



Burnham Joggers

34th Burnham Beeches Half Marathon

Sunday 17th August 2014 at 9.30 am

Caldicott School, Crown Lane, Farnham Common,
Buckinghamshire SL2 3SL

(Car Parking Farnham Park Playing Fields SL2 3BP see below)

A warm welcome from Burnham Joggers!

We are delighted to welcome you, your family and friends to this our 34th Burnham Beeches Half Marathon and hope you will achieve your personal goals on the day.

The course is the same as in previous years: two laps around Burnham Beeches. We are again using chip timing this year.

Again this year: please collect your race number and chip on the day from race HQ. Don't forget to allow time for this.

Please note that our car parking is at Farnham Park Playing Fields off the A355 (Post Code SL2 3BP). Allow at least 20 minutes to walk to the Race HQ.

We thank you for your support and are always pleased to see familiar faces returning again.

On behalf of all the volunteers who make this race possible,

Good Luck!

Alan Watson – Race Director

Race Day Timetable

- 7.30am Farnham Park Car Park & Caldicott School open
- 8.00am Late Entry* Desk open
- 8.30am Refreshments available
- 9.15am Roads closed
- 9.20am Secure baggage closed. **Line up for the start**
- 9.30am Half Marathon Start**
- 10.00am Swimming Pool open
- 10.35am First runner in Half Marathon expected
- 12.00pm Presentation of Half Marathon Awards (in the sports hall if wet)
- 12:15pm All roads open
- 2.00pm Swimming pool closed
- 3.00pm Car Park closed

* subject to race limit.

Note: *You are very welcome to stay in the school grounds after the race for a swim & picnic. Please remove all litter when you leave.*

Individual Prizes Only one individual prize may be presented to any one runner.

Male / Female	Age Category	Places	Prize value
Male	17-39	1st, 2nd, 3rd	£100, 50, 30
	40-49	1st, 2nd, 3rd	50, 30, 20
	50-59	1st, 2nd	30, 20
	60-69	1st	30
	70 and over	1st	30
Female	17-39	1st, 2nd, 3rd	£100, 50, 30
	40-49	1st, 2nd, 3rd	50, 30, 20
	50-59	1st, 2nd	30, 20
	60-69	1st	30
	70 and over	1st	30

Athletic Club Team Prizes

Team prizes will be awarded to the 1st male team (four to score) and the 1st female team (three to score) based on finishing positions.

Results by

OnYourMarksEvents Ltd -

<http://onyourmarksevents.org/results-reviews.html>

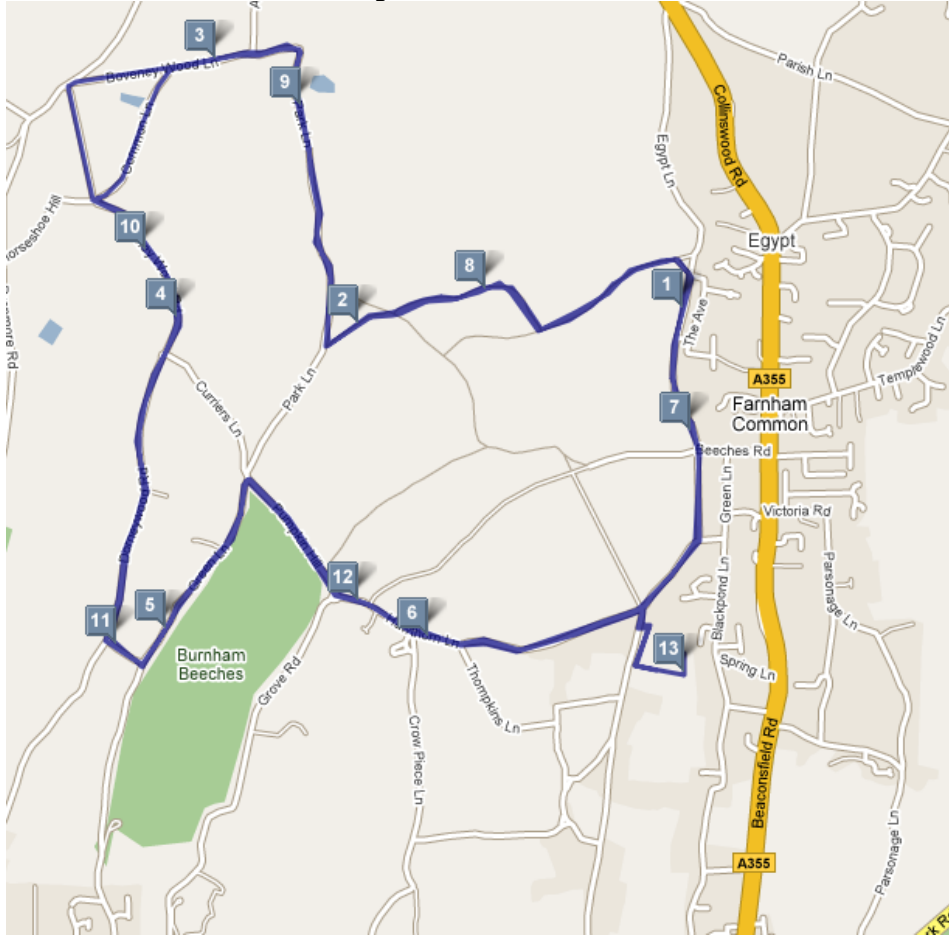
Information for Runners

For your health and safety both during and after the race, please read and act upon the following notes.

