

Southbourne *fast and flat* 5k 10k & Fun-Run Sunday 11 March 2012

Competitors information sheet

10k and 5k (10k starts at 11am; 5k starts at 11.10am)

Race number

- For postal and on-line entries, numbers will be sent late February/early March.
- For those collecting numbers from St Katharine's, they will be available in early March.
- Please write name, medical details etc on the back of the number in the spaces provided.
- The number should be pinned to the front of your running shirt.
- NB. Your number needs to be displayed going over the finishing line otherwise you cannot be timed.

Venue and location (See below for directions)

- St Katharine's CE Primary School, Rolls Drive Southbourne Bournemouth BH6 4NA. (Less than one mile from Hengistbury Head). St Katharine's school is next to Solent Meads Golf Centre.
- The closest train station is 1.5 miles away in Christchurch.

School facilities

- Porta loos are situated at the front of the school. Changing available inside. Food and refreshments in the school.

Late entries/ number not yet collected.

- If you have a race number, no registration is required. Numbers not received by post can be collected in the main hall. Late entries accepted. (late entry fee + £3)

First Aid

- First aid cover is provided by St John Ambulance.

The Course

- The routes can be viewed via a link on the web site.
- The final 500m of the race has been re-routed for the 2012 race.
- KEEP LEFT ON PROM. It's an out-and-back course so keep left on the prom both ways.
- The 10k turns at the stepped roundabout at Boscombe pier and the 5k turns around a traffic cone in the prom near Gordons zig-zag. Kilometre markers are used. The water station for the 10k race is at the half way point. There is no water station for the 5k race.
 - *After crossing the finishing line, please stay in line in the finish funnel to allow marshals to record your time and race number.*

Prizes

- There are four age group categories for men/women for 10k & 5k. Winners will be notified by post and results will be on the web site.

1300m Fun Run (Starts at 10.30 am)

Registration

- Any fun-runners, whether pre registered or not, should collect a numbered sticker from the fun-run registration desk from 9.30am.

Directions & Parking

From the A338 (Bournemouth Spur Road) take the A3060 exit towards Royal Bournemouth Hospital/Christchurch/Southbourne.

Hospital is on the left, Littledown Sports centre on the right.

At the roundabout, go straight over into Iford Lane for approx 1.2 miles

At end of Iford Lane turn left into Tuckton Road.

At the roundabout take the last exit into Belle Vue road then first left into Broadway.

- For car parking, proceed along Broadway and turn right after St Nicholas Church into Southbourne Coast Road. Solent beach car park is first left. £1 for 24 hrs
- For alternative parking go towards Hengistbury Head...the car park is on the right.
- For St Katharine's school.... proceed along Broadway. The school is after the parade of shops on the left. Follow brown sign to 'Solent Meads'. St Katharine's is next to Solent Meads Golf Centre.