



Race Information Pack

Sunday May 17th – Upton Country Park

Dear all

A huge thank you for supporting this event.

The reason we are doing it is to raise funds and awareness for SPRING, a local charity based at St. Mary's Maternity Unit, Poole. It was established in 1998 to provide support to parents and relatives who have experienced the death of a baby during pregnancy, at, or just after birth. This includes miscarriage, stillbirth and foetal abnormality. Over the years the charity has evolved to help many families and friends through such devastating times.

This information pack should provide you with all the information you need prior to the day; but if you have any questions please drop us a line at info@racedayforspring.co.uk.

Please remember, race numbers won't be sent out in advance; they need to be collected on the day, along with any pre-ordered t-shirts.

The race could not take place without the help of a great many people and our thanks go to our race committee (all from Bournemouth Joggers), our marshals (nearly 70 in total!!!), our sponsors (Nationwide Building Society, Asda and Purple HR) and the fabulously helpful team at Upton Park.

Nationwide Building Society in particular deserve a huge cheer; they have covered all our race costs so everything we make on the event goes directly to SPRING!

We will be sharing our fund raising totals on the website and on our Facebook page after the event. This will include race entries, donations, runner sponsorship donations and any other takings on the day; including a raffle and contributions from our entertainment providers.

Have a great run!!

The race team x

www.racedayforspring.co.uk

<https://www.facebook.com/racedayforspring>

UKA licence number: 2015-13519

SPRING is supported by Poole Hospital Charity - registered no. 1058808

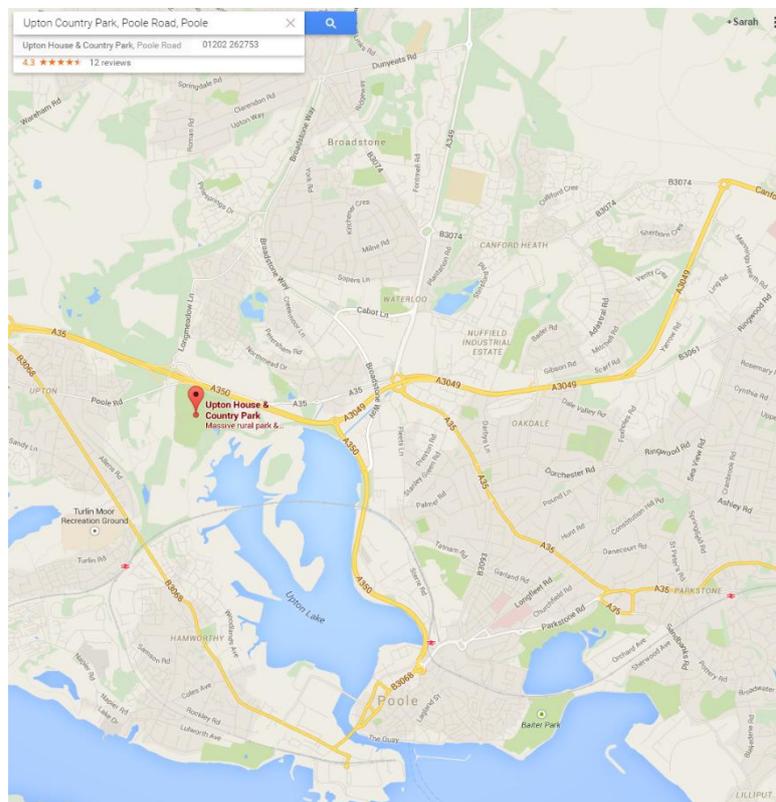
Event Timetable

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|--------------|---|
| 08.00 | Race registration opens |
| 09.05 | Fun run safety briefing (mandatory) and warm up |
| 09.15 | Fun run |
| 09.30 | 5k registration closes |
| 09.45 | Fun run prize giving |
| 09.50 | 5k safety briefing (mandatory) and warm up |
| 10.00 | 5k race |
| 10.15 | 10k registration closes |
| 10.35 | 10k safety briefing (mandatory) and warm up |
| 10.45 | 10k race |
| 11.00 | 5k prize giving |
| 12.15 | 10k prize giving |

Venue, parking and public transport

The venue is **Upton Country Park, Poole Road, Upton, Poole BH17 7BJ**. There is a designated car park for those attending the event next to the main public car park. This will be clearly signposted from the main car park so please head there first. Please note, for your safety the designated car park has both a vehicle access gate and a pedestrian access gate. These will be clearly signposted.

