



## **Little Down 5 - Sunday 15<sup>th</sup> September 2019, 10:30 start**

### **Runner Information**

This page will be updated regularly as we get closer to race day. The final version will be emailed to all participants in the week of the race and will also be posted on our Facebook page.

#### **Race Location**

Little Down Centre, Chaseside, Bournemouth BH7 7DX. The race will start at 10:30.

#### **Centre Facilities and Parking**

The Little Down Centre has free parking and changing facilities. Please car share where possible as the leisure centre will be open as usual and so the car park will fill up quickly. There is a café and licensed bar on site. Please note that only food and drink purchased in the café or bar can be consumed in those areas.

#### **Number collection**

Numbers can be collected from 9am on the day. There will be signs up to direct you to registration. No numbers will be sent out beforehand. Please ensure you complete the back of your race number with ICE and medical information - this is very important and is for your safety. Pens and pins will be available on the day.

#### **Baggage**

There are lockers inside the centre to securely store your baggage, a £1 coin (refunded) will be needed to use the lockers. There will be limited space to leave your bag at Race HQ and this will not be secure so please do not leave any valuables here.

#### **Toilets**

There are a number of toilet blocks in the leisure centre, as well as some located close to the start line near the cricket pavilion. Toilets can be found in the changing rooms and upstairs in the leisure centre both inside the café and close to the top of the main stairs at reception.

#### **Race start**

The race will start at 10:30 on the path between the cricket pavilion and the 5-a-side football pitches to the rear of the Little Down Centre. Signs will be in place to direct you to the start. There will be a race briefing at 10:20. The race will set off following the path in the direction away from the centre and football pitches and out of the Little Down Centre grounds.

#### **Bollards and cycle lanes**

There are a few bollards along the route which will be clearly taped and signed, please watch out for these and listen to instructions from marshals. The first bollard is positioned at the exit of the Little Down Centre very soon after the race starts, please take care here. Around the first mile marker, and then on the return lap at approx. 4.5 miles there is a shared foot/bike path. Please keep to the footpath and watch out for cyclists.



## **The course**

The route is an accurately measured 5-mile course with mile markers and will be fully marshalled. You can view the course map on the race website - [www.littledownharriers.co.uk/littledown-5](http://www.littledownharriers.co.uk/littledown-5)

There are a number of road crossings which will be marshalled. Please take care and listen to the marshals' instructions and do NOT cross any roads at any other point than the designated crossing point. This is for your safety and that of those around you. Failure to do so may result in disqualification. Runners should keep to the left and on the pavement wherever possible.

## **The finish**

The race will finish back at the Littledown Centre. When you enter the finish the race, please keep in order through the funnel. There will be water provided at the finish. In 2019 we are using up stock of plastic cups left over from previous races; however, we are mindful of the impact of single use plastic and will be moving away from this in future years. We will happily fill up your own bottle or cup with water at the end if you prefer.

All finishers will be presented with a newly designed medal for 2019 and a goody bag. There will also be free massages provided by Active Therapy South at the finish.

## **First Aid**

First aid for the event is provided by A2E Medical Services.

## **Prizes**

Prizes will be presented at 12:30 in race HQ. An announcement will be made before the presentations take place. Prize categories are as follows:

Male and Female 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> overall

Senior Male / Female (18-34) 1<sup>st</sup>, 2<sup>nd</sup>

Veteran Male / Female (35-44) 1<sup>st</sup>, 2<sup>nd</sup>

Veteran Male / Female (45-54) 1<sup>st</sup>, 2<sup>nd</sup>

Veteran Male / Female (55-64) 1<sup>st</sup>, 2<sup>nd</sup>

Veteran Male / Female (65+) 1<sup>st</sup>, 2<sup>nd</sup>

Junior Male / Female (under 18) 1<sup>st</sup>

Team prizes - Male / Female (3 runners)

## **Other important information**

The race is run under UKA rules, therefore the use of headphones is prohibited and any runner using headphones will be reported to the Race Director and disqualified from the results. Buggies, dogs and accompanying cyclists are also not permitted.

## **More details**

For any further information, please contact the Race Director, Suzanne Janes, via [littledownfive@littledownharriers.co.uk](mailto:littledownfive@littledownharriers.co.uk) or view the race page at [www.littledownharriers.co.uk/littledown-5](http://www.littledownharriers.co.uk/littledown-5)