



Boxted 10km Race & 2km Fun Run

Competitor Information 2018

UKA Licence: 2108/32267



**** FOR SAFETY REASONS ACCESS BETWEEN THE CARPARK AND REGISTRATION AT THE VILLAGE HALL AND RACE HQ AT THE SCHOOL IS ACROSS A MAIN ROAD SO BE WARY OF TRAFFIC. PLEASE LEAVE TIME TO WALK TO RACE HQ (APPROX 5MINS) ****

Event Date

Sunday 20th May 2018

Venue/HQ Parking

The 10km race will start and finish at St. Peters School, Carters Hill, Boxted, Colchester CO4 5YN. (The 2km will start from Cage Lane approx. 250m south of the entrance of the car park)

Car parking will be at the field behind the Boxted Village hall, Cage Lane, Colchester. CO4 5RE. There will be signs directing you to the area. This is appx. 100metes from Race Venue.



****** Please note that the Car Park will not be available to use after 9.20am ******

Event Timings

8:00	Carpark and Registration Opens
8:30	Tea, Coffee and Cake available at the School
9:00	Registration for 2k CLOSES
9:10	2k Warm up at Village Hall
9:20	CAR PARK CLOSES
9:20	ALL 2k Competitors to Start Line for Safety Briefing
9:30	2k START
10:00	Registration for 10k CLOSES
10:10	10k Warm up at School
10:20	ALL 10k competitors to the Start Line for Safety Briefing
10:30	10k START
12:00	Trophy Presentation

From 9:30 there will also be activities at the School

- Tea, Coffee and Cake Stall provided by *Boxted WI*
- Bar and BBQ provided by *Boxted Royal British Legion*
- Sweet Stall provided by *Boxted School BSA*
- 2 Large Bouncy castles
- Ice Cream Van
- Face Painters
- Medal and Trophy Engraver
- Sports Massage Therapist
- Raffle with *Fantastic* Prizes

So plenty for family and friends to do whilst you are running !

Start Times

The 2km fun run will start at 9:30am, The 10km race starts at 10.30am
The 2km fun run will start from Cage Lane approx 250m south of the entrance of the car park. The 10km from the school playing field.

Race Numbers

All Race numbers can be collected on the day between 8:00am and 10:00am at Boxted Village Hall, this is directly adjacent to the car park area. You should expect to have to queue for a short time. The collection desk will close at 9am for the 2km and 10:00am for the 10km as these volunteers are also marshals out on the course and need to get to their positions before the 10km starts.

The numbers must be pinned securely to the front of your top by 4 safety pins supplied, one in each corner, and preferably at chest height to assist the chip reading equipment.

Numbers are not transferable, if a swap is discovered both runners will be prohibited from future events.

Chip Information

Chip timing is used for the 10km race only.

- On the reverse of your number is your timing chip and should not be folded or tampered with.
- The number must be pinned to the front of your top, not on your leg, or the back of your top.
- You should not stop your watch on the finish line, this interferes with the chip signal transmitted
- All the chips are disposable, they do not need to be returned to us after the races
- It is not viable for us to have start chip mats for the 2km fun run because of the start position.

Our chip company (Harwich Runners) will be providing the timing for the 10km in order that you should all receive your own personal chip time as well as the

official time. Harwich Runners have invested in extra equipment since last year, which has successfully been used at other events locally too.

Whilst many runners lose less than 10 seconds at the start due to the time it takes to get to the start line, others can take longer to cross the start, which can be vital if going for a PB.

We feel offering a chip start time to be a good solution, and hope that you will assist us on this in our first year.

We have already mentioned this, but it really is vital that you do not stop your watch on the finish line. If you want to stop it do this after you have crossed the line, please do not interfere with the chip signal that is transmitted as you are crossing the line.

Results will be posted on the school field as soon as possible on the morning after the races, some results at the time may only show positions, not times. The priority currently is for the presentations to go smoothly, not the accuracy of timings! If you notice that you are missing from the results completely then please do let us know straight away. We will have provisional results for all races on our website asap after the events.

