

FAQ

Before the race

Why do I have to arrive at least 30 minute before the race is due to start?

- There will be a pre-race briefing for all competitors to explain the route, outline the rules that apply to this race and most importantly to give a safety briefing.
- As we are using public roads, we have to notify the Christchurch Safety Advisory Group (SAG) of the times that our event will be affecting the roads in our area. We must start on time to minimise disruption to any Emergency Services relief plans they have put in place.
- We think there may be parking difficulties due to the increased number of competitors this year. So please don't leave it to the last minute and please **share lifts if you can**.
- We are expecting more entries this year so we advise against on-the-day entries. But if you are entering on the day please allow time for us to process the extra race entries.

What do I need to bring?

- Please wear clothing suitable for the conditions on the day. You may also need a towel and spare clothing for before/ after the race. There is a baggage area in the Burry Room, but this is not supervised so please make sure your valuables are kept in a safe place (e.g. locked in your car, left with supporters). We ask that you use one of the toilet cubicles in Hoburne Park to get changed.
- **We will provide race numbers and safety pins on race day.** Water and fruit squash will be available before and after the race but there are no water stations on the course so if you want to have a drink during the race, please bring a suitable bottle with you.
- If you are taking someone else's place, please bring along a **transfer form** (see website) signed by the person whose place you are taking and bring the £2 admin fee with you.

Where can I park?

- In previous years we have managed sufficient car parking space for all competitors within the Hoburne Park perimeter. However this year our race has attracted many more entries so you may have to park on Primrose Way or other nearby roads. Our marshals will direct you if this is the case. Please be considerate of the residents when parking.
- The main access road to the Hoburne Park site forms part of the race course. If arriving after 10:45 please do not attempt to enter the site by car. We also ask that people parked on site are patient at the end of the race as some of the access roads are part of the course.

I'm thinking of cycling to the venue, are there any facilities?

- The National Cycle Route 2 is nearby, so cycling may be a good option for many local people. Our website has a link to the course map which also lets you change the layers shown. One option being tailored for cycling, which may help in planning your route. If approaching from the east we advise you to either use the crossing before the roundabout before the dual carriageway section. Similarly from north or west, take the pelican crossings or footbridge via Sainsbury's to avoid the A35 roundabout.
- There is a bike storage area at Hoburne Park. You will need to bring a lock.

The entry form shows prizes for age categories only, why are you asking for club/team names?

- Several local clubs and the Dorset Road Race League are using our race this year. Club team captains and the League administrator will find it much easier to keep track of qualifying runners if we also display team names on our results list.

How can my family/friends volunteer to be Marshals, or is there any other way they can help?

- We are small running club of less than 50 members so we rely on many volunteers to help us on race day. We take our marshalling very seriously. Please note there is a marshalling briefing before the race which all volunteers are expected to attend. But we do show our gratitude by giving our marshals free refreshments and (if available) a goody bag in return, but as with all others involved with this race, there is no payment!
- Please ask our Lead Marshal (look out for the yellow tabard) on race day. They will be very grateful for an extra pair of willing hands if they don't mind mucking in to help.
- If you have connections with local businesses who can offer sponsorship, spot prizes or small items to go in our goody bags, please get in touch (details on website) and let us know what we can do in return.

How soon can I leave after the event?

- Please wait for the prizes which we expect to present soon after midday. We will also try to repatriate any lost property at this time. You may have won a spot prize (see website for the prize list). **Spot prizes will be re-drawn** if the lucky number holder isn't present at the draw.
- There are plenty of reasons to stay on after the race; Hoburne Park facilities include a bar and restaurant and there is a free massage c/o AECC so please don't rush off!

Why is your race so expensive to enter?

- We have heard this comment from some, who are presumably comparing our five mile race to a parkrun (a 5km race held each Saturday at 9am in various parks which is free to participate). We do not make any money from this race. The profits raised are all donated to the local charities as shown on the entry forms, which has been a tradition for this race since its inception. The profit we generate is likely to be quite modest so please do bring money to buy raffle tickets or table top sales organised by these charities.

During the race

Why are personal audio devices banned?

- We want everyone to enjoy a safe race with us. Our course is on quiet residential roads and crosses one fairly busy road. In accordance with our Risk Assessment and Run Britain rules we must therefore ask that marshals can communicate with competitors at all times.

Parkruns let me push my child in our baby buggy/ run with my dog. Why can't I do the same at this race?

- We do not think the race course is suitable for runners with a buggy or with dogs. Safety of other runners would be compromised, especially on some of the narrower sections of the course. It is also against the UK competition rules; breaking this rule may threaten this race from being given a licence in future years.

Are there water stations on the course?

- UK race rules require water stations only if the race is over six miles long, therefore we don't have water stations at this event.
- Water is available before the start and will be providing water at the finish. If you require more fluids for the race please feel free to bring them along with you.

What is there for supporters to do while I'm running?

- Hoburne Park is a very welcoming, family-oriented venue offering both indoor and outdoor play areas for children.
- Your runners may appreciate you cheering them and other competitors on. There are several good vantage points on the route where parking shouldn't be a problem. Many also have parks or play facilities nearby.
- For those who believe there is more to life than running (surely not)! Avon Beach and various nature reserves are nearby. Reasonably priced refreshments are available in Hoburne Park, including tea and coffee and other beverages and snacks from the bar.
- We personally recommend the on-site carvery restaurant too, but we advise you to pre-book a table as we expect the restaurant to be busy on the day.

After the race

Where will the post-race massage be and do I need to book?

- We expect the post race massage to be available either under a gazebo in the area in front of reception else in the Burry Room, depending on the weather and circumstances on the day. You may need to book an appointment with the staff of AECC at busy times.

Are there changing facilities, lockers or showers I can use?

- Competitors may change in one of the toilet cubicles on site. If you can arrive dressed for the run it would help. Unfortunately there are no lockers or showers available. You may leave belongings with the staff at Race HQ although we cannot accept any liability for loss or damage. It would really help to label any bags left with us to ensure they are returned to the right person.

How do I book a meal at the Hoburne Park restaurant?

- A menu is available on-line ([THIS LINK](#) should work)! Please call 01425 273379 to make a reservation.