



10k

Race Details

Sunday 3rd April 2022

Pier Approach, Bournemouth



bhlive**active**



Health



Bournemouth Bay Run Race Details – 3rd April 2022

Please read through these race details carefully. If you have any queries, please contact the BCP Council Events Team on 01202 128555 or by e-mail at bay.run@bcpcouncil.gov.uk

1. RACE ORGANISERS

Events Team, BCP Council. All correspondence to Events Team, Town Hall Annexe, St Stephens Road, Bournemouth, BH2 6AE.

Tel: 01202128555

Email: Bay.Run@bcpcouncil.gov.uk

2. 10K RACE:

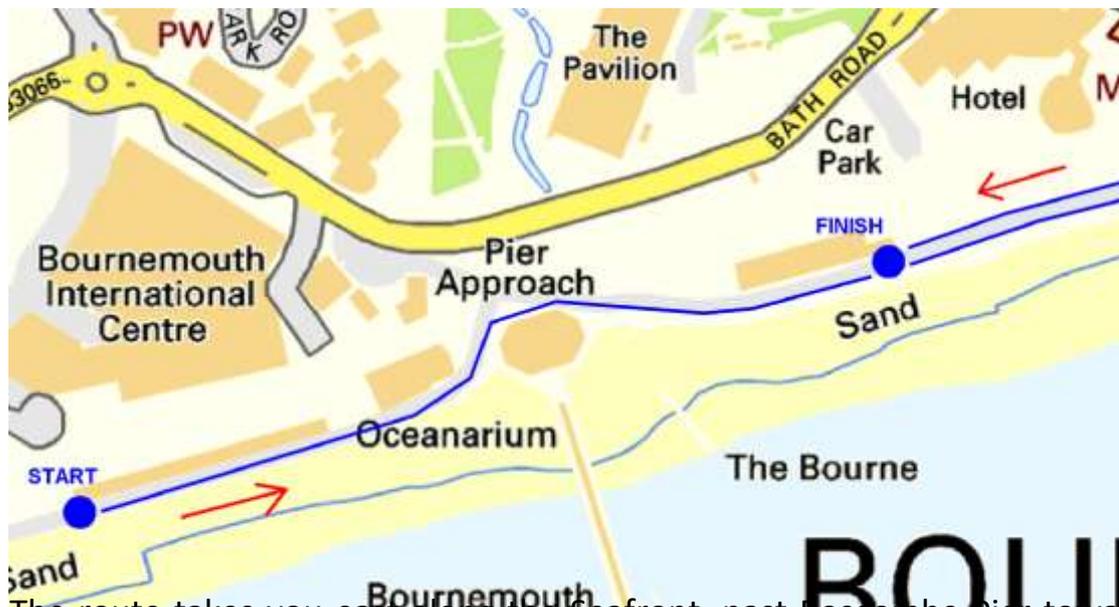
Start Time: 9.15am

(wheelchair entries start 9:10am)

UKA Permit Number: **2022-43539**

SEAA Course Measurement Certificate Number: SEAA 15/456

Route: The Race starts about 400m west of Bournemouth Pier on the Seafront promenade outside Happlyland Amusements. ****Please leave enough time to get to the start line when you arrive.**



The route takes you east along the Seafront, past Boscombe Pier towards Southbourne. The course then leaves the Seafront by turning left at Gordon Steps (zig zag slope).



At the top of the slope, turn left onto Southbourne Overcliff Drive and continue towards Boscombe turning left again onto Boscombe Cliff Road. At the end of Boscombe Cliff Road, turn left onto the Marina and then left towards Boscombe Pier. The route then goes right along Undercliff Drive to the finish, just before Pier Approach next to Harry Ramsdens.

