



BOSCOMBE SEAFRONT 5k

14TH SEPT 2025

WELCOME

Thank you for your entry, we hope you enjoy the race. We will continually review and amend our procedures to retain enjoyable and safe running, as such please look out for changes displayed on the event website. Whilst we take our responsibilities in providing a safe environment for you to run seriously, we would 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: The race will be held in rain and or cold and it will only be cancelled for severe sand covering (a replacement date will be published)

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 later 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. Please do not warm up in the car park areas!

Toilets: Toilets are available at two nearby locations on the promenade. Cold showers are available in one! Please view [Site Map.pdf](#)

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

Showers: There are nearby shower facilities in the promenade.

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 10th Sept 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 day from a stand in front of Boscombe pier. Numbers contain your timing chip.

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 9:10am 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:

- Please assemble at 9:10 am onwards behind the timing mats near “The Neptune”.
- Runners are asked to **assemble in time order**. There will be signs to assist.

- There will be a briefing at 9:14am
- Race start is at 9:15am (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.

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. 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 that the promenade is shared with walkers

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

Finish: The race finish will have 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. We need to check that all runners have returned safely

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

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

Prizegiving: This is currently due to be held in the Neptune shortly after the race.

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



RUNEVENT

Course Number 23/359