

Bentham Beagles Bash 10K

Sunday 7th July 2019 at 10.00am



Bentham Beagles Running Club



UKA Race Licence Number 2019-36137

Runners Information Sheet

Welcome to the Bentham Beagles Bash 10K. If you have entered by post or online then your running number is ready to collect on race day at the venue. When you collect your number, please fill in the any relevant medical information on the back and an emergency contact number. Please read the following information as it is important for race day.

Race Venue

Bentham Golf Club, Robin Lane,
Bentham, Lancaster LA2 7AG

How to get there

Full directions to Bentham Golf Club are available on their website

<http://www.benthamgolfclub.co.uk/directions-to-bentham-golf-club/>

Car Parking

Car Parking is available at the Golf Club. Use the address above and then follow marshals instructions on arrival. If possible please car share to reduce traffic on the day.

Registration

If you have pre-entered you will need to pick up your race number on race day from Registration. Registration opens at 8.30 am. There is an enquiry desk if you have any problems or questions about the event. You can also enter on the morning of the race.

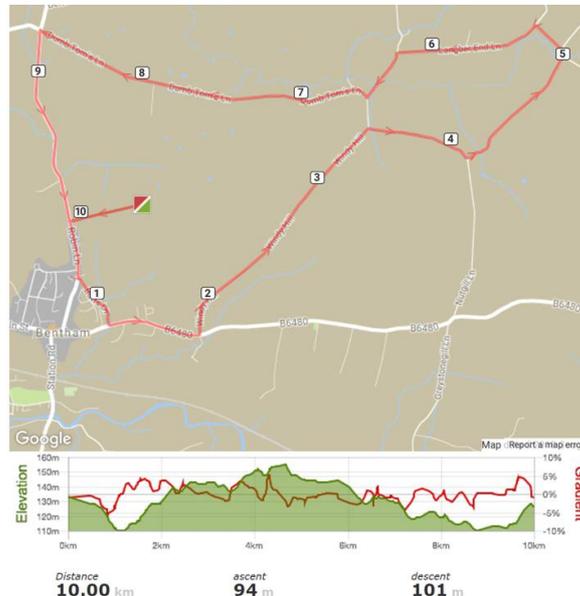
Pins will be available to attach your race number to the front of your running top. Please ensure that your number is not folded or covered - it needs to be clearly visible to the race marshals. Do not pass your running number onto somebody else without notifying Registration to ensure that results are correct and for safety and medical reasons.

Toilets, Baggage, Changing, Showers

All toilets are located in the Golf Club. Showers are available for ladies and gents as well as changing rooms and small lockers for belongings. These lockers require a £1 coin to operate them. There are larger lockers available in the changing rooms which can also be hired for £5 and you can obtain a key for these from the 'Pro Shop'. Bags can also be left at the registration desk, organisers are not responsible for any loss or damage.

Refreshments

Refreshments will be available in the on-site restaurant, 1922 Bar & Kitchen, including hot and cold, alcoholic and none alcoholic drinks and a full menu with specials plus crisps and cakes. There is no dress code so don't be afraid to come in as you are! Full menu is available at <http://www.1922barandkitchen.co.uk/our-menu/>



Course

The route you are running is open to the public so be aware of traffic, cyclists and pedestrians. In line with UKA rule 240 S5 the wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted.

Runners should keep to the left hand side of the road and follow instructions given by marshals.

Marshals, Water Stations & First Aid

Marshals will be at all key parts of the course including turns and junctions.

There will be water stations at the mid way point on the course and at the finish - this will be in cups not bottles. Please try to throw your used cups into the bins provided.

If you can help us to reduce single use plastic at the event by carrying your own cup or bottle this is much appreciated. First aiders will be on the course and at the finish area. If you get into any difficulties on the course please alert a marshal who will get help for you.

Awards & Results

The awards presentation will take place at approximately 12.00 pm or as soon as results are available. If prize winners are not in attendance to collect their awards they will not be posted. No show, no prize! There will also be a free race number raffle so keep hold of your number at the end of the race. Results will be published on the race Facebook page and www.ukroadraces.info

Accommodation

For those looking for overnight accommodation or want to make a weekend stay in Bentham then, there are glamping pods and log cabins available to rent on site at the Golf Club. If you would like any more information prior to the event then please don't hesitate to contact Isabel Marshall on 015242 62455 or email isabel@benthamgolfclub.co.uk

We hope you enjoy the race. We would be pleased to receive your feedback.