****All runners must keep right when running along the promenade.**



Please be advised that:

- i) all dogs and wheeled carriages other than wheelchairs are banned from the race;*
- ii) athletes must not be accompanied or followed by others on cycles;*
- iii) For safety reasons headphones are not permitted to be worn on any part of the course;*
- iv) 5k runners will be running through the finish line on the right-hand side heading towards Boscombe at approximately 12:20-12:40. Please ensure you keep to the right hand side when on the promenade to avoid collision.*

3. ENTRIES ON THE DAY

Unfortunately, no entries for the 10k will be accepted on the day.

4. TIMINGS

Officials and Marshals will leave their positions at 1pm and no responsibility will be taken for runners still on the course after this time.

5. TIMING SYSTEM

The official timing company for this years' race are HS Sports Ltd. Please see the below information regarding the timing system.

Your timing chip is affixed to your race number, do not attempt to remove or fold the chip. Do not pierce the chip with safety pins.

Wear your chipped bib number on your chest on the outer layer of clothing e.g. if a running jacket is worn, wear your number on top of this. Do not obscure your bib number + chip with a bumbag/ running belt.

We encourage runners not to position their arm to start/ stop a personal timing device on or right in front of the bib whilst running over the timing mats themselves as this impedes the signal. Arms can be positioned slightly away from the body, or the devices can be started /stopped when the athlete isn't on the actual mat.

Your bib + timing chip does not need to be collected in after the event. It can be disposed of in general waste or kept as a memento of your race day!

Full results will be available at www.chiptiming.co.uk on the evening of the race.

A text will be sent with your result if you included your mobile telephone number in your application. If you did not include your number a full list of results will be available to all finishers on-line at www.chiptiming.co.uk on the evening of the race.

<p>PLEASE BE AWARE THAT YOUR CHIP IS WILL BE SENT OUT TWO WEEKS PRIOR TO THE RACE START DATE (ON YOUR RACE BIB) AND NEEDS TO BE WORN ON THE DAY. NO CHIP = NO TIME.</p>
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6. RACE OFFICE

Any enquiries on race day should be directed to the Race Office. This will be situated at the 10k and half marathon information stand on the Pavilion Terrace – please see map. Any late entrants can also pick up their race packs from this location.

7. PARKING

There are a number of public car parks serving the Pier Approach area. Use of these Car Parks will be at the normally displayed prices.

8. WARM UP

A warm up for runners will take place in Pier Approach before each race. Please see map for exact location.

9. CHANGING ACCOMMODATION

Limited changing is available in existing toilets in the Pier Approach area, however it is recommended that where possible, runners should arrive in their race clothing. Baggage storage is available in a marquee (On the Pavilion Terrace). **Luggage labels will be provided on the day and can be collected from the Luggage Marquee.** Please note that liability will not be accepted for any loss or damage to any items left in the marquee.

10. TOILETS

Public toilets are situated in the Pier Approach and Lower Gardens area and will be signposted. Further toilets are available on the west side of the pier, adjacent to the amusements and on the east side of the pier just past Harry Ramsdens. There are also existing facilities along the seafront which are signposted.

11. MARSHALS

All strategic junctions will be marshalled and/or sign-posted. **Please keep to the footpath where possible and take extra care when crossing roads. Please keep to the right hand side when on the promenade.** Whilst the marshals are there to assist with providing a safe race, each participant must take responsibility for their own safety.

12. RACE NUMBERS

Your race number will be sent out two weeks prior to the event date. All competitors must always have their race numbers pinned to the front of their vests during the race. Marshals will be positioned around the course and near the finish to remove any competitors who are not wearing a race number. Please ensure you comply with this regulation. Please be aware the colour of your race number coincides with the correct route signage of which the 10k is PINK. Please also complete the back of your race number with details of your next of kin, in case of emergency. **Please inform the race office of any changes to your personal details as supplied on your application form.**

13. RACE FINISH

The finish for the 10k is situated East of Bournemouth Pier next to Harry Ramsdens. Please comply with the instructions given by the funnel

Marshals and leave your race number in place after crossing the finish line.
Please do not wait in the funnel area as it will cause congestion.

