

Buntingford 10 participant information 2024

Dear runners,

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

- Start 10:30 am on Sunday 29th December 2024
- Arrive at race HQ by 09:55 (Freeman College, Bowling Green Lane, SG9 9BT).
- Arrive at start by 10:15 (end of Norris Way; w3w: boxing.broadens.buzz).
- UKA race permit number: 28344_1
- Certificate of course accuracy: 23/424



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 160 metres of climbing throughout. The main incline is a 1.2-mile stretch from Westmill to Cherry Green.

Race Start (see map overleaf)

Race start will be at the big coach turning circle behind (north of) Freman College. The race starts at 10:30 am GMT on Sunday 29th December 2024.

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 5-10 min walk to the start.

Parking (see map overleaf)

Head to Bowling Green Lane SG9 9AW, then follow directions from marshals for the best place to park.

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

Please don't park on Norris Way or other roads that will obstruct the course (Freman Drive in particular).

Public transport

There is no train station at Buntingford. The 331 bus stops in Buntingford, but does not run on Sundays. Closest train stations are Royston (8 miles), Stevenage and Ware (both 11 miles).

Key contacts in case of emergency

Medical support – Hearts Services Herts Ltd – **07919 893095**

Race director – Jackie Cort-Monk

Race Referee – Malcolm French

Marshal Coordinators: Tina Filby and James McHattie

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. Please take your rubbish home where you can recycle bottles/cans etc.

Safety notes

- If you feel ill on the morning of the race, you should NOT attend the event. During the run, if you become unwell or are unable to continue, please inform a marshal who will contact the medical team.
- 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. Stay on the pavements where possible. Marshals will be present at major crossings to help you cross safely. For the countryside section, there are no pavements as the route uses quiet roads. Follow UK Athletics advice and stay on the left. Please comply with any race instructions given to you by the organisers and nominated officials/marshals of the event.
- Runners must not be accompanied by dogs or followed by others on cycles, motorcycles or cars. Running buggies are not allowed on the course.
- Headphones or similar devices are not permitted by UK Athletics rules, with the exception of bone conduction headphones.
- 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.
- 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.
- 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.

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](#).

Race numbers

Race numbers (with timing chips) have been posted to you. Please wear your race number on the front of your top or front of your shorts. If you did not receive your number then please collect one of our limited number of back-up race numbers from the hall at Freman College between 9am and 10 am. No new entries allowed on the day.

Those competing in the British Masters Athletics Championships will have an additional race number to collect from the hall at Freman College between 9am and 10 am.

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

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.

Aid stations

You will pass the water station twice 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

Hot food, tea/coffee and cake will be available to purchase in Freman College at the finish for runners and spectators. This is kindly provided by volunteers at Ward Freman Community Pool group. Runners will receive a chocolate bar, fruit and cereal bar at the finish.

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.

Prizes and results

There will be a medal for all finishers in the race. Results will be displayed as soon as available on the OpenTrack website



Trophies will be presented in Freman College school hall (next to bag drop) at approx. 12:00.

Buntingford 10 trophies (open to all participants):

Female 1st, 2nd, 3rd

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

Male 1st, 2nd, 3rd

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

Hertfordshire Senior Road Running County Championship prizes:

1st, 2nd, 3rd Male and 1st, 2nd, 3rd Female

Male and Female team prizes (3+ females and 4+ males affiliated to a running club)

British Masters Athletics Championship prizes:

Male 1st, 2nd, 3rd in each five-year age category from 35 to 100+

Female 1st, 2nd, 3rd in each five-year age category from 35 to 100+

Free photos

Any photos taken by marshals on the course and volunteers at the finish line will be available on 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 60+ 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 Organisers