Medical Information

Remember to complete the medical information template on the reverse of your running number including an “**EMERGENCY CONTACT TELEPHONE NUMBER**” of someone who can be contacted on race day, as advised previously. *Not your own mobile number!* You may have already provided this number online. This information is only used in case of a medical emergency.

These details will be passed to the race organisers to inform next of kin or your emergency contact on the day, or to the first aid providers, if necessary.

N.B. There are additional medical risks involved in participating in an endurance event and you should be aware it is your own responsibility to ensure proper preparation, training and fitness to compete in this event. See www.runnersmedicalresource.com for further information.

Baggage

There will be an area to leave your Baggage. This is not a secure storage area so any bags/keys etc. left in the area are left there at the owner's discretion and the organisers will not be held responsible for any losses.

Toilets

As always toilets are the most required item at any race, usually about 15 minutes before you start! Toilets are available within the school and there will be directions. Children's toilets!!!!

Please ensure that you do not enter the School wearing muddy / wet trainers

Audible Devices

Under UKA Rules for road races on open roads, the wearing of iPod or similar is strictly forbidden on the grounds of H & S as you will not be able to hear any marshalling instruction or any approaching traffic. You also have a Duty of Care to yourself and other road users. The wearing of these devices will lead to disqualification. In the online entry process, you also agreed not to use such devices when agreeing to the terms of entry.

Accompaniment

No person, cyclist or animal may accompany a runner at any point on the course, with exception of a blind runner's attendant. Anyone reported to be doing so will lead to the disqualification of the runner.

Start Information

All roads will be open to traffic, and although some of the route is on smaller and quieter roads there may still be some local traffic, so please be wary of all traffic, and respect other users on the road and ensure you take instructions from all marshals.

10km Start

The 10km start will be on the school field.

2km Start

The 2km start is on Cage Lane approx. 250m from the entrance of the car park next to the Village Hall where registration takes place. You will be asked to gather on the field next to the car park area. Once the 2km warm up has completed you will be taken down to the start with guidance from the 2km marshals.

Since the 2km fun run does not start & finish at the school, please note that all medals on completion of the 2k fun run will be presented on the School field. Marshals will be located along the short walk over to the school once you have completed the run.

10km Course

As you leave the school START you immediately turn right down Carters Hill. This is a narrow road for about 1.5km. We do have marshals all along the road, but this does not guarantee a vehicle will not still decide to drive down here, so please do be extremely vigilant.