All 10k finishers will receive a t-shirt and medal on completion of the race. Medals will be handed out at the finish and T-shirts can be collected from the T-shirt marquee in the Pavilion Terrace on presentation of your race number **(Do not take off your number as this is needed when collecting your baggage).**

Water will also be available at the finish.

14. FIRST AID

First Aid cover will be provided around the course and at the finish.

15. WATER STATIONS

Water Stations are positioned at approximately 5km and at the finish for the 10K. There will be additional water stations for the other races.

16. AWARDS

10K – Prizes will be awarded to the first 3 finishers in both the male and female categories.

17. CHARITIES

We've partnered with the British Heart Foundation, to help beat heartbreak forever. Join the BHF team to raise funds for life saving research. You'll also get top training advice, support on the day and a BHF running top. Find out more at <https://www.bhf.org.uk/how-you-can-help/events/runs/bournemouth-bay-run> or contact BHF at hearrunners@bhf.org.uk or 0300 222 5719

18. LIST OF RESULTS

If you include your mobile telephone number in your application a text will be sent with your result. If you did not include your number a full list of results will be available to all finishers on-line at www.chiptiming.co.uk on the evening of the race and also on our website www.bournemouthbayrun.co.uk Should you not have access to the internet, the results can be sent to you via post upon receipt of an A4 stamped address (2 first class stamps) envelope.

19. T – SHIRTS

Each finisher of the 10k will receive a free Bay Run t-shirt on completion of the race. T-shirts can be collected from the t-shirt marquee on the Pavilion Terrace.

20. 5K FUN RUN

The Fun Run will start at **12.15am** from West of Bournemouth Pier next to Happylands amusements. ****If you are running the 10k please be aware of the 5k runners when heading back towards the finish line and ensure you stay to the right-hand side on the promenade.**

If you would like more information on other races including the 5k please go to www.bhf.org.uk/bayrun .

21. PHOTOGRAPHY

The event is supported by Epic Action Imagery who will be taking photographs of all runners around the course. For more information on how to order and download your race photos, please go to www.epicactionimagery.com

22.Sustainability

Overall Aim

The Bournemouth Bay Run is committed to making the event as environmentally friendly as possible. One of the main affecters are single use plastics, at many running events plastic bottles are the most widely used form of hydration for participants. This year we are using boxed water and paper cups at all the water stations and canned water at the finish funnel to eliminate the use of single use plastic bottles and cups. Please help us by bringing your own reusable bottle available to fill up for free at water points on the seafront or in the Prom Café.

Recycling

There will be drop nets / bins provided at points after each water station for the paper cups and all water station marshals are briefed to pick up any dropped cups from around their water station. These nets / bins are picked up and all the contents will be recycled. At the finish there will be recycling bins for cans and litter pickers throughout Pier Approach. Please use the recycling bins provided and pick up any litter.

Single use plastic

As mentioned previously in the overall aim there will be no plastic cups or bottles along the course or at the finish. We have chosen to not have our t-shirts bagged, they come in cardboard boxes. Previously our medals have been singularly bagged, now we have them bagged in 20's. We have also opted for an online goody bag instead of a physical one, this way the

participants get offers and adverts online without using unnecessary of plastic and paper. Your goody bag will be emailed out to you so keep your eyes peeled in your inbox before during and after the event!

Sustainable transport

Please try where possible to walk or cycle to the event, why not car share or get a bus to the event? There is a luggage marquee provided for so you can safely store your belongings.

23.

****Please make yourself familiar with the routes and start areas as illustrated in the maps included with this pack.**

Finally, may we take this opportunity to wish all athletes luck for their races. Furthermore, thank you to everyone who will be giving up their time on the day to make this year's event the most successful Bay Run ever!



START

FINISH

BOURNEMOUTH

Poole Bay

Poole Bay

Site Map



BCiY RUN 2022



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MAP KEY



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