

Buntingford 10 participant information 2023

Dear runners,

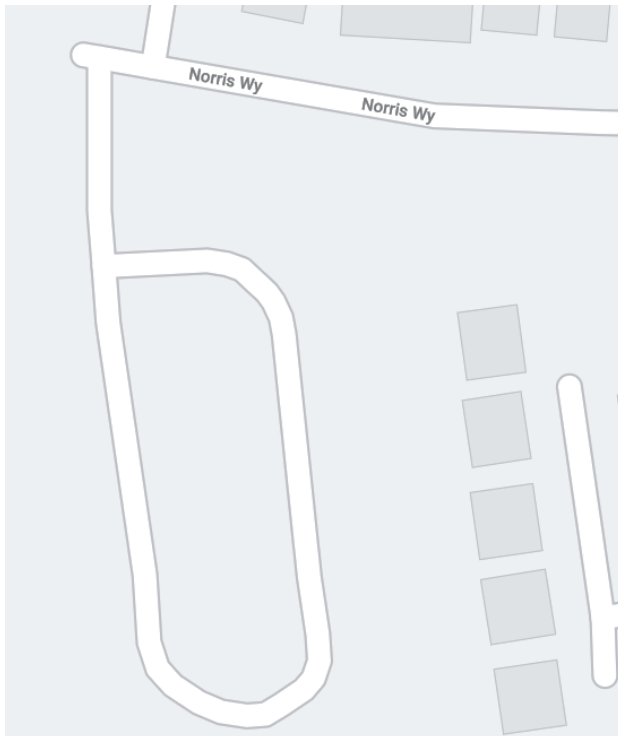
Please find final information on the Buntingford 10 mile running race.

- Start 10:30 am on Saturday 30th December 2023
- Arrive at start by 10:15. Arrive at race HQ by 10:05
- UKA race permit number TBC

This is a road race, using a mix of roads with and without pavements. There are no off-road sections of the course. By most standards, it is a flat course with only 160 metres of climbing throughout. The main incline is a 1.2-mile stretch from Westmill to Cherry Green.

Race Start – different to previous years!

The race start is 400 metres away from previous editions of the Buntingford 10. Race start will be at the big coach turning circle behind (north of) Freman College. The race starts at 10:30 am GMT on Saturday 30th December 2023.





Race finish & HQ in the hall at Freman College

Same place as previous editions of the Buntingford 10. Toilets, bag drop and race-day support will be available at Freman College. From here, it is a 5 min walk to the start.

Parking

There is no single large car park to accommodate all runners and spectators. Please car share where possible. The best way to organise lifts are via the local running clubs.

Places to lock bicycles will be available at Freman College. There is no parking for runners at Freman College – this is for staff only.

Look out for wardens to direct you to the best place to park.

There is a Pay & Display car park (105 spaces) on Bowling Green Ln, Buntingford SG9 9DF (10 min walk from the start)

There is limited parking at the Scout hut, Bowling Green Ln, Buntingford SG9 9AW (8 min walk from the start)

There is limited parking in Edwinstree school, Norfolk Rd, Buntingford SG9 9AW (8 min walk from the start)

Please don't park on Norris Way or other roads that will obstruct the course (Freman Drive in particular). Other parking suggestions are along the High street and Ermine street.

Public transport

There is no train station at Buntingford. The 331 bus terminates in Buntingford, first passing through Ware train station (9 am depart from Ware for arrival before race start).

Key contacts in case of emergency

Medical support – Hearts Services Herts Ltd - **07919893095**

Race director – TBC

Race Referee – TBC

Marshal Coordinators: TBC

Non-emergency race/timing queries - buntingford10@roystonrunners.co.uk

Sustainability

Help us to continue to reduce our environmental footprint this year. Please bring a cup or water bottle with you for the start and finish of the run. The start/finish area will have plenty of water fill stations, but you will need a cup to fill. You do not necessarily need to bring the cup with you on the run because compostable cups will be provided at the water station at mile 5. Please take your rubbish home where you can recycle bottles/cans etc.

Safety notes

If you feel ill within one week prior to the race, you should NOT attend the event.

If you feel ill at the race start, head immediately home and contact 111. Request medical team support if unable to head home immediately.

During the run, if you become unwell or are unable to continue, please inform a marshal. Marshalls will be able to contact the medical team who are able to swiftly attend to any medical need. Do

carry your mobile phone with you in case of emergency. If appropriate or if for any reason you can't get through to the event emergency numbers, you can also ring 999 and ask for the emergency services.

