

Beaconsfield 5 Mile Trail Run – Easter Monday 1st April 2013, 10.00am

Under UK Athletics Rules

SEAA Race Permit 2013 – 105040



Welcome to the inaugural Beaconsfield 5 Mile Trail Run around the privately owned Hall Barn Estate, organised by Burnham Joggers. We are thankful to the Hall Barn Estate for approval to use their estate for this first event. Burnham Joggers have been looking to stage an event in Beaconsfield for some years to replace the Tugwood 10k which was around Burnham Beeches every Easter Monday. We also wish to thank Beaconsfield Rugby Club for the use of their facilities as Race Headquarters. Surplus proceeds from the event will be used to support local charities, in recent years we have donated to the Beaconsfield Alzheimer's Society and the Chiltern Prostate Cancer Support Group

The course is measured as 5 miles, along trails and paths in the Hall Barn Estate. The course is traffic free around the parkland and woods of the Estate and does not involve the use of any public roads or paths. The run is gently undulating with one small hill and is not as demanding as our Cliveden Cross Country event at New Year.

Please note that the course is not suitable for wheelchairs or children's buggies. Dogs are also not permitted on the Estate as there is abundant wildlife in the locality.



RACE INSTRUCTIONS

Race HQ	The HQ for the event is Beaconsfield Rugby Club at Windsor End, Beaconsfield, accessed from the roundabout in the centre of Beaconsfield Old Town on the A40, post code HP9 2SQ. The clubhouse will be open from 8.00 for a prompt 10.00 start. Please arrive in good time to collect your number & timing chip.
Parking	There is plenty of parking in Beaconsfield Old Town, with a short walk down to the Rugby Club. The club regularly hosts large tournaments with little problem with parking. Please note that there are a few residential roads behind the club that will not be available for public parking and marshals will be advising entrants to park elsewhere. Please see map below for details.
Changing	The clubhouse has changing rooms and showers. There will a bag drop next to the bar in the clubhouse.
Race no.	The race number must be attached to the front of your running top. Runners must run with the number and chip allocated to them. THIS IS EXTREMELY IMPORTANT, especially in the event of an accident. This is a condition for entering the race and any runner identified as not doing this will be disqualified and barred from future events. On the reverse of the race number are details for you to complete for any potential problems during the race. We have to emphasise this fact as it is now a requirement of England Athletics through whom we obtain our race licence. We strongly advise you to complete this when you pick up your number and chip.
Toilets	Toilets are in the clubhouse. Please do not use the bushes in the vicinity. This is a condition for the use of the Estate and the Rugby Club.
Start	The race starts at 10.00 am on the entrance to the Estate so please assemble by 9.50 am. Dress appropriately for the weather and run at your own pace. If you are feeling unwell, do not run. The start is 300m from the clubhouse and there is a need to cross a public road, please take note of marshals' instructions.
Course	The course is a large 5 mile loop around the Estate, starting and finishing at the same point. Please note that we do not recommend the use of headphones when running as marshals' instructions may not be heard. We suggest the wearing of suitable running shoes with some grip. The course is generally OK, but with recent snow/rain there will be some muddy patches.
Chip Timing	Please attach the chip to your running shoe and make sure you cross the mats, both at the start and the finish of the event.
Marshals	The course will be marked with arrows and tape on the bushes. No signs and you are going wrong! Please obey the marshals' instructions. They are there for your convenience and safety as any cross country course has many potential risks. Should an accident occur, please ensure that the marshals are informed immediately.
Spectators	Please be aware that spectators are not permitted within the grounds of the Estate beyond the bridge over the M40.
First Aid	First aiders will be in attendance at the finish. If you feel unwell, contact a marshal who will arrange help. If you are not a regular runner, please check beforehand with your GP. We will have a 4 wheel drive vehicle available to collect any runner who suffers a serious injury.
Finish	Once you have crossed the finish line keep moving through the finish area to the marshals so that your chip can be removed.
Catering	Tea, coffee and bacon sandwiches will be available at the Rugby Club for runners and spectators from 8.00 onwards.

Results Prizes will be presented in the Club at 11.30 am for 1st man & 1st lady. There are no team competitions. We were hoping to obtain some local sponsorship to extend the range of prizes but were unable to receive any support for this first event. Results will also be available at the dedicated Beaconsfield 5 Mile website b5.burnhamjoggers.org.uk

Note **Entry fees will not be refunded even in the event of circumstances beyond our control leading to the cancellation of this event.**

Welcome to Burnham Joggers

Many unattached runners are surprised at their improvement when they run with a group. So why not come and meet us at the Burnham Cricket Club Pavilion, Burnham, every Tuesday and Thursday at 18.50 where there is a bar, showers, changing rooms and toilets. We also hold 2 beginners courses each year aimed at taking people from no zero to 5 km over a 10 week period. Please e-mail for details of the next course.

On Club evenings, our members run a variety of distances at different paces. Organised speed work sessions are held on Tuesdays during the year and a 10 km handicapped time trial called the Staggered Jog is held on the last Sunday of every month from Burnham Health Centre for those interested in checking their progress.

To learn more about BJ's:

Web: www.burnhamjoggers.org.uk

Email: B5@burnhamjoggers.org.uk

Our thanks go to the following:

Hall Barn Estate
Beaconsfield Rugby Club
Apex Sports for providing the numbers
St John's Ambulance Service for providing medical cover
Mars of Slough for providing Mars bars

We look forward to seeing you on Monday 1st April – Burnham Joggers Race Committee.
Enjoy your run!

Future Events

Burnham Beeches Half Marathon	18 August 2013 (date to be confirmed)
Cliveden Cross Country	Date yet to be decided

Apex Sports
The Broadway, Farnham Common. 01753 647339

Location and Route of Beaconsfield 5 Mile Trail



Parking Information for Beaconsfield 5 Mile Trail

