



5k Fun-Run

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 Events Team on the email or number below.

1. RACE ORGANISERS

Events Team, BCP Council. All correspondence to Events Team, Town Hall Annexe, St Stephens Road, Bournemouth, BH2 6AE. Contact Number: 01202 128555

Email: bay.run@bcpcouncil.gov.uk

2. 5k FUN-RUN DETAILS

The Fun-run is an out and back route, starting WEST of Pier Approach and following the promenade past Boscombe Pier to the turnaround point on Boscombe Prom. The route retraces its steps to Boscombe Pier returning to Pier Approach along the promenade.

Please ensure you leave enough time to congregate in front of the Happylands amusements WEST of Bournemouth Pier Approach to start the race at 12.15am.

****Please keep to the right-hand side of the promenade both on the run out to Boscombe and back and be aware of runners competing in other races.**

3. ENTRIES ON THE DAY

Entries can be taken on the day (subject to reaching the maximum capacity) at the 1k and 5k registration tent on the Pavilion Terrace – please see map for location. On the day entry is £10. **All entries must be made before 11:45am – Due to the number of people who enter on the day queues do occur; please ensure you leave enough time to register.** No entries will be accepted after this time.

4. PARKING

There are a number of public car parks serving the Pier Approach area. Use of these car parks will be at the normal display prices.

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.

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.

6. 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.

7. TOILETS

Public toilets are situated in the Pier Approach area and will be signed. 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.

8. MARSHALS

All strategic junctions will be marshalled and/or sign-posted. Whilst the marshals are there to assist with providing a safe race, each participant must take responsibility for their own safety.

9. RACE NUMBERS

Your race number will be sent out two weeks prior to the event date. All competitors must have their race numbers pinned to the front of their vests at all times during the race. Please be aware, the colour of your race number coincides with the correct route signage for your race of which the 5k is **BLUE**. 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 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.**

10. WARM UP

A warm up will take place in Pier Approach. Please location within the site map included in this pack.

11. RACE FINISH

The finish for the 5K 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 5k finishers will receive a medal and T-shirt on completion of the fun-run. Water will also be available at the finish.

12. FIRST AID

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

13. 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 www.bhf.org.uk/bayrun or contact BHF at heartrunners@bhf.org.uk or 0300 222 5719

14. 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

15. T – SHIRTS

Each finisher of the 5k will receive a free Bay Run t-shirt on completion of the race. They are available to collect from the t-shirt marquee on the Pavilion Terrace.

16. CHILDRENS FUN RUN

A 1km Children's Fun Run will also be organised and will commence at 09:25am along the seafront to the west side of the Pier. Entrants should register at the Race Office on the Pavilion Terrace before 9.00am on the day. In order to avoid congestion please register as early as possible for the fun run.

The entry fee for the 1km Children's fun run is £6.00 for all entrants. All entries are cash only. All on the day entries must be made before 9.00am. No entries will be accepted after this time. All finishers will receive a medal.

17. 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

18. 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!

