

## Studland 5K Race Information for Competitors



### Welcome

- Purbeck Runners' are delighted to host the 10<sup>th</sup> Anniversary Studland 5k at Studland Village Green, on **Sunday 26th August 2018 with a 10:30am start time.**
- The proceeds from the event will go to Cancer Research UK (Charity Number 1089464).
- The race is licensed by and is run under UKA rules, Licence number: 2018-35684.
- Participants must be 11 years or older on race day.

### Transfers

- Number transfers are available free using your account via [fullonsport.com](http://fullonsport.com) until 12 midday on Saturday 25<sup>th</sup> August. If you need any help with this please contact [support@fullonsport.com](mailto:support@fullonsport.com)
- There will be no number transfer on the day. Online entry will be open until 8pm on Saturday 25<sup>th</sup> August

### Directions & Location

- The Village Race is located on **Studland Village Green. (There is NO parking here)**
- Arrive in plenty of time – allow time to park and walk to registration
- If you are coming over the Sandbanks Ferry, it is likely to be increasingly busy as the morning progresses so please catch the earliest possible ferry to ensure you are in good time for the race. We would suggest getting the 8.40am or 9.00am ferry, in case of queues building in hot weather.
- **FREE Race Car Park located on Studland Showground field, BH19 3AY**
  - When approaching from the Sandbanks Ferry the Race Car Park entrance is on your right approx. 450m beyond the Knoll House Hotel
  - When approaching from Swanage or Corfe Castle, the Race Car Park entrance is on your left approx. 300m beyond the Village Shop (Studland Stores)
  - The car park is open from 8:30am until 1:00pm – **it will be locked promptly at 1:00pm**
    - Note, the car park will be locked during the Race is taking place, with no access in or out.
  - Beware of pedestrians or runners when arriving and leaving the car park.
  - Follow the directions of Marshals when leaving the car park.

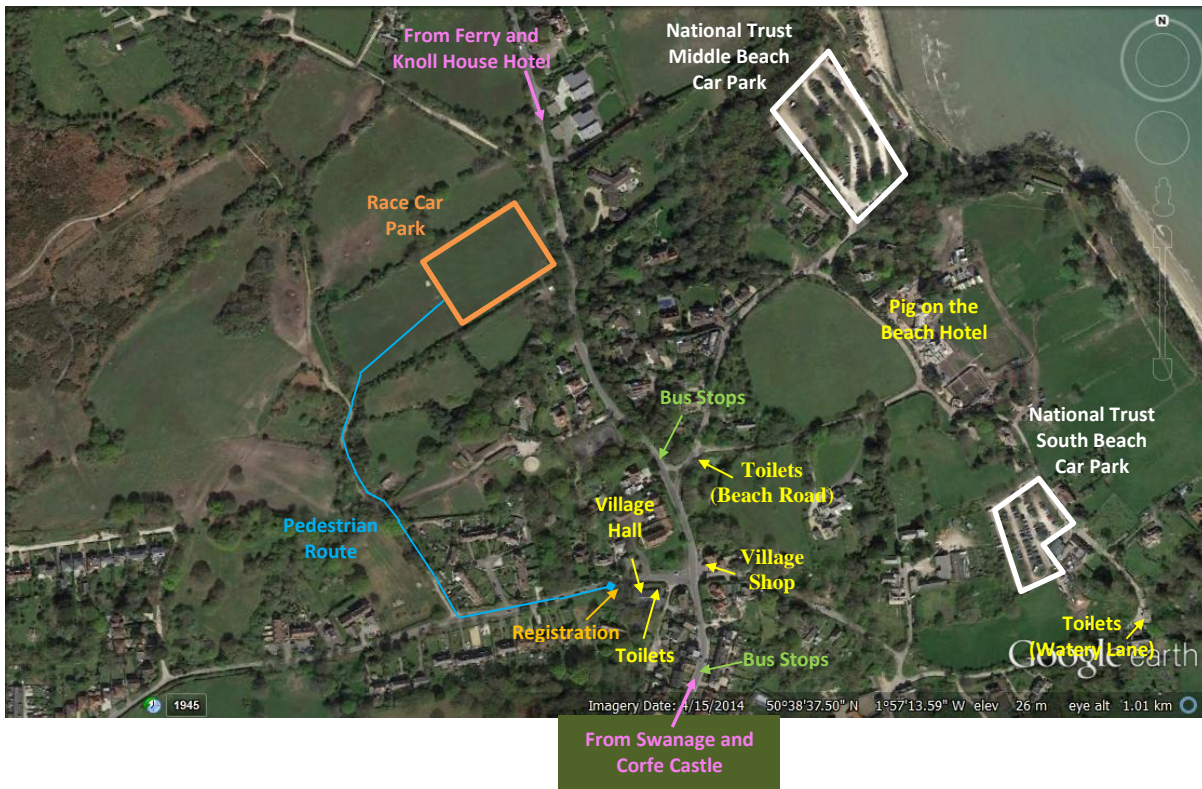
**If you are planning to spend the day in Studland, consider parking in either the Middle Beach or South Beach Car Parks. These are Pay and Display car parks operated by the National Trust; they are free for National Trust members.**

