



2023 UPTON SUMMER SERIES SENIOR RACE

FIRST RACE 3rd MAY

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running free 

WELCOME

Thank you for your entry, we hope you enjoy the series. We will continually review and amend our procedures to retain enjoyable, safe running events, as such please look out for changes during the series as necessary. While we take our responsibilities in providing a safe environment for you to run seriously, we would like and ask all competitors to use common sense in social distancing, mask wearing and infection control.

The race is a UK Athletics licensed event. Therefore, no dogs, or pushchairs etc. Headphones must not be used. Your club vest should be worn if a member of a UK Athletics Club.

Where is the race held: Upton Country Park Poole Rd, Upton, Poole BH17 7BJ

Car Parking: Please use the main Upton House "Pay and Display" car park. (Cash or card payment – no mobile phone contactless payments)

Toilets: The new visitors centre has limited unisex facilities, however the "Courtyard Café toilets will be open until 7:30pm

Changing: Please come changed, ready to run. There are no changing facilities.

Baggage. After warming up, outer garments should be left in your car. **Please do not leave any baggage etc. on tables and other surfaces around the gardens of Upton House.**

Number Pick Up Numbers will be available for collection at race one (4th May) from 6:15. The collection point is beneath the terrace on the lower grass area in front of Upton House. There will be direction signs from the main carpark. **They can also be collected from Broadstone Sports Centre (The Junction) between 6:30pm and 8:30pm on Wednesday's the 19th and 26th April.** If local this is the preferred option. It greatly helps our admin team.

NUMBERS ARE YOURS FOR THE SERIES. PLEASE TAKE CARE OF THEM

Pre Start Assembly: is 7:05

Please assemble from 7:05pm onwards on the upper grass area in-front of Upton House. Please assemble in the five number assembly area indicated by noticeboards on the grass edge. At the "Gun" all will close up and swing round to cross the timing mat. See attached picture.

KEY POINTS TO ADHERE TO ARE:

Race Numbers are yours for the series AND NOT transferable in any circumstances

- Please retain your number and keep it safe.
- Please assemble from 7:05pm onwards on the upper grass area in front of Upton House
- Runners are asked to **assemble in number order**. There will be signs on the grass area.
- There will be a briefing at 7:14.
- Race start is at 7:15pm
- There will be drinking water available at the finish but we strongly advise and ask runners to drink their own in reusable containers.
- Race numbers must be clearly visible, not folded & securely attached to the front of participants running vest/top. **Please supply your own safety pins.**

Course: Most of the route is over fairly wide paths, however please try and keep left except when overtaking

Finish: The race finish on the hard tarmac area in front of Upton House. Please carry on moving away from the finish line. You will be directed straight down on to the front lawn so that there is no congestion at the finish line and runners can socially distance.

Post-Race Drinks: If possible please bring your own, either carry with you or leave in your car. Bottles must NOT be left unattended on tables or other surfaces.

Post-Race Dispersal: Please feel free to use the larger space on the lower front lawn. There is plenty of room there. When ready make your way back to your car by way of the paths to the right of the house. **PLEASE DO NOT GO BACK VIA THE FINISH LINE**

End of Series Prizegiving: This will be held at "The Junction" Broadstone after the last race on Wednesday 9th August. Drinks and Food available.

Race Results: Will be displayed will in chip time order (i.e. not necessarily finish order) and will be live on:-

<https://www.timingmonkey.co.uk/results/UptonSeniors23/>

