

BEDFORD 20

EVENT INFORMATION

Sunday 25th March 2018, 10am

EVENT VILLAGE: Priory Country Park, Barkers Lane, Bedford, MK41 9DJ

IMPORTANT: THE CLOCKS WILL GO FORWARD INTO BRITISH SUMMER TIME (BST) ON 25 MARCH

The clocks will go forward one hour at 1am so you will lose an hour of sleep.

Thank you for entering the first BEDFORD 20 event. We hope your training has gone to plan. Good luck and see you on the start line!

RACE DAY: Sunday 25th March 2018

MINIMUM AGE: 18 on race day.

EVENT VILLAGE: The Event Village will be in the overflow car park in Priory Country Park, Barkers Lane, Bedford, MK41 9DJ. The Event Village will open at 08:30.

Please note that there will be NO runner parking in Priory Country Park (see parking instructions below).

RACE BRIEFING: 09:50

RACE START: 10:00. **Don't forget that the clocks will go forward one hour at 1am on 25th March so you will lose an hour of sleep.** The race start will be a short walk from the Event Village and all runners will be lead to the start line at 09:45. Sorry no late starters.

CAFE: The Cloverdale Retreat which is located next to the Event Village offers a range of hot and cold drinks, cakes and hot and cold savories and will be open at 07:30.

WATER STOPS: There will be three water stops en route and one at the finish. Water will be given in plastic cups.

- Water Stop 1: approx mile 3 and 12
- Water Stop 2: approx mile 6 and 15
- Water Stop 3: approx mile 9 and 18

TOILETS: Portable toilets will be in the Event Village and at each water stop.

RACE NUMBER: Your Race Number incorporates a timing chip inside the foam on the reverse.

DO NOT TAMPER WITH THE TIMING CHIP.

Attach your number to the front of your running top where marshals can see it. Complete any medical information and emergency contact details on the reverse of your running number. **You must not allow anybody else to run with your number.** Safety pins will be available in the Race HQ if required.

RACE PACK NOT DELIVERED OR LOST: Please go to the Race HQ with your booking confirmation [myevents.active.com] and they will give you a replacement.

REGISTRATION ON THE DAY: The event is full and there will be no entries on the day.

RACE DAY TRANSFERS: The new runner must attend the Race HQ with their friends Race Pack to transfer the place. There will be a £10 admin fee (cash only).

DEFERRALS: Sorry we do not offer deferrals or refunds under any circumstances.

GETTING TO PRIORY PARK:

BUS: The Bus Service 4 between Bedford Town Centre and Goldington, via Wendover Drive, stops close to the entrance to Priory Park. Approx travel time 10mins.

TRAIN: Bedford train station is on the Midland Main Line from London St Pancras to the East Midlands. For more information call +44 (0)8457 484950 or visit the National Rail Journey Planner.

CYCLING: If you are local then take the stress out of race day and cycle to the venue.

PARKING: There will be no event parking at Priory Country Park so we suggest you car share where possible and park in Aspects Leisure Car Park (use McDonalds entrance MK41 9LN). See website for other parking suggestions.

Please DO NOT park in Barkers Lane as you will be ticketed. Use the signposted footpath to get to the Event Village (see map) and not Barkers Lane.

BAGGAGE: Baggage can be left in the baggage tent in the Event Village. Please do not leave valuables in your bag. **Bags are left at your own risk.**

CHANGING: There will be a male and a female changing tent.

MASSAGES: Massages will be available in the Event Village from AMI Clinic. Just make a small donation to charity.

RACE TIME LIMIT: The time limit to complete the race will be 5 hours. If a runner doesn't reach Mile 18 in 4hrs 30mins they will be asked to withdraw from the race.

SPECTATORS: Spectators are very welcome, but are reminded to stand clear of the route at all times and not to block the main park entry road.

RACE ROUTE: You can enjoy the incredibly scenic and traffic free 2-lap course through stunning Bedfordshire countryside. The route will be clearly marked and marshalled. The route is mostly on road and cycle paths however there are some gravel and grass sections so you are to expect some uneven paths. Please show consideration to other users of the footpaths.

MP3 PLAYERS: We do not recommend the use of personal MP3 players on the course as you need to be aware of other runners and to hear marshals instructions. If you do wear headphones then it's at your own risk.

FOOTWEAR: We recommend running shoes or trail shoes for this event, depending on the weather.

MEDICAL COVER: The safety of our competitors is paramount. Local Medical Services Ltd will be on-site during the event. They are a specialist company set up to supply medical cover to sporting events such as this. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal to arrange this.

MERCHANDISE: You can buy BEDFORD 20 branded hoodies for £30 from the Event Village - Cash Only.

FINISHERS T-SHIRT: All finishers will receive a BEDFORD 20 Finishers Technical T-Shirt in navy blue. T-shirts will be handed out as per the size ordered on your registration. We will only offer size exchanges at the end of the event.

AWARDS: All finishers will receive a Race Medal.

Presentation of the race awards will take place in the Event Village at 12:45.

Award categories are:

- First 3 Men, plus MV40, MV50, MV60, MV70.
- First 3 Ladies, plus FV35, FV45, FV55, FV65.
- First team of 5 club runners (can be mixed).

Runners may win more than one award.

DEPARTURE: Please show consideration to other runners who may still be finishing when you leave the event village after your race.

RESULTS: Will be available on the website on race day.

PHOTOS: Will be available on the website after the race.

RACE PERMIT: TRA permit TRA/1583. The race will be run under UKA rules.

TERMS & CONDITIONS OF ENTRY

All runners must be medically fit to compete and enter at their own risk and the organisers will in no way be held responsible for any injury, accident, loss or damage that may arise before, during or after the event as a consequence of their participation in this race. We do not offer refunds or deferrals under any circumstances, however you can transfer your place. No dogs or pushchairs are allowed.

GOOD LUCK!

Additional information can be found on the website...

www.bedford20.com

20 MILES OF MAGIC!

