

Race Day Information: 25/Sep/2022 at 10:30am

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.

Charities benefiting from this year's race

This year the proceeds will go to DorSAR (<https://dorsar.org.uk>) and The Dorset Children's Foundation (<https://thedcf.org>).



There is no pressure to support these charities but it was the organisers wish that they should benefit from all profits raised. If you have another cause that you are supporting by your participation you are welcome! Please let us know and we'd be glad to give you a mention before the race.

ALL money raised after race costs is handed on to these charities. On years when the race is selected by the Dorset Road Race League a small donation is also made towards the cost of running the league but the organisers (Christchurch Runners) do not retain more than a modest float needed to set up the following year's race and all officials and marshals are unpaid volunteers. A summary showing where all the money came from and where it was spent will be posted to the race website when all transactions for the race year have been paid.



This race is organised in accordance with UK Athletics Race Rules

<http://www.uka.org.uk/competitions/rules/>

Safety

Your safety is of utmost importance to us. Please be safe when you run and look out for other runners who may need your help. Notify concerns to any on our team of marshals and qualified first aiders around the course.

If you are in any doubt about whether you are fit enough to run at this race we recommend you visit the [NHS UK Livewell](#) website where there is some useful guidance.

Collecting your Race Number

NO PARKING ON THE HOBURNE PARK SITE

Please drive to the Primrose Way/ Saffron Drive estate opposite and park considerately - where it will not block driveways or prevent emergency vehicles from accessing the area. We will signpost to Celandine Close where there is an alleyway to the bus stop in Hoburne Lane that is immediately opposite the Hoburne Park main entrance. Alternatively there are several Beryl Bike drop-off points nearby and spaces are available for bikes to be locked within Hoburne Park.

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

Limited on-the-day entries are available if you know any runners who missed the entry deadline. The late entry fee does not award UKA discounts for on-the-day entries. Please advise people entering on the day to allow plenty of time for their entry to be processed. Race HQ will close at 10am but is open from shortly before 9am!

Please add your personal details including any **medical information** to the reverse of your race number. If any medical details are relevant please also mark the number side of your race number with the letter M.

You must **attach your number to the FRONT of your clothing**, where it must be visible for the duration of the race. Do not fold the number and make sure your number is still **visible from the front** if you add or remove any layers of clothing during the race.

No headphones, buggies, dogs or runner assistance

Our risk assessment requires all runners 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. Runners wearing headphones of any type will be disqualified (they will not appear in the results and their names will be forwarded to their club team captain and other race organisers in the Dorset Road Race League). Runners wearing hearing aids that look like headphones must notify of their use at Race HQ before the race start.

The course has narrow sections and kerbs, which means it is not suitable for runners with dogs or buggies to take part. The route is also not suitable for cyclists to use to ride alongside the runners.

In accordance with UKA rules, runners receiving assistance other than is provided to all runners will be disqualified and may be subject to further disciplinary action.

Race Start

The race start line is on the Hoburne Park site very close to the Race HQ building (alongside the Adventure Playground). Our marshals and signs will direct you to the start line before the race is due to start, for a safety briefing. Race start will be at 10:30am prompt unless delays are necessary for safety reasons.

To keep costs down we are not using electronic timing, so the 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** so that there is less congestion on the narrow roads around Hoburne Park.

IMPORTANT NOTE: There are speed bumps around the Hoburne Park site. Look out for the signposts but you may not see these if you are in a large group: Please do take care!

Course, Marshalling and signs

The course is a single lap, accurately measured, five mile loop that is mostly on pavements alongside quiet residential roads. A course map will be on display near Race HQ but there are marshals and race signs to direct you around the course.

There is a short section on a gravel surface through a nature reserve. Some sections of road have no pavements, so you will run at the side of the road. Some paths are narrow and some have bollards and other obstacles intended to keep pedestrians and road traffic apart. **These awkward sections do not continue for long so we urge you to resist the temptation to overtake where it might place you or others who follow you in danger. Instead please wait a short while as the paths will soon open out again.**

Our course has significant sections where you should KEEP RIGHT. There will be large yellow signs advising you should not cross the road, even if this would appear to be the racing line. If you do not keep right in these sections it may result in your disqualification as you are likely to be running a shorter distance.

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 safe to cross a road, it is the runner who is responsible for their subsequent actions.

Large yellow signs show the course route. These are supplemented by a number of 'home made' signs where reminders may be useful. Signs will be positioned at all junctions. Marshals are also present where necessary to ensure the right route is followed and where there are hazards that you may need to be made aware of.

Mile markers (distance markers in miles only) will be placed as close to the measured distances as can be achieved, but this is limited by the nearest available lamp post or grass verge. Chalk marks on the course will show the location of the accurately measured distance.

There will be other signs near to the course, for instance those positioned to warn approaching traffic or as advance warning of the race.

Although rare, we are aware that members of the public may attempt to disrupt the race by removing or changing the orientation of our signs. We will check the route just before race start but if you see signs being tampered with please do tell a marshal so we can deal with the situation as quickly as possible.