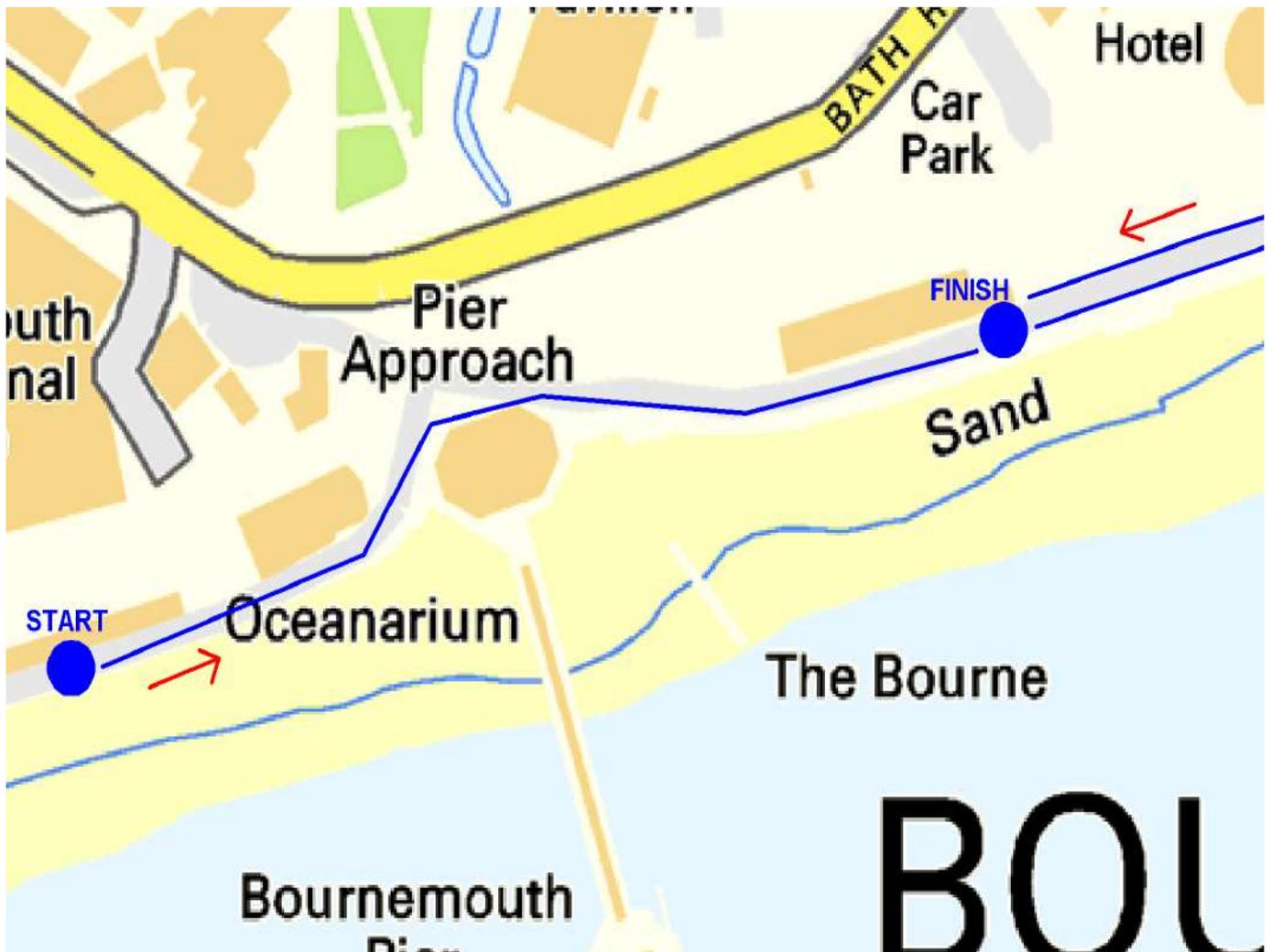
Sustainable transport

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.

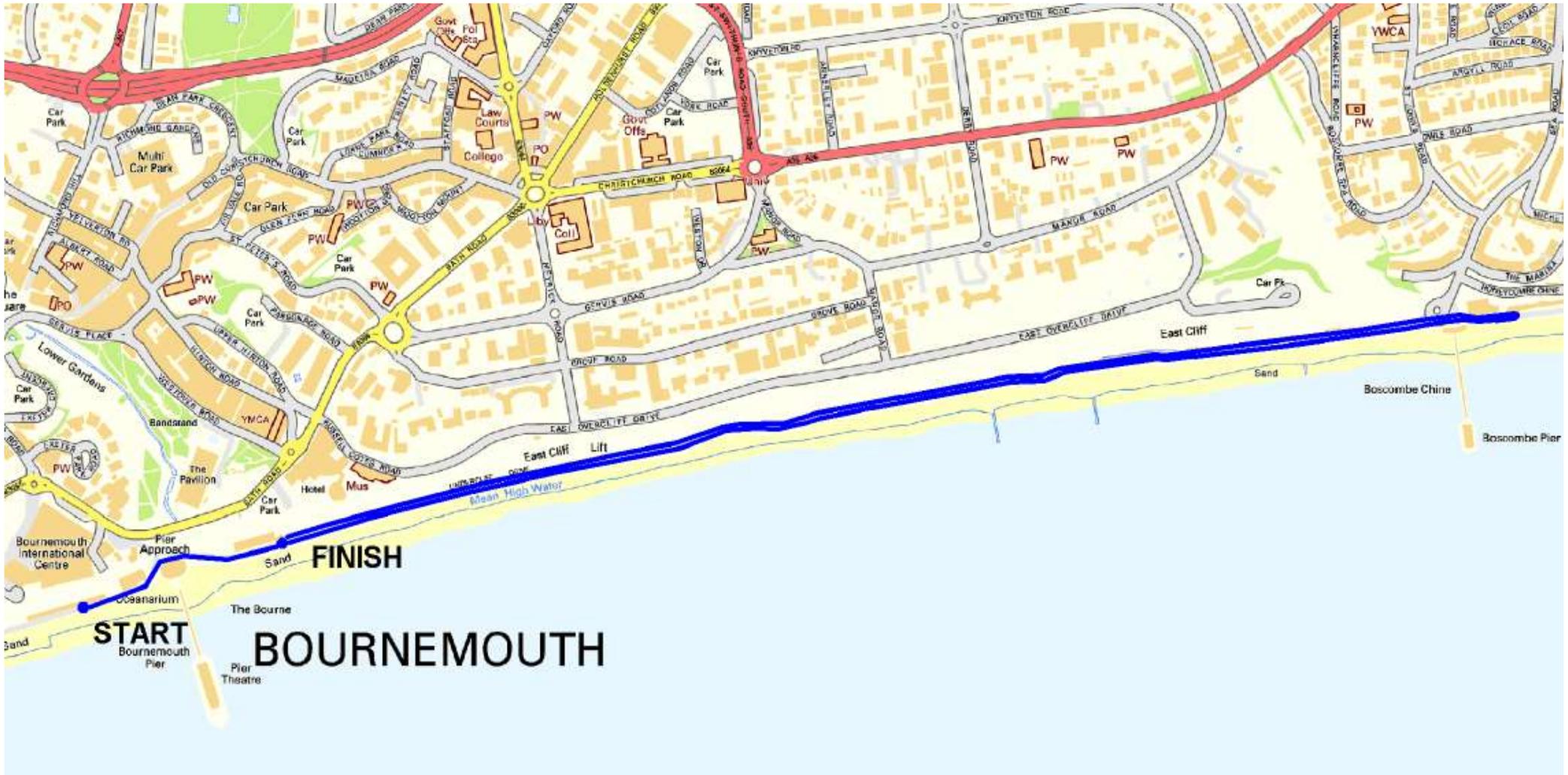
****Please make yourself familiar with the routes and start areas as illustrated in the maps included with this pack.**

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 Map – Bournemouth Pier Approach



5K full Route Map



Site Map



BCity RUN 2022



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MAP KEY	
	Info
	First Aid
	Disabled Toilets
	Toilets
	Food/Drink
	Ice Cream
	5K / 1k Registration
	10K / Half Info
	Exhibitors
	Warm Up Area
	Massage
	T-Shirts
	Luggage



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