

Bourn to Run

Sunday 13th September 2009.

Race Information

Thank you for entering 'Bourn to Run' our charity fundraiser in aid of Bourn School Association. We hope you will find the course challenging as well as good fun.

To ensure the event runs as smoothly as possible please read the race instructions below. In addition, full race details are available at www.bournschool.co.uk/bourntorun. If you entered for other competitors please ensure they are also familiar with these notes. As the lead entrant we only have your email address to distribute information to.

Map

A map of the 10K route and car park is available [here](#).

Course start times

The 10km event will commence at 10:30am sharp.

The 3km event will commence at 10:45am.

Registration

Entry to the 10km is by pre-registration ONLY. The deadline for entries has been extended to the 10th September.

Entry to the 3km run is via pre-registration. However, entries can also be taken on the day for the 3km. Registration will be available in the administration tent at the start of the race from 9:15 to 10:15am only. Entry fees on the day are £5 for over 16s and £3 for those that are 16 and under.

Race Numbers

Race numbers will be distributed by the administration volunteers in the administration tent from 9:15-10:15am. Race numbers will be filed alphabetically by surname. Please go to the appropriate administrator dealing with your surname. Race numbers should be pinned on **the front** of each runner to ensure your time can be recorded at the finish. Safety pins will be provided.

Please allow sufficient time before the race start to collect your number.

Race start

The race starts in the grounds of Bourn Hall Clinic. This is a private road and no access is possible to the start along this road. Please use the car park provided.

Car park

Parking is in a private field adjacent to the course start. This is marked on the attached map. The car park will be clearly sign posted and will be manned by a car park attendant. For those using sat nav the postcode is CB23 2TS.

Please approach the car park via the B1046 coming from Cambridge or off the A1198 from Royston/ Huntingdon/ St Neots direction in order to minimise the number of cars driving through the village.

There is ample car parking in the car park provided. Please do not park in the roads in the village as these may form part of the course route and will restrict visibility.

Please note that cars and valuable are left at the owner's own risk.

See [map](#).

Changing, toilets and baggage

Baggage and clothing may be left in one of the administration tents at the start of the race or at the pavilion at the race finish. These areas are unmanned and all property is left entirely at the owner's own risk.

There are male and female toilets situated at the start of the race. There are no changing facilities here.

Male and female toilets (as well as a disabled toilet) are also provided at the race finish. Communal changing facilities are provided in the pavilion at the race finish.

The distance between the start and finish is only approx 300metres.

Course

A water station is positioned at roughly the half way mark of the 10km course. There is no water station on the 3km course but free mineral water will be on offer at the finish.

The course does involve some road crossings. These will be marshalled but we would ask you to exercise caution in these areas.

Please note that the course covers some areas of private land not normally open to the public. The course can only be run on the day of the event itself.

The initial part of the course is run on the road. The road will be closed from 10:30-11:30am.

See [map](#).

Timing

Every effort will be made to record your finish time accurately. However, this is a charity fun run and is being manned by volunteers, if exact times are crucial then we would ask that you record your own times.

All finish times will be uploaded onto the website as soon as possible (hopefully the Sunday evening). All race times as recorded by our volunteers are final.

Race Finish

The race finishes in the Jubilee recreation ground. The postcode for sat nav purposes is CB23 2SH.

All 3km competitors are asked to follow the funnel to the finish line for the 3km distance. Marshals will instruct you on where to go. All competitors running the 10km route will be asked to finish in a separate funnel.

Please stay in your position in the finish funnel until you are sure your number and time have been recorded.

Race Rules

- No dogs to run the course. Any dogs with spectators must be kept on a lead.
- Competitors are advised not to wear MP3 players during the run as some road junctions form part of the course.
- Race Director's decisions are final.
- Only competitors age 16 and over may enter the 10km run.
- An adult must accompany all entrants under 10 running the 3km route.
- Race numbers to be worn on the front of all t-shirts/ running tops.

Refreshments/ facilities

The run will coincide with the start of Bourn Sports Club fun day. All competitors are welcome to stay and join the activities. There will also be a BBQ on offer from 12 onwards as well as drinks and refreshments throughout the morning.

The local Indian restaurant 'The Lalbagh' is open for meals and reservations can be booked on 01954 719131 or 719364.

The recreation ground has a playground suitable for young children.

Medical support

Doctor and/ nurses will be on hand to assist with any run related injuries. They will be located at the race finish. They will have access to Bourn surgery. If you are injured on the route please tell a marshal or passing runner to notify a marshal of your location and a medic will come out to you if you are unable to get to the finish.

Photography

A professional photographer will be taking photographs of competitors throughout the event. Entry to the race confirms your agreement to having your photograph taken and used for marketing purposes. If you wish to purchase any photographs this can be done via separate arrangement by visiting the photographer's website. Details will be available in the goodie bags at the finish.

Trophies and medals

Medals and goodie bags will be given to all finishers.

Trophies and prizes will be awarded to all the winning categories from 12:15-12:30.
Please see the website for further details.