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5k Fun-Run

Race Details

Sunday 8th April 2018
Pier Approach, Bournemouth



Bournemouth Bay Run Race Details - 8th April 2018

Please read through these race details carefully. If you have any queries, please contact the British Heart Foundation on the e-mail/number below

1. RACE ORGANISERS

Events Department, Bournemouth Borough Council. All correspondence to The British Heart Foundation, Lyndon Place, 2096 Coventry Road, Sheldon, Birmingham, B26 3YU. Tel: 0300 222 5719. E-mail: heartrunners@bhf.org.uk

2. 5k FUN-RUN DETAILS

The Fun-run is an out and back route, starting WEST of Pier Approach and following the promenade past Boscombe Pier to the turnaround point on Boscombe Prom. The route retraces its steps to Boscombe Pier returning to Pier Approach along the promenade.

Please ensure you leave enough time to congregate in front of the Happylands amusements WEST of Bournemouth Pier Approach to start the race at 11.00am.

****Please keep to the right hand side of the promenade both on the run out to Boscombe and back, and be aware of runners competing in other races.**

3. ENTRIES ON THE DAY

Entries can be taken on the day (subject to reaching the maximum capacity) at the 1k and 5k registration tent in The Waterfront - please see map for location. On the day entry is £7. **All entries must be made before 11:30am - Due to the number of people who enter on the day queues do occur; please ensure you leave enough time to register.** No entries will be accepted after this time.

4. PARKING

There are a number of public car parks serving the Pier Approach area. Use of these car parks will be at the normal display prices.

5. CHANGING ACCOMMODATION

Limited changing is available in existing toilets in the Pier Approach area, however it is recommended that where possible, runners should arrive in their race clothing. Baggage storage is available in a marquee (within the Waterfront). **The enclosed baggage tag should be securely attached to your baggage with your race number written clearly on the tag when depositing to the Marshals located in the marquee. Please ensure that you have your race number with you when depositing and collecting your baggage.** Please note that liability will not be accepted for any loss or damage to any items left in the marquee.

6. TOILETS

Public toilets are situated in the Pier Approach area and will be signed. Further toilets are available on the west side of the pier adjacent to the amusements and on the east side of the pier just past Harry Ramsdens.

7. MARSHALS

All strategic junctions will be marshalled and/or sign-posted. Whilst the marshals are there to assist with providing a safe race, each participant must take responsibility for their own safety.

8. RACE NUMBERS

All competitors **must** have their race numbers pinned to the front of their vests at all times during the race. Please be aware, the colour of your race number coincides with the correct route signage for your race of which the 5k is BLUE. Marshals will be positioned around the course and near the finish to remove any competitors who are not wearing a race number. Please ensure you comply with this regulation. Please also complete the back of your race number with details of your next of kin, in case of emergency. **Please inform the race office of any changes to your personal details as supplied on your application form.**

9. WARM UP

A warm up will take place in Pier Approach. Please see enclosed map for exact location.

10. RACE FINISH

The finish for the 5K is situated East of Bournemouth Pier next to Harry Ramsdens. Please comply with the instructions given by the funnel Marshals and leave your race number in place after crossing the finish line. **Please do not wait in the funnel area as it will cause congestion.**

All 5k finishers will receive a medal and T-shirt on completion of the fun-run. Water will also be available at the finish.

11. FIRST AID

First Aid cover will be provided around the course and at the finish.

12. CHARITIES

The race is being run in association with the British Heart Foundation and you should have received a sponsorship form with your confirmation of entry. If you require another sponsorship form, please contact **0300 222 5719**.

13. SEAFRONT DEVELOPMENT WORKS

Please be aware there are various seafront development works being carried out across the course for 2017. Routes will be kept as clear as possible for runners however, please ensure care is taken at narrow points.

14. CHILDRENS FUN RUN

A 1km Children's Fun Run will also be organised and will commence at 09:25am along the seafront to the west side of the Pier. Entrants should register at the Race Office near to the Pier Approach area before 08:50am on the day. In order to avoid congestion please register as early as possible for the fun run. All cheques should be made payable to Bournemouth Borough Council.

The entry fee for the 1km Children's fun run is **£5.00** for all entrants. **All on the day entries must be made before 08:50am.** No entries will be accepted after this time. All finishers will receive a medal.

****Please make yourself familiar with the routes and start areas as illustrated in the maps included with this pack.**

Finally, may we take this opportunity to wish all athletes luck for their races. Furthermore, thank you to everyone who will be giving up their time on the day to make this year's event the most successful Bay Run ever!

Start Map - Bournemouth Pier Approach



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Map Key

- 5K / 1k Registration
- 10K / Half Info
- Exhibitors
- Warm Up Area
- Message
- T-Shirts
- Luggage
- Info
- 10K / Half Info
- Exhibitors
- Warm Up Area
- Message
- T-Shirts
- Luggage
- Info
- Info
- First Aid
- Disabled Toilets
- Toilets
- Food/Drink
- Ice Cream
- 5K / 1k Registration
- 10K / Half Info
- Exhibitors
- Warm Up Area
- Message
- T-Shirts
- Luggage

5K full Route Map



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