As this is a road race, it is vital you keep alert at all times! The race uses a mix of roads with and without pavements. For the first and final parts of the route, you will be running through Buntingford village. Please stay on the pavements and do not run on the road unless where required to cross. Marshals will be present at major crossings to help you cross safely. For the middle section, there are no pavements as the route uses quiet roads. Please follow the rules of the road, run facing the traffic and as far from the traffic as possible.

There will be a lead cyclist and over 50 marshals strategically placed to guide you around the course. Please follow the instructions from the marshals and the yellow arrows.

Runners must not be accompanied by dogs or followed by others on cycles, motorcycles or cars. Running buggies are not allowed on the course.

Please comply with any race instructions given to you by the organisers and nominated officials/marshals of the event. In particular, remember that it is a condition of entry that you do not wear headphones (with the exception of bone conduction headphones which do not sit in the ear). It is against UK Athletics rules and is for your own safety.

Weather conditions

Make sure you are prepared for cold and wet weather conditions. It is a good idea to leave a bag of dry clothes at the baggage area, for when you finish.

Course

Ten miles (16 kilometres) on road or pavement, taking in the best of Buntingford and the surrounding area.

Link to gpx file on [Strava](#) and [Plotaroute](#).

The new course (with revised start) has not been accurately measured by a qualified course measurer. However, several volunteers have run the exact course and measured it at between 10.0 and 10.2 miles.

Race numbers

Race numbers (with timing chips) have been posted to you. If you have not received your number by 21st December, please let us know. There will be a limited number of back-up race numbers available on the day (the hall at Freman College). No new entries allowed on the day.

There is no need to register on the day, but please arrive with plenty of time to avoid any delays to the race start.

Please wear your race number on the front of your top or front of your shorts.

Runners must not give their race number to another runner. This is crucial for the health and safety of all runners! The window for transfers has closed. Please write next kin details, contact details and any allergies or medical conditions in waterproof ink on the back of your race number.

Sports massage

Gina from Joint Action Physiotherapy is providing free massage to runners after the race. These will be approx. 20 mins and will be in the school hall at the finish line. To register your interest please look out for further details nearer the time.

Aid stations

There will be one water station on the course. The water station is at the out-and-back point near Westmill at 3.5 and 8 miles. Compostable cups will be available at this aid station. Please dispose of any rubbish and cups in the bins provided.

Refreshments

Refreshments will be available at the finish – Freman College.

Water will be available but bring your own cup. We request that all runners bring their own cup or bottle with them. These can be left at the finish while you are out running.

Hot food, tea/coffee and cake will be available to purchase at the finish for runners and spectators. Hot drinks can be purchased either from Heathlands in the college, or from the Burger van, who will also be serving hot food. Runners will receive a chocolate bar and cereal bar at the finish.

Prizes and results

There will be a medal for all finishers in the race. Results will be displayed as soon as available on the website <https://racebest.com/results/bunty2022> (<https://racebest.com/results/9f6gt>).

Additionally, there will be trophies for the following categories:

Male 1st, 2nd, 3rd

Male 40+, 50+, 60+, 70+

Female 1st, 2nd, 3rd

Female 40+, 50+, 60+, 70+

Entrants are reminded that there is a cut-off of 2.5 hours (1pm). If you are running on the course after this time, you are welcome to continue. However, the marshals and finish-line team may start to withdraw at this point.

Free photos

Marshals on the course and volunteers at the finish line will be taking photos. You can view and download these for free from our Facebook page <https://www.facebook.com/Buntingford10>

Declaration of liability

The organisers would like to remind you that you have entered this race at your own risk and that they will in no way be liable for any injury before, during or after the event.

Final remarks

Thank you for entering the annual Buntingford Year End 10 organised by Royston Runners. We hope you all have a great race. If you have any questions then email us at buntingford10@roystonrunners.co.uk or message us on Facebook. We welcome all feedback (good or bad) to maintain the highest possible standard for future races.



We would like to thank the 50+ volunteers for the energy and drive they show each year. This event takes a massive amount of time to organise and everyone gives their time for free.

If you would like to carry on your running and run with other like-minded people, you will be very welcome at the host club. Visit www.roystonrunners.co.uk for more information. We are always looking for new members of all abilities.

Best wishes,

Buntingford 10 admin team