

## Race Day Information: 29/Sep/2019 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.

**If you are no longer able to race** for any reason, please use the race number transfer form, available from the race website to show that you no longer wish to race. Give the form to the person who wishes to take your place. Entry transfers will also be processed on race day at Race HQ, where race numbers are collected. There is a £2 admin fee for processing number swaps. Please can all on the day fees be paid for in **cash**.

Your runner number automatically enters you in a draw for spot prizes. There will be a raffle ticket on your race number envelope that you must take to the charity stall to enter. Further raffle tickets can be bought there for the same prizes if you wish. See race website for details of the prizes – they're good! The draw will take place during the race and you will be able to see if you have won by looking at a notice board near the Jimmy's Iced Coffee point.

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

This year the proceeds will go to the Mental Health Charity Dorset MIND and the Dorset Disability Charity Diverse Abilities.

- Dorset Mind <https://dorsetmind.uk/>
- Dorset Diverse Abilities <https://diverseabilities.org.uk/>

***There is no pressure to support these charities but it was the organisers wish that they should benefit from any profit raised at our event. 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.***



**This race is organised in accordance with UK Athletics Race Rules**

<http://www.uka.org.uk/competitions/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 Restaurant (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 so that it is **visible from the front** for the duration of the race, even if you add or remove any layers of clothing during the race.

### **Race Start**

The race start 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, which 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 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** 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 runners to be able to hear instructions from our marshals for reasons of safety of runners and the public. Runners **MUST NOT** use ipods, musical devices or telephones while participating in the event. Runners wearing earphones or headsets or similar, whether wired, wireless or Bluetooth while participating **WILL BE DISQUALIFIED**.

The course has narrow sections and kerbs, which means 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 runners 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 tail runner – you won't finish last!

Runners 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.

### **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 otherwise instructed or it is unsafe to do so. All road crossings are marshalled and clearly signed. 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.

We need to account for all runners who leave the start line. **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 notify any marshal or official as soon as you can. As a last resort, the Race Director's emergency number can be used to send an SMS message after the race 07967 744796.

### **At the Finish**

The finish is in front of the new Hoburne Park GSS building which is behind the Restaurant and laundry block of Hoburne Park. **Please stay in finish order** after crossing the line until the exit funnel, which will take you back to the Holiday Park's main car park area.

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 will delay the start of our awards presentation.

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.

### **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.

### **Spot prizes**

We have been lucky enough to receive donations from several businesses which we will be handing out to runners at random.

Presentations of positional prizes will be made as soon as possible near to the Reception area of Hoburne Park (outside or in the main building, subject to weather). See website for details of the prizes and prize categories).

### **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. Results will be posted as soon as we can on the race website. We will also send results to contacts at 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).

### **Photos**

A professional photographer will be offering photos for sale shortly after the race should you wish to purchase them – again 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 or [hoburne5@christchurch-runners.org.uk](mailto:hoburne5@christchurch-runners.org.uk).

If you are not already a member of a club, naturally I'd plug Christchurch Runners - but I'd still encourage you to contact any 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! I hope you will have many happy memories

Peter Wallis (Race Director and chairman of Christchurch Runners)