Upton Park is also accessible via public transport. There is an off-route cycle route from Poole Railway Station via Holes Bay, which should take 15-20 minutes to ride. All the details can be found at <http://www.uptoncountrypark.com/find-us.html>



5k/10k

The 10k and 5k routes are on country tracks within the park and completely off road. The 10k is two laps of the 5k route.

Both these races will be run in accordance with UK Athletics rules. By UK Athletics standards the location is considered multi-terrain and as such the routes do not require official measurement; however they have been measured as accurately as is possible for a trail run.

The routes will be clearly signposted and marshalled, and a mandatory safety briefing will be given before the start of each race.

Fun Run

The Fun Run is for any age; however children aged 8 and under will need to be accompanied by an adult. The route will be around the large field in front of Upton House. The surface is mainly grass and a section of gravel path. The route will be marshalled and prizes given for the first girl and first boy. All entrants will receive a medal and the children a small packet of sweets.

Route maps

Route maps can be seen on the website and will also be on display in Race HQ on race day.

<http://racedayforspring.co.uk/the-routes/>

Race Numbers

Race numbers must be collected from Race HQ on the day. Registration opens from 08.00 and closes half an hour before the start of each race. Everyone must complete the medical information on the reverse of the race number. Safety pins will be provided. Numbers are to be worn on the front.

Back Numbers

We will also have available "Running in Memory" labels for you to attach to the back of your t-shirt. These can be picked up at Race HQ.

T-shirts

If you have pre-ordered a t-shirt these can be picked up at Race HQ with your race number.

Running Shoes/Clothing

Regular running shoes are fine for this event. You may also want to bring some warm clothing to wear before and after your race.

Headphones

MP3 players are allowed at this event but we strongly recommend you have the sound low or only one ear bud in so you can hear any marshal instructions.

Baggage

There is a free bag drop at Race HQ. The area will be manned at all times, but items are left at owner's risk.

Water stations

Finishers of all three races will be given water and a snack at the end of the race. Water will also be provided half way round the 10k route.

Health and Safety

1. The park will be open to other park users on the day.
2. Please attend the mandatory safety briefing at the start of your race.
3. Please heed the advice of marshals and signage at all times.
4. Please stay on the paths at all times.
5. As this is a multi-terrain course there are uneven surfaces in some places, including cambers, dips and tree routes. If the conditions are wet part of the route may be slippery.
6. We will advise you of conditions on the day in the safety briefings and over the PA system.
7. Medical/first aid cover (including an emergency vehicle and a mobile medic) will be provided by A&E who will be based at Race HQ. There is no police cover at this event.

Results

The races are timed using a race clock and official timekeepers on the finish line. There are no chip timings at this event. We will print prize winner results on the day and post these in Race HQ. Results will also be available on the website as soon as possible after the event.

Medals/Goody bags/Prizes

There will be a medal for every finisher; along with a cereal bar and a bottle of water. There will be also prizes for individual age categories in the 10k and first male and first female in all three races. In the event that the first male/female qualify for an age category prize as well, the award will be made to the second person in that category. Any prizes not collected on the day will be forfeited. We will also be giving out a number of spot prizes on the day.

Team Entries

If you are running as a team we would love to give you a mention on race day. Please send an email to info@racedayforspring.co.uk by May 15th detailing your team name, why you are running together and your team member names.

Refreshments

Upton Park has tea rooms, a refreshment kiosk and an ice cream bike. There are also various areas where you could have a picnic. Please be responsible with litter; there are bins at Upton but we are also hiring additional waste and recycling units for the event.

Entertainment

On the day we will have a Segways arena, a bouncy castle and face painting. Each of these will charge a small fee; of which 15% will be donated to SPRING.

In addition to the beautiful grounds, Upton Park itself has a number of free activities including a play trail, a nature trail, a walled garden and a splash fountain. The front lawn will mainly be taken over by the event, but it is the perfect space for spectating.

Massage

Active Therapy South will be at the event with a massage tent.

Photography

Official photographs will be taken on the day by Charles Whitton Photography. Photos will be available to purchase from their website 2 days after the event.

Sponsorship

Any sponsorship raised by runners will be gratefully received. There is more information on our website; including how to set up a Justgiving page and a downloadable sponsor form.

Useful websites

www.racedayforspring.co.uk

www.springsupport.org.uk

www.uptoncountrypark.com

<http://www.charleswhittonphotography.com/>

The race organisers and SPRING are very grateful to be sponsored by:



On your side

With huge thanks also to the following for their support and contributions:

