

WELCOME TO THE 38th ANNUAL JUNCTION BROADSTONE ¼ MARATHON' ROAD RACE MONDAY 1st JANUARY 2024, 10:30 am

Thank you for entering the 2024 Junction Broadstone 1/4 Marathon. The race is two laps anticlockwise around the triangle encompassing Dunyeats Road, Lower Blandford Road and Gravel Hill. This year's event is once more raising funds for sporting facilities and equipment for the youth and disabled of Broadstone.

Race Headquarters: Administration will be in the main sports hall, ground floor of "The Junction" (formerly called Broadstone Leisure Centre), Station Approach, Broadstone, BH18 8AX. It will be signposted. **Please leave the hall by the doors at the rear of the hall, indicated by race volunteers, as soon as you have collected your number to reduce congestion in the entrance and hallway of the centre.**

Car Parking: Please park in the **public car park** located in Kirkway/Story Lane (accessed via Ridgeway). Please do **NOT** use the car park at The Junction Sports centre. Parking for two hours is normally 60p in Story Lane but special Bank Holiday reduced rates may apply.

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.**

Toilet Facilities: Toilets are available at The Junction Sports Centre. Please do not leave any baggage in the toilets and leave the area as quickly as possible to reduce crowding.

Race Start: Is on the Broadway, just before the York Road junction, outside 29029, opposite the Methodist Church. Please exit the Sports Centre and cross the roundabout via the pedestrian crossing or underpass. **DO NOT** block the Broadway whilst warming up. Please assemble in the paved area adjacent to the start in your estimated finishing position and **only move onto the road when asked to by the starter or race officials. The road will be open to traffic until 10.25 so there is a serious risk of collision if runners step into the road. Please show consideration to pedestrians using the local shops.**

Timing and Race Positions: Although chip times will be available to all runners wearing their race bib who cross the start and finish line, **race positions and prize winners will this year be determined by gun times and not chip 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: 2024-46976. 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.** You are not a car or a bike so please don't pretend to be one! 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. To reduce the environmental impact of this race,

recycleable cups will be used for handing out water but we ask that **wherever possible, you bring your own cup or water bottle.**

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

Please note that in order to comply with England Athletics rules you must **not** fold your number. Race Referees can, and do, disqualify runners who do so. Race Numbers must be worn only by the runner to whom they have been issued. They are NOT transferable in any circumstances.

Prizes (Junction Quarter Marathon): You do not need to register or declare teams; this will be done automatically. 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., if you enter as a V50 you will not be considered for a V40 award. Prizes for first two finishers (male & female) then first over 40 male and over 35 female. Then first over 50, over 60 and over 70 (both male & female) and first under 20 male and female.

For team awards, the first three runners will score, with the lowest combined placings winning the team prize. Vets count as seniors for the team. The team event is only open to athletes who are 1st claim members of an EA affiliated Running Club.

Race Results: Will be displayed at race HQ as soon as possible after the race. Chip times will be available immediately after the race on Timing Monkey at www.timingmonkey.co.uk/results-list. A full set of results will be published on www.poolerunners.co.uk on the evening of the race.

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

Prize giving: The prizegiving for this race will be in **the bar on the first floor of the Sports Centre**. We hope to start at 12:15. Please try and stay for this annual ceremony. **Hot and cold food and drink will be available from the café at The Junction**. A range of hot and cold drinks and food will be on sale.

Food Bank Donations: We are once again collecting donations for Poole Food Bank. If you can contribute any items, they will be gratefully received in a marked crate within the main hall at The Junction Sports Centre. Thank you.

We hope that you enjoy the race but please be mindful of your own safety, that of your fellow runners and particularly of the local people who are so tolerant of us 'invading' their shopping parade and streets! Thank you.

