



2025 UPTON SUMMER SERIES RACE ONE 7th MAY

Seniors Race Instructions

Sponsored by

running free 

Race Dates are: - 7th May, 28th May, 18th June, 9th July, 23th July and 6th August.

(All Wednesdays)

WELCOME

Thank you for your entry, we hope you enjoy the series. The objective of the event is to provide friendly but competitive running between local runners and age categories. 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, please no dogs, or pushchairs etc. Headphones must not be used. Your club vest should be worn to ensure you are eligible to count towards the team competition.

IMPORTANT: Race Numbers – Are also your timing chip, take care of it!

These can be collected from “The Junction” Sports Centre, Broadstone on Wednesday 30th April between 6:00 and 8:00pm. For all seniors this is the preferred option. Numbers can also be collected from the lower lawn in front of Upton House at race one 7th May.

- Please ensure that the reverse of your number is completed.
- Numbers are NOT transferable in any circumstances
- Please retain your number and keep it safe, uncrumpled and dry. Lost numbers will incur a replacement fee.
- Race numbers must be clearly visible, not folded & securely attached to the front of your running vest/top. **Please supply your own safety pins.**
- We really need your help in complying with this to make results as accurate and quick as possible.

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) Just park ref booking number is 3023.

Toilets: The main toilets in the Courtyard cafe are open until around 8:00pm (The toilets in the Upton information booth will close at 6:00pm).

Drinks: Limited drinks (water) will be available at the race finish. It would be helpful if you could, please, bring your own, either carry with you or leave in your car.

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

Baggage. There is no official baggage storage. After warming up, outer garments should be left in your car. If you choose to leave garments around the start and finish area they are your responsibility.

Warm Up: Please warm up individually spread over the park. **Please be aware of other park users, we don't have exclusive use of the paths.**

Pre Start Assembly: At 7:10 runners will be asked to assemble in their positions on the lawn in front of Upton House ready for the race start. Please listen to the announcements. Competitors are asked to assemble in anticipated finishing time order. There will be "time boards" to assist you. Please do not edge forward past your predicated time.

Start: There will be a 'rolling start' with runners moving smoothly across the timing mats. There is no need to rush! All competitors will have timing chips; the ones nearer the back won't be disadvantaged. **It will be your time over the start and finish mats that will determine your position in the race and your time.**

Course: Most of the route is over fairly wide paths, however please try and keep left except when overtaking. Faster Runners may be coming past you in the later stage of the race. Keep left and let them pass you on your right. **Please be aware of other park users, we don't have exclusive use of the paths.**

Finish: The race finish is at the front of Upton House. You MUST cross the timing mat to record your own individual time. 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 Dispersal: Please feel free to use the larger space on the lower front lawn for recovery and post-race chats. 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 Senior Prizegiving: Will be at The Junction Leisure Centre (Broadstone) shortly after the last race on the 6th August. Food and drinks will be available.

Race Results

LIVE on Timing Monkey

Poole Runners Web-site <https://poolerunners.co.uk/upton-summer-series/>

