INFORMATION for COMPETITORS

09:30 start | 4½-hour time limit

Course records: Matthew Janes, 2009 1:48:10 male | Philippa Taylor, 2011 2:07:49 female
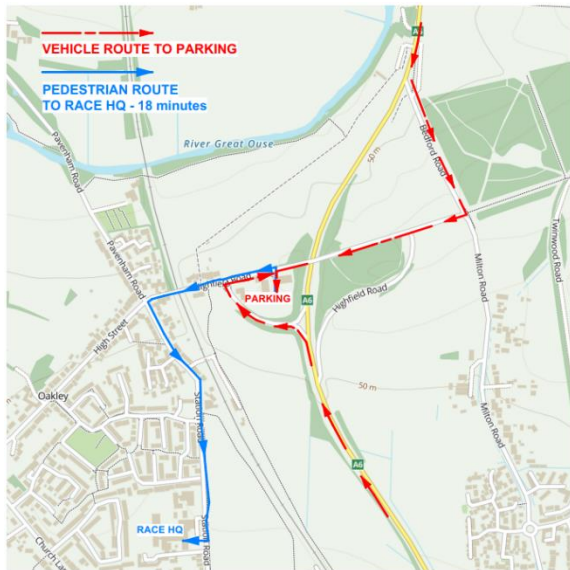
Dear Runner   Nov 2024

Race HQ: Race HQ is at Lincroft Academy, Station Road, Oakley, Bedford, MK43 7RE. What3Words. There is no parking at Race HQ.

Road closure: The start area is on Station Road, Oakley and the first 1.3-miles of the course will be closed to traffic. There is no vehicular entry to Race HQ. Please do not cause obstruction or congestion by attempting to access, drop off or collect at the Race HQ area.

Competitor vehicle parking: Available 18-minute walk from Race HQ at Highfield Parc Industrial Estate, Highfield Road, Oakley, MK43 7TA. What3Words. There is no parking at Race HQ. Please do not park on any of the residential streets of Oakley, or on the run route. Carpark directional signage will be in place. Where possible, please car share to minimise our carbon footprint and parking space.

ARRIVE EARLY TO AVOID DELAYS.

The car parks will be signed and marshalled from 07:00. Park as directed by the marshals. Vehicle owners/drivers/passengers are advised that vehicles and contents are left at the owners/drivers/passengers' risk and that Bedford Harriers and other third parties will not be liable for losses or damages whatsoever.

Facilities: Course maps, toilets, changing, hot & cold refreshments, secure baggage storage, and pre & post-race massage will all be available at Race HQ. Baggage storage is at owner's risk.

> **Pre & Post Race Massage:** Race massage provided by Sports Massage
> To book: e-mail info@sportsmassagebedford.com

Race Number and Timing Chip: Your race number, timing chip and baggage label will be available for collection from Race HQ on race day, 23rd March 2025, from 07:30.

Please arrive in sufficient time to collect your envelope, complete your details on the reverse of the race number, attach your race number to the front of your running top, your timing chip to your running shoes and baggage tag to your bag; please remove any old number tags to avoid confusion. Ties for the running chip will be supplied. Please display your race number on the front of your running top; it must **always be visible**, please do not fold, cut or mutilate your race number and secure with a safety pin in each corner - remember to bring safety pins.

Please attach the chip to your running shoe as per the illustration:

STEP 1: Loosen the laces of your running shoe.

STEP 2: Thread the wire twist ties under the laces.

STEP 3: Thread the IPICO Sports Tag onto the wire twist ties.

STEP 4: Secure the IPICO Sports Tag by twisting the wire twist ties firmly together.

USE ONLY THE WIRE TWISTS PROVIDED

Do not secure using your shoelaces. No chip = no time. The chip supplied is 'live' and does not need to be further activated or processed. The chip, as you cross the start and finish lines, triggers your time and number recording. After crossing the finish line please move through the finish funnel as quickly as possible removing your chip prior to exiting the funnel. Please do not re-cross the finish line as this will interfere with the recording. Results will include both 'gun to finish chip' and 'chip start to chip finish' times.
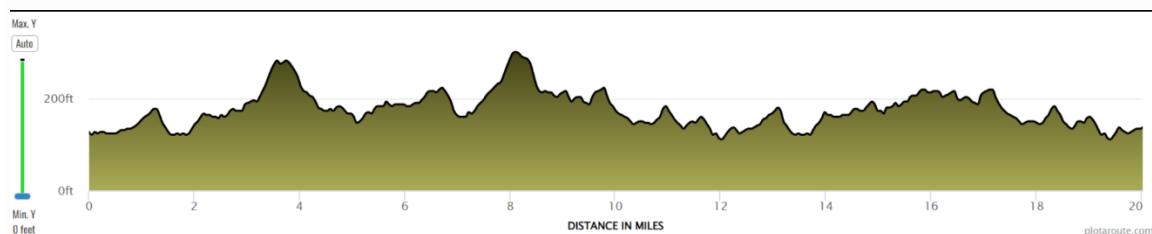
REUSABLE CHIP PLEASE RETURN

NO head/earphones/open-ear/bone conducting head/earphones or similar equipment: It is important that runners can hear the verbal warnings and instructions issued by race marshals. Bedford Harriers operates a **strict policy at all our races**. Any runner found to be wearing anything other than a medical or prescription device to aid hearing will be disqualified.

Are you fit to run? It is the participants' responsibility to ensure that they are physically fit to run and have adequately prepared themselves.

