



2024 UPTON SUMMER SERIES JUNIOR RACE

FIRST RACE 8th MAY

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running free 

Race Dates are: - 8/5/2024, 29/5/2024, 19/6/2024, 10/7/2024, 24/7/2024, 07/8/2024 (All Wednesdays)

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. Whilst we take your safety seriously please be aware of other park users, we don't have exclusive use of the paths.

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) JustPark location number is 3023.

Toilets: The toilets in the visitors centre will close c6:00pm. However "Courtyard Café" toilets are 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 (8th May) from 6:00pm. 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.

Pre Start Assembly: is 6:35

Where to assemble for the start. Please assemble from 6:40pm onwards on the upper grass area in-front of Upton House. Please assemble in the four age groups indicated by noticeboards on the grass edge.

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 6:35pm onwards on the upper grass area in front of Upton House
- Runners are asked to assemble in descending age groups. There will be signs on the grass area.
- There will be a warm-up and briefing at 6:40.
- Race start is at 6:45pm
- One adult must run with any participants seven years and under.
- **Adults must not go through the finish funnel.** Please peel off just before the finish funnel and collect the child at the end of the funnel.
- There will be drinking water available at the finish but we strongly advise and ask runners to bring their own in reusable containers,
- The tarmac area immediately in front of Upton House **MUST** be clear of junior runners and their supporters by 7:05 to allow for seniors runners to assemble for their race. Junior entrants are free to use the grass areas and support the senior race.
- 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. Whilst we take your safety seriously please be aware of other park users, we don't have exclusive use of the paths.

Finish: The race finish is 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 onto 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.

Post-Race Dispersal: Please feel free to use the larger space on the lower front lawn for recovery. There is plenty of room. 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 in front of Upton House after the last race on Wednesday 7th August. The first two Boys/Girls in each age band will receive an award,

Race Results: Will be displayed on the Poole Runners Web-site on Thursday morning

<https://poolerunners.co.uk/upton-summer-series/>

