**PRE RACE RUNNER INFORMATION - SUNDAY 26th NOVEMBER 2023**

Thank you for entering the *brainstrust* Bass Belle 10 Miler! You will have noticed the change in name from simply Bass Belle to the *brainstrust* Bass Belle 10 Miler. The Bass Belle was originally set up by myself in 2014 as part of my company fit4thechallenge. This was a hobby which I did alongside my full-time job as a Community Engagement Officer. The goal of the event was to raise awareness and funds for brainstrust in memory of my dad who died from a brain tumour in December 2013. Following being made redundant in March, I was unsure if the races could continue but thankfully this was made possible when I became the Fundraising Events Manager for Brainstrust, the charity that my events had always supported. Moving forward I am proud to announce that the race is now part of the *brainstrust* portfolio with 100% of all race profit going directly to the charity. Welcome to the *brainstrust* Bass Belle 10 Miler or BBB10 for short.

**RACE PACK** Your runner number which includes a timing chip and baggage tag will be posted out to you after the closing date for entry to the race which is Friday 10th November 2023. Your race number, timing chip and baggage tag will all have the same number which will be the same number given to you on the entry list on the *brainstrust* website page for the *brainstrust* Bass Belle 10 miler event. There will be a baggage area at this year’s race but this will be unmanned so bags are left at runners own risk. The only entry method this year is via Eventbrite or if you are running on behalf of brainstrust your entry will be via Enthuse. Please ensure you provide your full postal address when entering as we will use this to post out or hand deliver your race pack. No race pack means no race! **All runners must complete the reverse side of their race number with their emergency contact details, any medical conditions / allergies etc. This is crucial in case you require medical assistance on race day!**

**RACE START** - Race will start at 10 am on the football pitch at the front of the college. Runners do not need to register as all you need to run is included in your race pack. Runners should aim to arrive at **845/9am**. Runners will be asked to line up according to their predicted finish time from **945am**. Race will start prompt at **10am**.

**PARKING** –. There is ample on-site parking. Runners are asked to park in the car park at the rear of the college, accessed from Brook Road / Bassingbourn Road. Once the college car park is full, runners will be asked to park in the Primary School Car Park next door and then the school playground. Once the playground is full runners will be directed to the Obstacle Training Ground for additional parking. This is located approximately 800m from the race hq. There is no parking for runners at the front car park for the college accessed from South End. This car park is for race personnel only.

**RACE HQ FACILITIES** –. There will be a baggage area, pre and post race massage (tbc), hot and cold drinks stall ,hot food stall and a charity cake stall. As always there will be ample onsite parking, mobile toilets and a trophy presentation ceremony at around 1145/12noon. **Please note that we no longer have access to the sports centre. If cold, runners will need to keep warm in their cars prior to the race start.**

**COURSE** – The course is flat and takes in the picturesque South Cambridgeshire villages of Bassingbourn, Litlington and Abington Pigotts. The course consists of 8.5miles on road and **1.5 miles** off road along a grass track. Runners are asked to exercise care on those parts of the course where the surface is uneven. Runners are asked to run on the left hand side of the road at all times and to use the footpaths as available. Runners must not cross to a footpath on the right-hand side of the road unless requested to by a marshal. This will only be required once in the race, at the **8.5mile** mark, where runners will be asked to cross the road to the footpath on the right hand side of the road, where they will be required to stay until the end of the race.

Runners are reminded that whilst headphones are not banned at the race, runners use them at their own risk. If wearing headphones please ensure you can still hear marshal instructions and remember the roads are live and not traffic free. Runners are reminded that there is a right hand turn at the 4.5 mile mark which requires runners full attention and focus so if using headphones make sure you can still hear instructions and traffic at all times. Runners are asked to carry with them their phones for contacting the Race Director if they experience any problems whilst participating in the race. For runners safety please download the what3words app which will identify your location to within 1 square meter. This app is being used by the emergency services and First Aid providers on race day.

**WATER STATIONS** - There will be two water stations around the course. The first is at around the 3.3mile mark and the other at the 6.9 mile mark. All runners will also receive a bottle of water at the end of the race. The first water station will be offering runners cups of water while the 2nd water station will be offering runners a mix of cups and bottled water. Please keep hold of your bottles and when empty please hand to a marshal at one of the checkpoints along the route. Please do not litter our beautiful countryside as this may result in me not being able to hold future races.

**PRIZES** – There will be a bespoke medal for all finishers as well as a bottle of water and some chocolate. There are also cash prizes for beating the male and female course records. The records to beat are 52mins and 44 seconds (male) and 58mins and 41 seconds (female). There will also be category prizes and the trophy presentation ceremony which will be held around 1145/12noon. There will be cash prizes of £50 each for beating the male or female course records.

TERMS & CONDITIONS OF ENTRY –

 **Runners agree** to abide by the rules of the event and that the officials' decision is final.

 **Runners confirm** that they I have no medical disability that would endanger myself or others by taking part (and I will not run if unfit on the day). If any runners are feeling unwell or showing symptom of Coronavirus on race day they must stay at home to ensure the safety and well being of all participants.

**Runners understand** that the organisers will not be liable for any loss, damage, injury or illness howsoever caused as a result of entering the race.

**Runners agree** that during the race I will obey marshals' instructions, keep to the left hand side of the road and not cross to the other side of the road unless informed to do otherwise by an official.

In the unfortunate cancellation of the event through circumstances beyond the control of the race organisers, runners understand and accept the rules and terms of the entry including that there will be no refund of race entries.

 If runners are unable to take part they understand that there will be no refund of race entries and they will not allow anyone else to use their number without completing the official transfer process (contact the race organiser at ashley@brainstrust.org.uk if you wish to

Runners understand that, due to safety concerns, headphones are not recommended during the race, although are not banned. Runners therefore use headphones at their own risk.

SUPPORT THE CHARITY – All profit goes directly to the official race charity which is brainstrust. You can help even more by raising sponsorship for the charity. To raise money for brainstrust please click on the following link - https://www.justgiving.com/brainstrust/ .

QUESTIONS – I want you to enjoy the event. If you have any questions or concerns please do not hesitate to get in touch with me. You can email me at ashley@braintrust.org.uk or text /ring me on my mobile which is 07971507580