



2023/4 BOSCOMBE 5k WINTER SERIES

FIRST RACE 14TH NOV 2023

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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 and think of their own safety.

The race is a UK Athletics licensed event. *Therefore, no dogs, or pushchairs etc. Headphones must not be used.*

Where is the race held: Along Boscombe Promenade. Follow the brown signs to Boscombe pier. The start is in front of the Harvester (Neptune) Public House.

Safety: As the event is held at night, though street light lit, we have rescinded the UKA rule that Club Vests must be worn. Its felt safer for athletes to wear bright light coloured clothing, so:-

BE BRIGHT WEAR WHITE

The race will be held in rain and or cold and will only be cancelled for severe sand covering or snow & ice. Please consider this when selecting you choice of garments. (March 12th is the replacement date in the event of a cancellation)

First Aid: Is located at the finish. A “blue light” response vehicle will be situated there in case of an on course emergency.

Car Parking: There are two Car Parks: - The Overstrand Car Park and the Sea Front (Undercliff Drive.) the latter being to the west of the pier. Both are “Pay and Display”. Please be aware that there is Automatic Number Plate Recognition (ANPR) in operation for non-payers! Please do not warm up in the car park areas!

Toilets: Toilets are only available at the public conveniences to the west of the pier BCP have kindly agreed to keep these open for us. Please view [Site Map.pdf](#)

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 front of the Harvester(Neptune) .**

Number Pick Up: Race numbers can be *collected from Broadstone Sports Centre (The Junction)* on Wednesday 1st and 8th November between 6:30 and 8:15pm. If local this is the preferred option. It greatly helps our admin team. Numbers will also be available on race nights from a car parked in front of Boscombe pier. Numbers contain your timing chip; please keep them safely for the series.

Warm Up Area: There is plenty of wide promenade to the east of the Neptune Pub (i.e. first 1k of the route)

Pre Start Assembly: Please start assembling from 7:10pm in-front of The Harvester (Neptune) Public House. The chip mats are 4.8m wide and must be crossed to obtain your position and time. Please assemble in time order, i.e. Fastest runners in front. There will be time boards to assist.

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 in 7:10 pm onwards behind the timing mats near “The Neptune”.
- Runners are asked to **assemble in time order**. There will be an area at the front for sub 19min runners only. There will be signs to assist.
- There will be a briefing at 7:14.
- Race start is at 7:15pm (signal will be the command “GO”)
- There will be water available at the finish only for runners with severe dehydration and distress. We strongly advise and ask runners’ bring their own drink 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: Out and back. Please keep left at all times to avoid collisions with on-coming runners. There will be a “Turn Point” marshal in Hi-Viz and a marshal 30m prior to the turn point giving a warning that runners are approaching the “Turn Point”. Most of the route is wide traffic free tarmac well lit by street lights. However if the preceding night has been windy with a high tide there may well be a significant layer of sand on the route surface. Please be aware of other prom users.

Marshals: In the event if an incident please contact a marshal. They will be at 1k, the turn point and 4k.

Finish: The race finish will have lit “left and right” markers indicating the timing mat. Please cross the finish line timing mats between them and then move away so that there is no congestion at the finish line.

PLEASE DO NOT GO BACK DOWN THE COURSE VIA THE FINISH LINE MATS

Important:

Should you start the race and then need to “drop out” please inform the timing crew. Please don’t go straight back home. As it’s a “after dark” race we need to check that all runners have returned safely

Post-Race Drinks: If possible please bring you own, either carry with you or leave in your car. Water will only be available for runners suffering from severe dehydration (unlikely on a winters evening)

Post-Race Social Gathering: Runners are welcome to meet in the Harvester (Neptune) Public House, adjacent to the start/finish, for a post-race drink.

End of Series Prizegiving: This is currently due to be held in the Neptune shortly after the last race on Tuesday 20th February.

Race Results: Will be displayed with both “Gun” & “Chip” times. Gun times will be used for prize allocation.

Results will be live on:-

<https://www.timingmonkey.co.uk/results/BoscombeWinter23-24/>

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