- Travel** Directions by road to Farnham Park are shown. Alternatively, you can travel by rail to Slough or Burnham stations, each about 3 miles from Caldicott School. There are taxi services from both stations to the School. Please note taxis will have to be called after the race.
- Parking** **Please arrive in good time and follow the directions given by the marshals.** You will be parking half a mile from the start, make sure that you take all of your kit with you from Farnham Park and allow **20 minutes** for the walk. **Please DO NOT** park on the roads near the School or around the Beeches as this will jeopardise future races. Parking is at your own risk so **DO NOT** leave valuables in your car.
- Eligibility** Runners must not be less than 17 years old on the day of the race. The race is unsuitable for wheelchairs. No runners may be accompanied by a cyclist, pushchair or a dog (except a guide dog).
- Fitness** If you do not feel well before the race **DO NOT RUN.** You will not do yourself justice and you could be at risk of serious illness. Remember there are plenty of races to come!
- Numbers** Your race number is to be worn on the FRONT of your running top so that it is visible at all times during the race. It should be secured with safety pins at each corner. **DO NOT** use someone else's number or fold or mutilate the number in any way as this is a serious contravention of the rules of UK Athletics and also causes delays in providing the results. It could lead to disqualification. **Attach your chip to your shoe according to the instructions given. NO CHIP = NO TIME.**
- Drinks** Make sure you have drunk sufficient water before going to the Start. A drink station is adjacent to the Start. Further drink stations are provided around the course, see map.
- Toilets** There are plenty of toilets provided in the school and adjacent to the start. We must ask you not to use the Beeches as a toilet as the Corporation of London have strict rules against this and **have threatened to prosecute anyone contravening this rule.** Note that we will try and arrange for the toilets to be available at the car park but these are not our official race toilets and we are not responsible for the number and condition of these.
- Baggage** Hand in your bag in good time using the label collected with your race number. Baggage storage is available at your own risk. Bags will only be returned on provision of your race number.

- The Start** The race will start at 9.30am. Assemble by 9.20am, lining up in accordance with your expected finishing time. If you place yourself too far forward you will impede the faster runners and run the risk of being tripped and jostled.
- Medication** **If you are taking any medication, please write the details on the back of your running number, together with your doctor's name and telephone number.**
- Medical** An ambulance with paramedics will be stationed at Caldicott School.
- Race Safety** Keep to the left at all times unless otherwise directed by a course marshal. Roads will be closed except for local access. Be aware of traffic, particularly at the corner of Boveney Wood Lane and Dropmore Road where cars tend to travel fast.
- Please help us to comply with the requirements of the police by obeying instructions of the course marshals and the police.
- Respect** Please respect local traffic and pedestrians, whatever the provocation.
- Markers** Mile markers are provided at each mile.
- Results** Results will be posted on our website as soon as possible after the race: <http://bbhm.burhamjoggers.org.uk/> and on the OnYourMarksEvents website. A copy can be mailed to you for a fee of £1 paid at the Information Desk.
- Swimming** Runners and their families may take advantage of the swimming pool at the School. Qualified lifeguards will be on duty .
- Dogs** **DOGS ARE NOT ALLOWED IN THE GROUNDS OF CALDICOTT SCHOOL;** they are welcome in Burnham Beeches but cannot take part in the race. Guide dogs are accepted.
- Liability** Burnham Joggers cannot accept any responsibility for personal loss, damage or injury to runners or spectators however caused.
- Please remember not to leave any valuable articles in your car or the changing rooms. All baggage storage is at the owner's own risk.**

Map of the Course



Drink stations will be close to the 3, 6, 9 and 12 mile points

Burnham Joggers wish to acknowledge with thanks the Sponsorship of
Apex Sports, Farnham Common

Race Regulations

The Half Marathon will be subject to the rules of the UK Athletics and the British Association of Road Races (BARR).

Road Race Permit No 2014-12111 certifies that the race will be held under the current Laws and Rules of Competition of the Sport and in accordance with the byelaws of the UK Athletics. The course has a Certificate of Accuracy renewed by the SEAA, 06/112.

