

# Hoburne5

Dear Runner,

**Thank you for entering our race.** Please read through these instructions **before race day.**

The organising committee welcomes you and your supporters along to what we hope will be a fun and encouraging race full of positive memories.

**If you are no longer able to race** for any reason, please use the race number swap form, available from the race website to show that you no longer wish to race, and give the form to the person who wishes to take your place. Entry transfers will also be processed on race day at Race HQ, before numbers are provided. There is a £2 admin fee for processing number swaps.

If you know others who wish to enter on the day please advise them to use the paper or on-line entry system as this helps us to prepare the correct number of goody bags and simplifies administration on race day, meaning we are more likely to process the results accurately first time. This year we also anticipate many more entries than usual and there may not be any places available on the day.

Please can all on the day fees be paid for in **cash**.

We also encourage you to support the charities who will be attending by buying raffle tickets, purchasing items from table top sales and so on.

## **Charities benefiting from this year's race**



**BOURNEMOUTH  
LEUKAEMIAFUND**  
RESEARCH IN BLOOD CANCERS



**CANCER  
RESEARCH  
UK**

contact via [estellemwilson@gmail.com](mailto:estellemwilson@gmail.com)

contact via [shelley.thomson@cancer.org.uk](mailto:shelley.thomson@cancer.org.uk)

***There is no pressure to support these charities but it was the organisers wish that these should benefit from any profit raised at our event. If you have another cause that you are supporting by your participation you are welcome, but we ask that you also respect our choice of charities.***



**Race organised in accordance with UK Athletics Race Rules**

### **Collecting your Race Number**

Race numbers and safety pins will be available from the Race HQ which will be inside the main building in the Burry Room (follow signs for the reception area).

Please add your personal details including any **medical information** to the reverse of your race number. If any medical details are relevant please mark the number side of your race number with the letter M as a further precaution. You must attach your number to the **FRONT** of your clothing, where it must be visible for the duration of the race, so please make sure your number is still **visible from the front** if you add or remove any layers of clothing during the race.

### **Race Start**

The race start is off main roads, within the perimeter of the Hoburne Park site. Our marshals and signs will direct you to the start line about 10 minutes before the race is due to start, which will be at 11am prompt unless delays are necessary for safety reasons.

To keep costs down we are not using electronic timing, so the finish time for everyone will be the time from race start to when you cross the finish line. However, **please allow faster runners to start at the front** of the queue so that there is less congestion on the narrow roads around Hoburne Park.

### **No headphones, buggies, dogs or runner assistance**

Our risk assessment requires all competitors to be able to hear instructions from our marshals for reasons of safety of runners and the public. Portable audio devices are therefore not permitted to be used.

The course has narrow sections and kerbs which mean it is not suitable for runners with dogs or buggies to take part.

In accordance with UKA rules, runners receiving assistance other than is provided to all competitors (e.g. drinks stations) will be disqualified and may be subject to further disciplinary action.

### **Marshalling and signs**

Our volunteer **marshals are there for your safety**. Your participation is on the understanding that you will respect their advice. However at all times you are responsible for the decisions you make, e.g. if a marshal instructs you that there are pedestrians on the path ahead or that it is unsafe to cross a road, it is the runner who is responsible for their subsequent actions. We will also have a lead vehicle and a tail runner to ensure the public is aware of our race and that competitors do not get lost.

Competitors will be directed around the course by large Tyvek signs. These will be positioned at all junctions. Marshals will also ensure the right route is followed. **Mile markers** will be put as close to the measured distances as can be achieved. Signs will also be positioned where needed to warn approaching traffic. Further signs will give directions to the start for anyone parking on the Primrose Way estate.

### **Course**

The Hoburne 5 race is held over an **accurately measured** five mile course. Wherever possible you must **keep to the pavement or the left side of the road** unless it is unsafe to do so. A marshal will call the race number of any who break this rule and if repeated WILL result in disqualification, irrespective of your finishing position. Should you wish to **download the route to a GPS** enabled device, please follow the links on our website.

If you have to retire during the race, a sweep vehicle will collect any who need a lift back to the start/finish area after the race is completed, otherwise please do notify any marshal or official as soon as you can. As a last resort, the Race Director's emergency number can be used after the race 07967 744796.

### **At the Finish**

The finish is immediately in front of the Hoburne Park main building. **Please stay in finish order** after crossing the line until the exit funnel. Your time is taken as you cross the first line and the race position by your race number taken further along, so please **do not overtake in the funnel area** after the finish line as doing so will mess up our results for everyone and delay the start of our awards presentation.

We respectfully ask that supporters **do not block the finish line** officials' view as runners approach.

### **Mementos**

**A goody bag and a medal** will be provided to all finishers (subject to availability) shortly after they finish. Individual prizes will be awarded as soon as results are confirmed. We will try to prioritise awarding mementos to those who enter in advance if a shortfall is predicted on race day.

### **Spot prizes**

We have been lucky enough to receive donations from several businesses which we will be handing out to runners drawn at random. **Your runner number will be a bit like a raffle ticket.** PRIZES MUST BE COLLECTED ON RACE DAY and will be drawn at the same time as age and gender prizes are awarded.

Presentations will be made as soon as possible after midday in near to the Reception area of Hoburne Park (outside or in the main building, subject to weather). See website for details of the prizes we have on offer.

### **Results**

Please do not approach officials on race day to get your race time. Interim results will be posted near the entrance door to the Hoburne Park main building as they become available, and provisional results will be posted as soon as we can on the race website. We will also send results to contacts at local running clubs – please drop us an email if you also wish to receive a copy of the provisional results. When verified these will also be available on the national database of results; the Power of10 website (see link from our website).

### **Photos**

A professional photographer will be offering photos for sale shortly after the race should you wish to purchase them – see website for details. Photos will be taken for publicity of this event, being offered to local media, our sponsors and used on our website and similar. Permission for such use is assumed to be granted by your participation. Video recordings will be taken at the finish line to assist in resolving any errors in our race results. These recordings are not used for any other purpose.

**We would love to hear your feedback about our race.** Please pass on any comments via our race officials or marshals, or via facebook, twitter or [hoburne5@yahoo.co.uk](mailto:hoburne5@yahoo.co.uk) and RunBritain's race review pages.

This year we are proud to have been selected by the **Dorset Road Race League** as one of their twelve qualifying races, and by several **local running clubs** for their Club Championship series.

If you are not already a member of a club, naturally I'd plug Christchurch Runners - but I'd still encourage you to contact your local running club. It's not just top athletes who join – most of us are simply aiming to be a bit fitter, have bit of a laugh and remain calorie neutral after the rewards we give ourselves for running.

Finally thank you for choosing our race. Good luck on the day! I hope you will have many happy memories and will help us to grow the race next year.

Peter Wallis (Race Director and chairman of Christchurch Runners)