



Race Information Pack

Welcome to the 5th 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.

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 for the day enabling runners and spectators safe access.

Raising money for

Aspire

Supporting people with spinal injury



**START
&
FINISH**

TURNAROUND

Parking

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.

Number Pick-Up/Registration:

Saturday 1st June - 2pm-3.30pm PLEASE TRY TO MAKE SATURDAY IF POSSIBLE
+

Sunday 2nd - 7am-8.15am - both at the START AREA

Please arrive in good time and give your name/number to the helper. You will receive a tyvek race number - safety-pins will be in a big pile.

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 chip attached to the back. The chip is located under the block of foam to protect it 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 around the park.

Changing & Showers: Unfortunately, there are no facilities for 2019.

Baggage: The baggage tent is located next to Registration. Someone will be on site 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 midnight on Wednesday 29th May - no chance after that!

Link here: [ENTER HERE](#)

Entry on the day will be available at £23/25 until limit 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 BONE CONDUCTING headphones are the only type permitted during the race.

You need to be able to hear instructions from marshals and possible traffic coming from behind. Anyone spotted using/wearing any other type 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.

This year there will be a number of Wheelchair racers. They will be started at 8:59am. Please give them room to get on the start line.

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 16/200 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. Please move away from the finish area to let others finish.

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.

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

Age Groups: Age as of 17th June 2018
F/MSen, F35, M40, F45, M50, F55, M60, F65+, M70+

Clubs based on top 4 Males and top 3 Females from the same club. To be included you need to register as the same CLUB - individuals just registering as part of a team will not be counted - you can edit this info at your Active registration if you want your group/team to be in the CLUB comp.

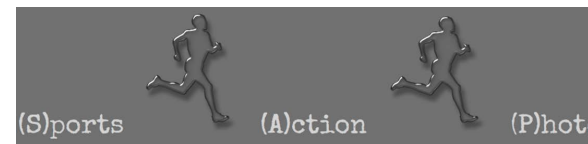
Refreshments: The Kiosk In The Park is only 50m from the finish line and serves fantastic snacks, homemade cakes, hot and cold drinks. There will also be many stalls around for the kite festival.

Results: Full results will be available on our results page - <https://resultscui.active.com/events/RunBedford3> - later in the day.

Water: Bottled water is available at the 5k/6.5k point and the finish. **If it's particularly hot - please only take one bottle of water at the finish - there will be runners coming in later with greater need - don't take their's.**

Photography: This year we have a team of photographers to capture your moments. The gallery will be live 48 hours after the event has finished and indexed via race number at:

https://www.sportsactionphoto.co.uk/v/photos/run_bedford_photos_2019



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

Some More Important Stuff: This year we share the Embankment and Russell Park with **Bedford International Kite Festival** and **Bedford Festival of Motoring**. These will be happening both Saturday and Sunday so parking on the Embankment will not be possible.

The 300 or so classic cars will be parking by the riverside from around 9.30am on Sunday so please be aware if you are spectating/helping or finish before they get parked.

Have a great race!

info@runbedford.org

Contact Us:

07748 911 742



Thank you to our wonderful array of sponsors for their support!

*Foods
of Italy*



Budgens



COTTAGE FARM NURSERIES
EST, 1971

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