



PRE RACE RUNNER INFORMATION - SUNDAY 25th NOVEMBER 2018

Thank you for entering the Bass Belle 10 Miler! This year's event will as always be supporting Brainstrust, a brain cancer charity.

RACE PACK Your runner number which includes a timing chip will be posted out to you after the closing date for entry to the race which is Monday 12th November 2018. Your pack will also include your baggage tag, if you wish to drop a bag off on race day at the secure baggage area. If you have entered via paypal please ensure that your postal address is correct as this is the address that your race pack will be posted to. No race pack means no race! All runners must complete the reverse side of their race number with their emergency contact details, any medical conditions / allergies etc. This is crucial in case you require medical assistance on race day!

RACE START - Race will start at 10 am on the hard standing area by the Pavilion, behind the Bassingbourn Sports Centre at Bassingbourn Village College. Runners do not need to register as all you need to run is included in your race pack. Runners should aim to arrive at **845/9am**. There will be a warm up at **935am** and then runners will be asked to line up according to their predicted finish time from **945am**. Race will start prompt at **10am**.

PARKING – There is ample on-site parking. Runners are asked to park in the car park at the rear of the college, accessed from Brook Road / Bassingbourn Road. Once the college car park is full, runners will be asked to park in the Primary School Car park next door and then the school playgrounds. There is no parking for runners at the front car park for the college accessed from South End. This car park is for race personnel only.

RACE HQ FACILITIES – The race hq has everything a runner needs. As well as ample onsite parking, there is a secure baggage area, changing rooms, mobile toilets, on-site shop selling all your running goodies including energy gels, bars, clothing etc , refreshments (including hot drinks and the famous home made cakes created by the Scouts) and a bbq. **Please note that we no longer have access to the sports centre but usage of the smaller Pavilion, located behind the sports centre. If cold runners will need to keep warm in their cars prior to the warm up.**

COURSE – The course is flat and takes in the picturesque South Cambridgeshire villages of Bassingbourn, Litlington and Abington Piggots. The course consists of 8.5miles on road and 1.5 miles off road along a grass track. Runners are asked to exercise care on those parts of the course where the surface is uneven. Runners are asked to run on the left hand side of the road at all times and to use the footpaths as available . Runners must not cross to a footpath on the right hand side of the road unless requested to by a marshal. This will only be required once in the race, at the 8.5mile mark, where runners will be asked to cross the road to the footpath on the right hand side of the road, where they will be required to stay until the end of the race. Runners are reminded that whilst Ipod / MP3 players are not



banned at the race, the organisers recommend that you do not use these as it will prevent you from hearing marshal instructions and traffic on the road. Runners therefore use these at their own risk. If using such equipment please ensure the volume enables you to hear marshal instructions.

WATER STATIONS - There will be two water stations around the course. The first is at around the 3.3 mile mark and the other at the 7 mile mark. All runners will also receive a bottle of water at the end of the race.

PRIZES – There will be a brand medals for all finishers as well as a bottle of water, energy drink and a banana. There are also cash prizes for beating the male and female course records. Both records were beaten in 2016!! The new records to beat are 55mins and 15 seconds (male) and 62mins and 12 seconds (female). There are also category prizes and team prizes.

TERMS & CONDITIONS OF ENTRY –

Runners agree to abide by the rules of the event and that the officials' decision is final.

Runners confirm that they I have no medical disability that would endanger myself or others by taking part (and I will not run if unfit on the day).

Runners understand that the organisers will not be liable for any loss, damage, injury or illness howsoever caused as a result of entering the race.

Runners agree that during the race I will obey marshals' instructions, keep to the left hand side of the road and not cross to the other side of the road unless informed to do otherwise by an official.

In the unfortunate cancellation of the event through circumstances beyond the control of the race organisers, runners understand and accept the rules and terms of the entry including that there will be no refund of race entries.

If runners are unable to take part they understand that there will be no refund of race entries and they will not allow anyone else to use their number without completing the official transfer process (contact the race organiser at ashley.hawkins3@btinternet.com if you wish to transfer your race entry).



Runners understand that, due to safety concerns, the race organisers recommend that runners do not wear earphones and that if earphones are worn they are used at the runners own risk.

SUPPORT THE CHARITY – A percentage of your race entry and any race profit goes directly to the official race charity which is brainstrust. You can help even more by raising sponsorship for the charity. To raise money for brainstrust please click on the following link - <https://www.justgiving.com/brainstrust/> .

QUESTIONS – I want you to enjoy the event. If you have any questions or concerns please do not hesitate to get in touch with me. You can email me at ashley.hawkins3@btinternet.com or text /ring me on my mobile which is 07971507580.