Race assembly, start and finish: The start of the race is on a playing field 350m from Race HQ. Start will be at 09:30 sharp and runners are requested to assemble adjacent to their predicted finish time signs. This is a chip timed event from the start, therefore there is no benefit in standing at a faster predicted finish time, you only inhibit faster runners. The finish is in the school grounds at the front of the Race HQ. The course is not suitable for wheelchair competitors. Late arrivals will not be permitted to start the race.

The course: A measured, undulating, rural country road course around the villages to the north of Bedford. Unsuitable for wheelchair athletes. 4½ hour time limit.

Course marshals: The course will be marshalled by Bedford Harriers volunteers, who are renown for high energy support to all runners. Marshals will move around the course based on runners' pace at not less than 13½ minutes per mile. The sweep vehicle also travels at a pace of 13½ minutes per mile and any entrants running at less than 13½ minutes per mile will be politely requested to withdraw. Transport back to Race HQ will be provided.

Water stations: Located at 2.75, 6.5, 8.75, 11.5, 12.5*, 14.5, 16.5 and 18.5 miles. *The water station at 12.5 miles will have both SIS

Go (Lemon & Lime) electrolyte drink and water. The SIS drink will be offered first followed by water.

Medical attendance/emergency: Available should you require, both on the course and at the finish. Marshals can summon medical assistance. If you feel unwell at any time during the event, please make yourself known to marshals whilst on the course, or to the medical service providers if you feel unwell before or after the race. If you feel unwell between marshalling points, please ask another runner to summon help on your behalf.

Litter: Litter drop zones will be available at each water station - 50m before & after, marked by signage. Please do not drop litter outside of these zones. Outside of the litter drop zones, please only dispose of litter in the yellow buckets situated at all the Marshal positions.

Race etiquette: A road closure is in place to the 1.3-mile point. Thereafter, please keep to the left side of the road unless directed otherwise by Marshals. Marshals have no power to stop or direct traffic; all runners are responsible for their own safety. Please do not wear head/earphones/open-ear/bone conducting head/earphones or similar equipment, as you will not be able to hear marshals' safety instructions or other warnings.

Race Limit: 500 entrants

Bedfordshire County Championships: All qualifying entrants are invited to compete in the Beds AAA County Championship – 20-mile race. Check qualifying conditions. Entry to the Beds County Championships is either on the day or as selecting YES on your online entry. ***Do not select YES unless you are sure you qualify!*** If you wish to enter on the day, please register at the County Champs Desk in Race HQ. The registration desk closes at 09:00 sharp.

Race Memento: The Oakley 20 hoodie will be available to finishers only and will be available for collection from Race HQ after the completion of the race. You will need your race number to collect your hoodie. When you registered for the race, you were asked to select the size of hoodie you require. If your entry was an Entry Transfer, the hoodie will have been selected by the original entrant. When you collect your hoodie, you will be given the hoodie of the size selected at registration only. No dialogue will be entered into on the subject. Bedford Harriers are not able to source another size.

Results: Provisional race results will be displayed on notice boards inside Race HQ as soon as possible after the race. Results will also be available on Bedford Harriers website as soon as we are able.

SMS Text Results: Where a mobile number has been provided, the participant's gun start to chip finish time will be sent immediately after the end of the race. This time should be considered as a provisional result only.

Prizes & trophies: Presentation of prizes and awards will be at approximately 12:00 in the Race HQ. All awards will be based gun start to chip finish times.

Trophies will be awarded as:
1st, 2nd and 3rd Male
1st, 2nd and 3rd Female
1st Male and 1st Female Team
MV35, MV40, MV45, MV50, MV55, MV60, MV65 & MV70+
FV35, FV40, FV45, FV50, FV55, FV60, FV65 & FV70+

Trophies limited to one per person except winning team members. Men's and Ladies' Team prizes, three to score. Winning teams calculated on cumulative race position; gender relative.

Number Transfers: Please be aware that the transfer includes transferring the size of hoodie that was ordered at race entry. Bedford Harriers are unable to offer any other size hoodie. Bedford Harriers will record the entry data provided for administrative purposes only. In all cases, any financial consideration is the sole concern of the original and replacement runners.

Online facility to transfer available until 6am Friday, 21/3/25 – <u>step by step guide and link</u>.

<u>After 6am on Friday 21st March 2025:</u> Entry Number Transfer can only take place on race day, at Race HQ, before 09:00.

On race day, the procedure is:

1 - Replacement runner collects the race number for the original entrant, (name & first line of the address for the original runner is required to collect race number).

2 - Replacement runner completes a <u>Number Transfer Form</u> (available on race day).

3 - Replacement runner tenders both completed Number Transfer Form and race number to the Number Transfer Desk at Race HQ.

4 - Replacement runner's details are registered against the race number and original entrant details are removed from the race data.

No dialogue will be entered into if these conditions are not met. On finishing the race, the runner receives the size hoodie originally ordered by the original runner at registration.

Any runners found to be wearing an 'illegal' number will be disqualified and their details reported to the appropriate governing bodies. This may result in disqualification from future events.

FAQ / Other Info:

Liability Insurance Certificate provided by virtue of the race permit issued by the Association of Running Clubs.

ARC Race Permit ARC 25/0096 ARC Rules will be applied to this event.

Certificate of Course Accuracy 22/410 dated 11/10/24 confirms course accurately measured by an accredited Course Measurer using World Athletics procedures approved for use in the UK.

Risk assessment, is continuously reviewed.

Email: oakley20@bedfordharriers.org.uk | Race Director mobile: 07766 937 437 |

Post: Bedford Harriers AC, Bedford International Athletic Stadium, Barkers Lane, Bedford, MK41 9SB