deciding factor. Vets count as seniors for the team. The team event is open to athletes who are 1st claim members of an EA running club. Team results are based on cumulative position

**Start:** On The Broadway, adjacent to Papa John's Pizza. Please exit the hall via the fire exit which leads onto the Castleman Trailway (an ideal place to warm up too) and follow the arrows to the start. Please do not block roads whilst warming up. Assemble in the start area **no later than 10.15** in your estimated finishing time. The runners briefing will be at 10.20 and the start will be at 10.30.

**Course:** Please only use the pavements. Mile markers will be in place, accurate to +/- 5 metres – SEAA Course Assessment Certificate South 17/364. The race licence is 2019-33629. All major junctions will be marshalled. You must comply with directions given by police or race officials but your safety is your own responsibility. You **MUST** cross roads **ONLY** at the official appointed crossing points.

**Safety:** Due to the nature of the course, this event is unsuitable for wheelchairs, buggies or dogs. Race officials will remain at the finish until the last runner has completed the course. **CUT OFF TIME** is 90 minutes. You need to be able to hear instructions from our marshals, so **NO HEADPHONES OF ANY TYPE ARE ALLOWED**. Please only use the pavement and do not run in the road or cycle lanes. Anyone disobeying these rules will be disqualified.

**Prize giving:** The presentation for this race and the 2018 Dorset Road Race League awards will be upstairs in the Sports Centre Bar. We hope to start at 12:15. Please try and stay for this annual ceremony. (Drinks and food available)

Full instructions, previous results and a route map can also be found on the Poole Runners web site <http://poolerunners.co.uk/broadstone-quarter/>

Poole Runners & The Junction look forward to seeing you on the 1st! Sarah Swift, Broadstone 1/4 Race Director #runpoole