### Before you arrive

- Please arrive ready to race; there are no changing facilities available.
- The remote nature of the course means that Basic Life Support and Defibrillators are available but **potentially** not within 8 minute UKA Road Race guidelines. Please ensure that you really are fit to run.

### Arriving By Bus

The number 50 bus (Bournemouth to Swanage) runs directly past the Race Village. Alight at the bus stops either side of the Village Shop (Studland Stores); further details can be found at <http://www.morebus.co.uk>



## Run Timetable

- 8.30am Race Car Park opens
- 8.45am Race Registration open on the Village Green
- 10.00am Race Registration closes
- 10.15am All Runners to walk to Race Start in playing field (5 mins away)
- 10.25am Safety Briefing at Start
- 10.30am Race Start
- 10.45am (approx.) First Runner Home
- 11.30am (approx.) Runners Raffle followed by Prize Presentation
- 12.30pm Race Village closes
- 1.00pm Race Car Park is locked

## Toilets

- There are toilets located in the Studland Village Hall next to the Race Village.

## Registration

- Registration is in the Race Village on the Green, which is a ten minute walk from the Race Car Park.
- Registration will be open at 8:45am and close at 10:00am
- **You will need to know your Race Number to register. Please look out for an e-mail with this information on the afternoon of Saturday 25<sup>th</sup> August.**
- Please complete the medical details on the reverse of your running number before pinning the number/bib to **front** of your running vest/top. Do not fold, cut or mutilate your running number.

## Bag Drop Off

- The 'Bag Drop Off for **runners only** is located near Registration in the Race Village.
- You will need to present your race number in order to retrieve your bag.
- Bags are left are the owner's risk.

## Race Village

- The Race Village includes a BBQ, Specialty Coffee Van and stalls.
- There will be a homemade cake stall with all proceeds going to Cancer Research UK.
- The Race Village is a **NO SMOKING** area.

## The Race

- The course is approximately 5km.
- Please hydrate well before the race. There is water at the finish but there are no water stations on the course.
- The course surfaces include grass, gravel, sand, mud, tree roots, peat, stony surfaces, standing or running water and dirt tracks that are in places very uneven. There are 2 steep well marked downhill stretches. Wear appropriate footwear and take great care!
- Please try not to discard empty gel packs, water bottles and the like on the course; please leave them by Kilometre Markers/Route Markers or keep them until you get to the Finish and leave them there.
- The route is well signed and marshalled; look out for them and follow their instructions.
- **Please note this is a headphone/ear-phone free race. Use of headphones/earphones could result in disqualification.**
- The use of GPS devices including Smartphone Apps is permitted.
- There is a Good Bag for all finishers,
- Water in a reusable bottle courtesy of Wessex Water will be at the Finish
- Entry to our legendary Runners Raffle. Your Race Number will be your Raffle Ticket!!
- Should you decide to drop out of the race please inform a Marshal and give them your race number/bib before you leave the area. This will avoid the race being spoilt by an unnecessary search for a competitor who has simply left the area.

## Results

- Provisional race results should be available on Monday (next day) on the Purbeck Runners' website
- You will have up to the following Wednesday to query the provisional race results via Purbeck Runners' website.
- Thereafter the final results will be published on Purbeck Runners' website and submitted to Runbritain.

## Prizes

- For runners 16 years and over on Race Day, prizes are awarded to the first three males and first three females.
- For runners under 16 years on Race Day, prizes are awarded to the first three males and first three females.
- A first prize will be awarded in the following age categories; Male V60 and Female V60. Please Note: 1 prize per runner, priority given to 16 years and over prizes.

## Purbeck Trail Series

- The Studland 5k is the second race in the Purbeck Trail Series. By finishing the Studland 5k you will automatically be awarded Purbeck Trail Series points.

## Photography

- There will be Purbeck Runners photographers at the start and at the finish; these photographs will be available to download for free; please visit our website for details [www.purbeckrunners.co.uk](http://www.purbeckrunners.co.uk)

## General Data Protection Regulations

- Please note: We may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category.

## Finally

- We hope you enjoy the race and will join us in the race village afterwards.

## Course Map

