

BRIDPORT 10km (10km and 5km)

SUNDAY 6TH MAY 2017

VENUE ADDRESS:

St Mary's Field

Skilling Hill Road

Bridport, DT6 5LA

VENUE OPENS:

0800

REGISTRATION OPENS:

0830

REGISTRATION CLOSES:

1000

START TIME:

1015

EVENT INFORMATION

Thank you for entering an event run by Beyond events.

Please find below information about the event. We ask that you read this information thoroughly as it contains details that will ensure the event runs smoothly and you have a great time!

REGISTRATION

The event parking will open at **0800** to allow runners to park and prepare. Please do not arrive before this time, as there will be no access.

Registration will open at **0830** and closes at **1000**. On arrival report to registration with your ID so you can collect your number. (We will have a bag drop)

GETTING READY

Once you have registered you can get yourself and your kit ready to run.

ESSENTIAL ITEMS TO BRING

- **DON'T FORGET YOUR SHOES!**



FOOD AND DRINK

Ensure you have eaten enough food and have hydrated effectively for the event, if you need to HYDRATE OR FEED during the event, its simply too late, the feed stations are for top up only Free water, energy drinks and various snacks are available at the feed station on the route.

NUMBERS

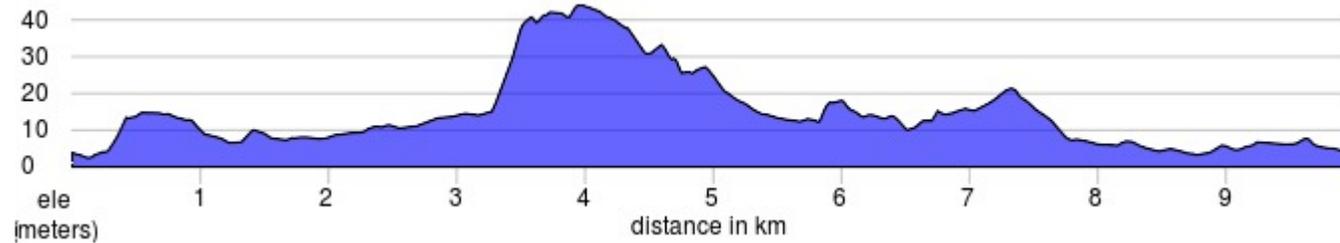
Please make sure you attach your number to your front so it can be seen clearly. Do not wrap it around your legs, arms.

ROUTE & START TIMES

When ready join the group of runners waiting to start. The start will be a mass start at 10.15 after the safety brief. Please listen to all the instructions from the marshals, it will come in handy.

10km START TIME: **1015**

Distance: 10 km



TOTAL ELEVATION 73 Metres

5km START TIME: **1015**

Distance: 5 km



TOTAL ELEVATION 32 Metres

Although the profile's look hilly the run only has one hill of approx. 400 metres'.

TIMING

Although times are important, this event is a challenge, you will still get a time as you cross the finish line so you can compare it to the other competitors, results will appear on-line as soon as we have had a chance to collate them all.

COURSE SIGNAGE

Once you set off from the event centre the route will be marked with the use of arrow signs. Arrows signs will be approx. every 300 metres on the route. so quite simply you follow these signs.



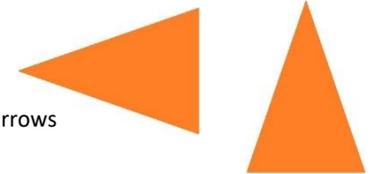
COURSE ARROWS

The orange signs with white arrows marked on them will direct runners in the direction they should take to complete your chosen route.

It is important you take extra care when you see these signs to ensure you follow your chosen course.

There are additional direction triangles used along the route

Additional course directional arrows



SPLIT POINTS

Course split points will be used to highlight where the route splits for the shorter distances. A orange and white 'course split ahead' sign will warn runners that the route will split.



EXTREME CAUTION SIGNS

Orange extreme caution signs will be used where appropriate to mark potential hazards such as, steep downhill stretches, road crossings. and. When you see these signs, you should reduce your speed and run with extra caution.

Although the route is clearly marked, you should study your map long before starting to familiarise yourself with your route

SIGNAGE TAMPERING

On occasions, the public will tamper with signs, it is therefore each competitor's own responsibility to study the route and know roughly where you should be running please run appropriately on the public paths, tracks, roads etc, until you can locate another arrow.

Runners are welcome to change to shorter routes, as they are completing the event, simply follow the signs for one of the shorter routes at the course split points and inform us of your route change at the finish.