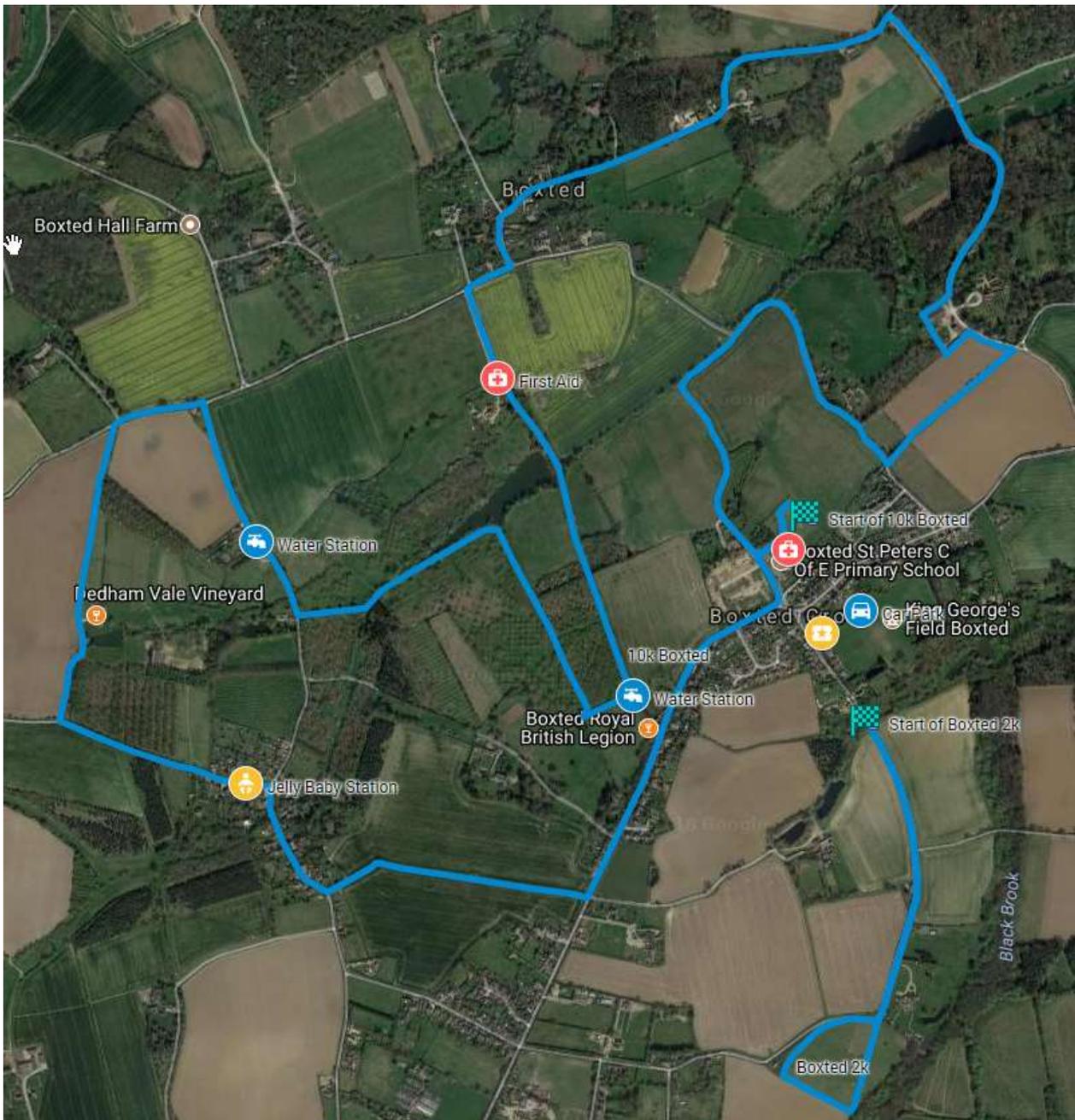
Some of the course is off road so again, please do be extra careful. The last 1km is along straight road, and then turns left into Carters Hill then right into the school field towards the finish line!

Km markers

There will be km markers at every 1km on the 10km course.

2km Course

From the START you will proceed along Cage Lane until you reach the equestrian area which is off road. You will do a loop around the equestrian area, returning down Cage Lane to the finish.



<https://www.google.com/maps/d/u/0/edit?mid=1cBIIPK-vJFes3dbfgR9EJM2md4A&ll=51.95768438857759%2C0.908982459787012&z=15>

Course Information

The 10k map can be viewed online at www.boxted10k.co.uk, or click the link above. We would strongly urge you to check the course map in advance. We have marshals and signage on course, but in the case of some completely random occurrence, it would be appreciated if you have at least had a glance at the map.

Competitors are reminded to run on the LEFT-HAND SIDE of the road always unless instructed to do otherwise by police or course marshals.

As standard with course measurements, where there are no white lines on right hand bends, then the course is certified to the centre of these roads, so if you choose to run on the right-hand bend, you are firstly running short, and secondly putting yourself in danger of oncoming traffic. Please do not put yourself at risk by running on the right!

Finish

When crossing the finish line, the chip which is attached to the reverse of your race number will record your time. All chips are disposable and do not need to be returned. The chip will record your time via technology in the finish gantry above you, so please do not run across the line with your arm across your chest stopping your watch, otherwise you may not appear in the results!

