



Race Information Pack

Welcome to the 2nd Run Bedford 10km Road Race!

Our aim is to develop a long-standing high quality road race suitable for all standards and to be inclusive to wheelchair racers.

Love Bedford (Bedford BID) has been very supportive in bringing this event to the town.

The course is designed to take in some great parts of Bedford. The entire course is on good tarmac roads with few turns and no dodgy off-road bits. It's flat and should therefore be very fast! For the runners' safety, we are operating a rolling road-closure. Traffic will be excluded from the runners' side of the road*. The start/finish area is closed till 2pm enabling runners and spectators safe access.



Raising money for





The Venue: Race HQ is located on the edge of Russell Park next to The Embankment. The start and finish area is here too.

Parking: Car parking is located at **Aspects Leisure Park, Newnham Avenue, Bedford MK41 9LN**

This is free and just 5 minutes walk from Race HQ but please use the overflow area next to the fire station. Follow the signs back past the cinema and walk through the subway to The Embankment.

Registration: Registration opens at 0700 and closes at 0830 on race day. This is also open Saturday 4th from 12 noon - 1600 so please pop down then if you'd like to avoid the rush on Sunday morning! Please arrive in good time and give your name to the helper. You will receive a tyvek race number, safety-pins and a baggage tag. If you have pre-purchased the race T-shirt you can pick that up too.

Numbers: You must attach your number at all 4 corners and it must be visible from the front throughout the duration of the race. If you have any medical issues that may be relevant in the case of you needing help, please write these on the back of your race number.

Your number also has your unique timing chips attached to the back. The chips are located under the 2 blocks of foam to protect them from moisture.

DO NOT remove the foam or pierce with the safety-pins when attaching! The chips do not need to be returned to us after you've finished.

Toilets: Toilets will be available near registration and behind the kiosk.

Changing & Showers: Unfortunately, there are no facilities for 2016.

Baggage: The baggage tent is located next to Registration. Someone will be onsite looking after baggage but please don't leave anything you can't afford to lose with us! Your race number will match the sticker on your baggage so please have it handy when retrieving your kit.

Entry: Online entry will close at midday on Friday 3rd June.
Link here: [ENTER HERE](#)

Entry on the day will be available at £21/23 until limit of 800 is reached.

Briefing: The race briefing will take place next to Registration at 0845. All runners must attend. Please pay attention as this will contain essential safety information, rules and any late changes affecting the event.

Music players/Ipods etc: For safety reasons you are not permitted to use/wear these during the race. You need to be able to hear instructions from marshals and possible traffic coming from behind. Anyone spotted using/wearing will be disqualified - that's the rule!

Dogs/pets: Sorry the course is not suitable for dogs. Please feel free to dress up as any animal you wish though.

The Start: This will be on the road adjacent to Registration. Runners will be called to the line with 2 minutes warning. Please line up in order of your expected finish time ie. Elite runners at the front followed by club runners etc. All runners start at the same time - 9.00am

There will be further warnings at 30 secs and 10 secs to the gun.

The gantry is narrow and the timing mats are slightly raised so beware of what's in front of your feet in the crowd - don't trip!

The Course: The whole course is on main roads around Bedford. The surface is good tarmac. There are virtually no inclines. The course has been measured and has the certificate 098/1305 of accuracy.

The course will be closed to traffic on the left hand side with a rolling road-closure.

HOWEVER:

ONCOMING TRAFFIC WILL BE ON THE OTHER SIDE OF THE ROAD.

With this in mind please take great care whilst on the course.

KEEP TO THE LEFT AT ALL TIMES!

The sections at St Marys Bridge at 1km, DePayrs Ave at 8km and the High Street at 8.5km will have the left-hand lane coned off - stay inside the cones!

Whilst we have taken every care to ensure traffic is kept off your side of the road with legal road closures, barriers, signs and marshals be aware that we cannot physically barrier every resident's driveway around the course. Emergency vehicles always have the right of way so please take care. There is an out and back section with a tight turnaround point just before 6km. The 150m before and after the turnaround will be narrower. Please take extra care here and use the pavement after the turnaround if necessary. A detailed map of the route is here: <https://www.plotaroute.com/route/158715>

Time Limit: The race limit is 1hr40mins. This equates to 10mins per kilometre or 16mins per mile. Because of the limits on the road-closures, anyone outside this pace will be asked to continue on the pavement. You may continue to the finish but please treat the course as if on a training run ie. use the pavement and take care when crossing roads etc.

The Finish: This is located on The Embankment at the same place as the start line. Manual timing backup may be in operation so make sure your number is clearly visible as you approach and cross the finish line. Once you've finished you'll be given your medal and water.

First Aid: This will be located just after the finish area.

Timing: Chip timing is in operation. See section on Numbers. You'll be timed as you cross the start mat and finish mat. The results are based on Gun Time but you'll be able to see your Chip Time too. Individual result printouts will be available in the timing tent straight after you finish.

Presentation: This will take place after the last runner finishes at approx. 1045. Trophies for Top 3 Individual Male and Female, Winner of each Male and Female age group.

Age Groups: Age as of 5th June 2016
F/MSen, F35, M40, F45, M50, F55, M60, F65+, M70+

Prize Money Breakdown: 1st Overall Male & Female – £400 each
2nd Overall Male & Female – £200 each
3rd Overall Male & Female – £100 each

Refreshments: The Kiosk In The Park is only 50m from the finish line and serves fantastic snacks, homemade cakes, hot and cold drinks.

Results: Full results will be available on our results page -
<http://results.active.com/events/love-bedford-run-bedford> - later in the day.

Water: Bottled water is available at the 5km point and the finish.

Massage: This will be available before and after the race.

Photography: This year we have a team of photographers to capture your moments. You can buy printed photos on site after you finish! If you you'd like to wait and view online later then checkout www.glamorouseventphotography.com

Extra Activities: Our partners and sponsors will be providing some amazing activities during and after the race. You can climb boulders with Big Rock, Zorb and Paddle-board on the river with Canoe Trails and take the Core Fitness Challenge!

Rules: The race will be run under UKA rules. The adjudicator on the day is Mr Paul Felton.

Have a great race!

Contact Us:

info@runbedford.org

www.runbedford.org

07748 911 742



We are helping to raise money for our chosen charity

Aspire



Supporting people with spinal injury

If you'd like to raise money for Aspire
please go to the Just Giving page:

<https://www.justgiving.com/Aspire-RunBedford/>



*Foods
of Italy*

**Like your company to be involved?
Contact us: info@runbedford.org**