If you have to retire during the race

Please notify a marshal before leaving. We need to account for all runners who leave the start line. A few of our marshaling locations will have facilities where you can rest a while to recover. Injuries should be notified so our First Aiders can come out and attend to you. For the less serious conditions a sweep vehicle will collect any who need a lift back to the start/finish area after the race is completed.

We will have a tail runner so you won't finish last. Don't feel embarrassed if you are at the back (you're just getting better value for your entry fee)!

At the Finish

The finish line is in front of the Hoburne Group Services building which is on the Hoburne Lane side of the Hoburne Park site, behind the Restaurant and laundry block of Hoburne Park. There is a roped off area away from the course which is ideal for spectators to see you finish, access is via the road from the main car park.

We do not use electronic timing due to the prohibitive cost. Please help our manual time recording system to operate correctly by following these simple guidelines:

- **Make sure your bib number is visible (it should be pinned to your front) as you approach the finish** - there are 400m, 200m and 100m to go signs as you approach the finish line. A video camera will film all runners as they approach the finish line (approx. 30m before the finish). Your bib number should be clearly visible at this point. This is used as our backup of finish positions and a rough check of finish times (runners often obscure their bib number at the finish line as they press buttons on their running watches)!
- **Stay in finish order** and keep moving within the finish funnel after crossing the finish line and until you exit the exit funnel, which will take you back towards the Holiday Park's main car park area and past where the race mementos are handed out.
- **Only cross the line once.** Early finishers who want to encourage others to the finish should not approach the finish area a second time - please leave the course well before the finish by joining the spectators in the car park area at the Hoburne Group Services site.

There is plenty of space near the finish for your supporters to cheer, but we respectfully ask that supporters do not block the finish line officials' view as runners approach.

Your finish time is recorded by **qualified UKA officials** as you cross the finish line. Your time is linked to you via your race number which is recorded further along the finish funnel. So, as with parkrun, please keep moving after you cross the line. **Do not overtake in the funnel area or duck under the tape** after the finish line as doing so will mess up the results for everyone. If you really do have to stop, please pass your bib number to a funnel manager who will ensure your position is recorded correctly. They will arrange to hand back your bib number so you can collect your memento when you have recovered. A **qualified first aid team** (with a defibrillator and other equipment) is located at the finish line. A secluded treatment area is nearby.

Note: There is a **QR Barcode** on the bib number that we will scan to get your bib number against your finish position (we will also write down the number as a back-up). One of our finish area officials will need to scan this QR code, so please ensure it is able to be scanned quickly and without causing any embarrassment!

Mementos

Race souvenirs will be handed out at the end of the finish funnel, shortly after you finish. There will be no medals this year due to the increased cost and UK Athletics advice regarding the need to reduce the environmental impact of the sport. Medals are rarely able to be recycled and many more than are needed have to be ordered in case of late entries. A higher value race memento was chosen instead.

Spot prizes, Team prizes, Individual prizes

Unfortunately we have not been able to secure donations for spot prizes from local businesses for this year's race. The committee decided that with such serious funding shortages for the beneficiary charities over the

last two years while we have not been able to hold this race (due to Covid-19), combined with a lower than anticipated advance entry, increased costs, no sponsorship backing and a problem receiving your race entry payments from the On-Line portal, it would be better to focus on delivering the maximum of support to our beneficiary charities rather than spend money from the entry fees on prizes.

LATE NEWS: Due to the generous support from one of our local running shops...

YOUR BIB NUMBER WILL QUALIFY YOU FOR A 15% DISCOUNT ON CERTAIN ITEMS IF USED IN STORE AT THE WINTON BRANCH OF UP & RUNNING WITHIN A MONTH OF THE RACE (scan the QR code for a link to the store's homepage)

Results

Please do not approach officials on race day to get your race time.

There will be no presentations after the race. Results will be listed as soon as we can via the race website.

We can send results to individuals and team managers of local running clubs – so please drop us an email if you 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 results area).

Race Transfers

This race cannot transfer your entry to any other local races nor hold your entry open for another year (see terms and conditions, refund policy). If you are no longer able to race and you want to transfer your entry, please let us know by email. Transfer forms are available at Race HQ. There is a £2 admin fee (cash only) for processing number swaps on the day.

Tell us your feedback

We would love to hear your feedback about our race - especially if it's kind. But more importantly please tell us if we need to make improvements. Pass on any comments anonymously if necessary via our race officials or marshals, or preferably by email hoburne5@christchurch-runners.org.uk to give us a chance to respond. We all make mistakes sometimes and you may not be aware of why some compromises had to be made for the race to go ahead.

And finally

If you are not already a member of a club, naturally I'd plug Christchurch Runners - but I'd encourage you to contact any other affiliated 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 ideally remain closer to calorie neutral after the rewards we give ourselves after running.

Thank you for choosing our race. Good luck! I hope it will leave you with many happy memories

Peter Wallis (Race Director)