Upon finishing please do support others who are still taking part, but under no circumstances return down the field and run in and through the finish line again as the chip will delete your first time and only record your second time. It will be as you have not finished previously.

Commentary Mats

There will very likely be commentary mats just before the finish. Please note THESE MATS ARE NOT THE FINISH! The finish line is the large metal gantry with a race clock on it! Hopefully this will be obvious to everyone!

Results/Chip Timing

Please do check your race result is present when they are posted on the school field asap.

Mistakes do happen, even with chips, and we would rather find out sooner than later when presentations are being made to the wrong runners! Although this is a chip timing this is not chip to chip, so your time will be recorded from the time the gun starts.

Disabled Athletes

The 10km course does include partly off road therefore is deemed unsuitable for Self-Propelled Wheelchair competitors.

Medals

All runners in both the 10km and the 2km fun run will receive a bespoke medal designed by a Boxted Primary School pupil.

10km Awards

Male and Female; Overall 1st, 2nd, 3rd;

Age Categories; Male 40 - 49, 50 - 59, 60 - 69, 70+, Female 35 - 44, 45 - 54, 55 - 65+ 1st Local male & first local female.

2km fun run Awards

Overall 1st. 2nd. 3rd

Trophy Presentation

This is aimed for 12:00 in the School Field, even if some categories are awarded later.

First Aid

First Aid cover is provided by Essex Medics, they will be situated at the start / finish areas as well as first aiders on the 10km and 2km courses.

Drink Stations/Bottles

These are provided at approximately 5km, 7km and at the finish of the 10km race. Polite notice: Please be aware as to where you throw your bottles. Please refrain from throwing these into deep bushes etc, as we need to be able to reach the bottles to clear them away after the event!

Sweep Vehicle

There will be a sweep vehicle on the 10km course and a sweeper marshal on the 2km course.

Lost Children Policy

The following Policy is to protect children from harm and distress should they become separated from their parent or responsible adult. There will be clearly visible and marked meeting points both at the Sports and Social club on the playing field close to the Village Hall and at the School.

Details of these meeting points should be included in the registration pack and parents/carers reminded that they are responsible for their children before, during and after the events.

These meeting points will be manned by at least two volunteers who hold Enhanced DBS

certificates.

The following procedures should be carried out if a child appears to be or is found without their carer.

1. The child should be asked if they know where their parent/carer is.
2. The child should be led to the dedicated meeting point and reassured.
3. Gather as much information as possible such as their name, their parent/carers name, where they last saw them and a description.
4. Details should be relayed to marshals/school staff via the 2-way radios.
5. An announcement should be made via the PA system without mentioning the child's name.
6. A search should commence.
7. Confirm via radio when the child is re-united with their adult.
8. If after 30 minutes the adult has not been found, inform the Police.

If a parent/carer reports that they have been separated from their child, the procedures below should be followed: -

1. Reassure adult and take child's details.
2. Use radio to inform marshals/school staff
3. Make an announcement via the PA System, using the child's first name only.
4. Commence search.
5. Confirm via radio when child is found.
6. If child is not found within 15 minutes inform the Police.

The incident will be recorded on the attached sheet in order that a review may be made, and any necessary changes made for future events.

Our Sponsors

We would like to say a huge thank you to all our sponsors who have helped to make this all happen. Thank you for all your support, we are delighted you have been a part of this exciting new running event!

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Finally,

Boxted Runners committee would like to wish you well with your race and hope you have a safe and enjoyable event. Please feel free to e-mail us comments, suggestions and improvements - we are always looking for ways to enhance and improve our event.

e-mail: boxtedrunners@gmail.com



Boxted Runners are a friendly running club launched in 2017 for the residents of Boxted and surrounding areas. Running twice a week from the village hall.

Thursday morning : 9:05am warm up for a 9:15am start
Sunday morning : 8:05am warm up for a 8:15am start

Everyone welcome, come along and join our friendly & fun village running club!

Contact boxtedrunners@gmail.com for more club information