

INFORMATION for COMPETITORS



7:30pm
start

Course records: Jack
Goodwin, 2021
14:50 | Nancy Scott,
2023, 16:41

Bedford Harriers AC are excited about the upcoming Doug Anderson 5K.

Race HQ: Race HQ is at the Band Stand, Bedford Park, Park Avenue, Bedford MK40 2JZ, [What3Words](#).

Competitor vehicle parking: is in the Pilgrim Centre off Brickhill Drive, MK41 7PZ. There are 250 marked bays - please park within the bays. It is a very short walk to Race HQ along footpaths from the car park and the route to the Race HQ will be signed.

ARRIVE EARLY TO AVOID DELAYS. Where possible, please car share to minimise our carbon footprint and parking space. The car park will be signed and marshalled from 5:30pm. 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: Toilets will be available at Race HQ.

Race Number and Timing Chip: Your race number, timing chip and baggage label will be available for collection from Race HQ on race day, 19th July 2024, from 5:30pm

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. 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:



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: Runners are requested to assemble at the start area, at 7:20pm to ensure a prompt start. The course is not suitable for wheelchair competitors, due to the limited width of the paths. Late starters will not be permitted to start the race.

The course: 2½ counterclockwise laps, on wide asphalt paths, within the beautiful grounds of Bedford Park, with redwoods, a lake, bandstand and vintage café.



Course marshals: The course will be marshalled by Bedford Harriers volunteers, who are renowned for high energy support to all runners. A lead cyclist will lead the way.

Water stations: Located at the finish.

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: Please do not drop litter on the course; waste bins will be located at Race HQ.

Race etiquette: The course will be well marshalled. Please follow any instructions the Marshal's give. Keep to the right-hand-side of the path; this will allow faster runners to pass on the left. However, members of the public (and dogs) may be visiting the Park, runners are kindly requested to be aware of their presence.

Race Limit: 450 entrants

Bedfordshire County Championships: All qualifying entrants are invited to compete in the Beds AAA County Championship – 5K race. [Check qualifying condition and award criteria](#). Entry to the Beds County Championship is either on the day or by selecting YES on your online entry.

If you wish to enter on the day, please register at the County Champs Desk in Race HQ. The registration desk closes at 7:00pm sharp.

Race Memento: A commemorative medal will be available to all finishers.

Results: Provisional race results will be displayed on notice boards at Race HQ as soon as possible after the race. Results will also be available on [Bedford Harriers website](#) as soon as we are able.

Awards: Presentation of prizes and awards will be immediately after the race at Race HQ. All awards will be based gun start to chip finish times.

Awards will be presented to:

1st, 2nd and 3rd Male

1st, 2nd and 3rd Female

1st Male and 1st Female Team

U17M, JM (u20), MV35, MV40, MV45, MV50, MV55, MV60, MV65 & MV70+

U17F, JF (u20), FV35, FV40, FV45, FV50, FV55, FV60, FV65 & FV70+

Awards limited to one per person except winning team members. Male and Female Team award: three to score. Winning teams calculated on cumulative race position; gender relative.

Number Transfers: **Online facility** to transfer available until midnight, Monday 15/7/24 – [step by step guide and link](#).

After midnight, Monday 15/7/24: Entry Number Transfer can only take place on race day, at Race HQ, before 7:00pm.

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 an Entry Number Transfer Form (available on race day).

3 - Replacement runner tenders both completed Entry 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.

Need to contact us?

Email: RaceDirector@bedford5k.co.uk | Race Director mobile: 07429 575 195

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



FAQ / Other Info:

[Liability Insurance Certificate](#) provided by virtue of the race permit issued by the Association of Running Clubs.

[ARC Race Permit ARC 24/0190](#) ARC Rules will be applied to this event.

[Certificate of Course Accuracy 21/091](#) dated 14/1/24 confirms course accurately measured by an accredited Course Measurer using World Athletics procedures approved for use in the UK.

Risk assessment, is continuously reviewed.