

FINAL RACE INSTRUCTIONS

Thank you for entering the 36th ANNUAL JUNCTION BROADSTONE ¼ MARATHON ROAD RACE on 1st JANUARY 2022, 10:30 am. Please assemble in the start area **no later than 10.15**

To allow social distancing at the start, there will be **no race briefing on the day** so **please read these instructions carefully** and **watch the briefing video** at [The Junction Broadstone 1/4 Marathon - Race Instruction - YouTube](#)

Please check your details are accurately listed on the entry list shown on the web page at <https://poolerunners.co.uk/broadstone-quarter/> If there are any errors or omissions, please immediately contact Penny Jarvis on penny.jarvis29@btinternet.com

Race HQ: Admin is in the main sports hall, ground floor of The Junction Leisure Centre, Station Approach, Broadstone, BH18 8AX. It will be signposted. **Please wear a face covering in all indoor areas of The Junction and leave the hall as soon as you have collected your race number to reduce Covid risks.** 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: If you don't already have it, 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 information. Race Numbers must be worn only by the runner to whom they have been issued.

Changing: Please come changed, ready to run if possible. Local runners are advised to change before setting out. There are limited 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. **Please tag your bag with your race number if you wish to do this.**

Start: Is on the Broadway, just before the car parking area in front of the shops, 2 minutes walk from the sports centre. The Castleman Trailway to the rear of the hall is an ideal place to warm up. To get to the start please exit the Sports Centre and cross the road via the pedestrian crossing or the underpass. **DO NOT** block the Broadway whilst warming up. Please assemble in the paved area outside the Post Office and Costa, adjacent to the start **no later than 10.15** in your estimated finishing position and only move onto the road when asked to by the starter or race officials.

Timing and Race Positions: To improve Covid safety, a 'rolling start' will be used for this race. **Race positions will therefore be determined by chip times and not gun times.**

Course: Please only use the pavements. Mile markers will be in place, accurate to +/- 5 metres – SEAA Course Assessment Certificate South 17/364. Race licence: 2022-42498. 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.** Cut off time is 90 minutes.

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

Water: There is a water station on The Broadway, which you will pass at approximately 3.5 miles. Water will also be available at the finish.

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.

Prize giving: The prizegiving for this race will be in the hall in the Sports Centre. We hope to start at 12:15. Please try and stay for this annual ceremony. **Food and drink will unfortunately not be available from the café at The Junction this year due to Covid restrictions.** However, Candy Chocs on the Broadway and Costa on the corner of Dunyeats Road and The Broadway will be open to purchase snacks and drinks. Please support our local traders.

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

We are collecting donations for Poole Food Bank at the entrance to the Sports Centre so if you can spare any items, please bring them along and drop them there.

We look forward to welcoming you on Saturday.

Penny Jarvis, Broadstone 1/4 Race Director