EMERGENCY

You will find contact numbers on your map and on your event number:

MEDICAL EMERGENCY: 07555 417 146

Please add this number to your mobile phone before you run (If your carrying one). These numbers are for use in emergencies only. Please do not call these numbers for non-emergency situations.

AT THE FINISH

At the finish line, make sure you cross the finish line so your time is recorded. Please show your number as you finish so we can record your time

Please make sure you collect your finishers medal as you cross the finish line.

PARKING AT THE VENUE

Parking at this venue, and various other car parks around the town are FREE. Please car share where possible.

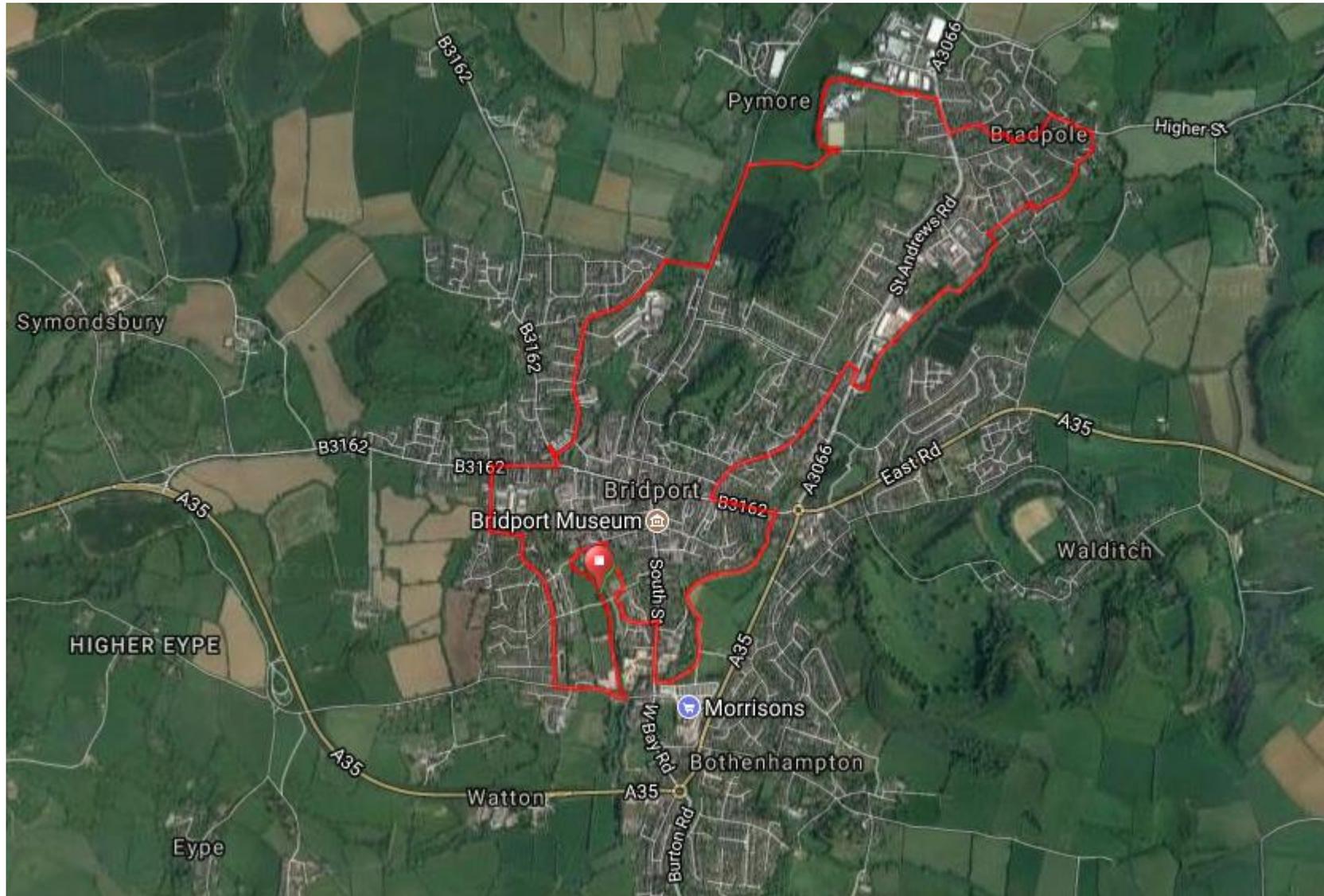


SCROLL FOR ROUTE MAPS

5KM ROUTE MAP



10 km ROUTE MAP



END OF INFORMATION SHEETS