Race Officials

Race Director	Alan Watson
Assistant Race Director/Results	Nick Cole
Late Entries Secretary	Ben Schiffer-Harte
Chief Marshal	James Quincey
Chief Car Park Marshal	Nigel Sullivan
Start & Finish Director	Derek Wilkins
Senior Medical Officer	Alan Watson
Public address & commentary	Dick Hughes

Acknowledgements

Burnham Joggers wish to express their thanks to the persons and organisations listed below. It is their support year after year that ensures the Burnham Beeches Half Marathon continues as one of our racing calendar's premier events.

Mr Simon Doggart, Headmaster and Mr Adrian Hollier, Bursar of Caldicott School
The Corporation of the City of London and Superintendent of Burnham Beeches
South Bucks District Council
Automobile Association
Bob Engel Roofing (start and finish scaffold)
South Regional Ambulance Ltd.
Farnham Joggers and Wheelers Sports Club (water stations)
Catering by Kavan Harley, The Beeches Café, Burnham Beeches.
Burnham Joggers wish to acknowledge with thanks the Sponsorship of Vivobarefoot (providing shoes as prizes)

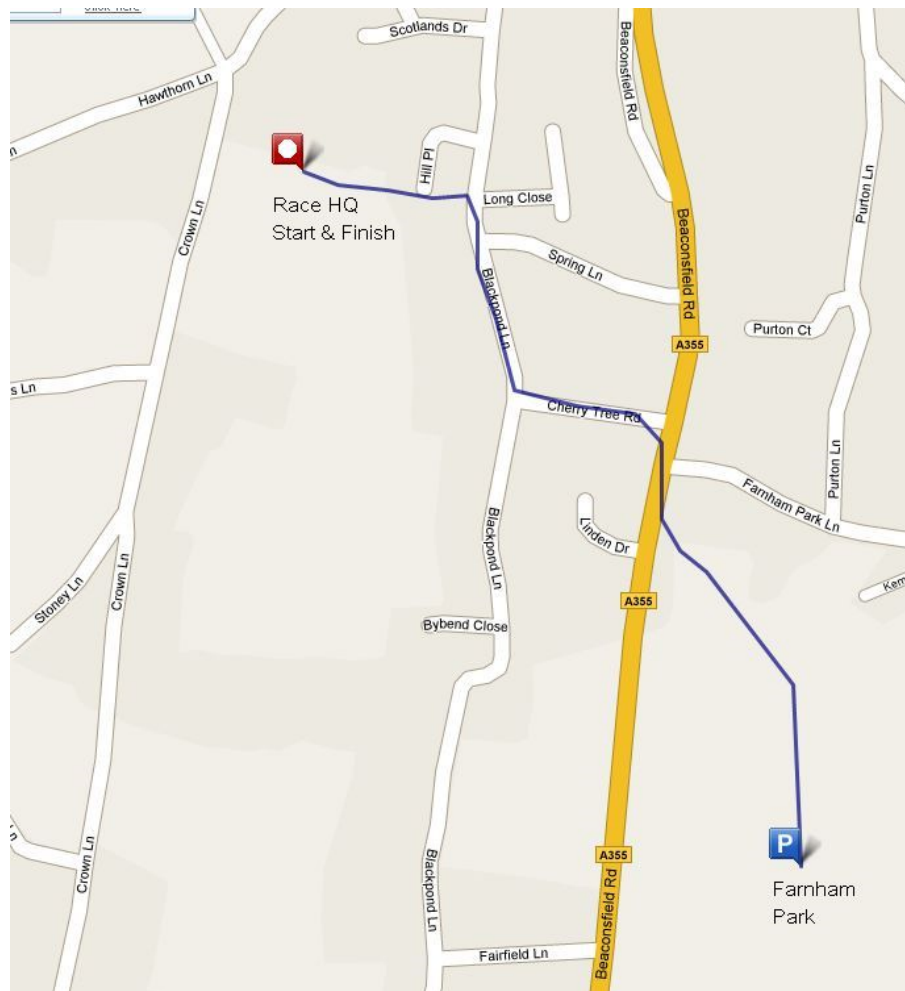
Taxis:	Lent Rise Cars	01628 665522
	Slough Radio Cars	01753 551000
	Burnham Radio Cars	01628 665111

Local Information

Burnham Beeches is an ancient woodland which has been owned, maintained and funded by the Corporation of London since 1880. The whole area is classified as a National Nature Reserve & Special Area of Conservation.

Directions to Farnham Park and allocated car park

Strictly No Parking in Lord Mayors & Sir Henry Peeks Drive



Course Records and Previous Winners

Course Records				
Male				
Under 40	2002	Neo Molema	Nene Valley	1.05.30
40-49	2002	Ronald Adams	Portsmouth Joggers	1.10.47
50-59	1998	Bill Adams	Aberdeen	1.15.14
Over 60	2004	Graham Patton	Sphinx AC	1.20.23
Female				
Under 40	2003	Mara Yamauchi	Harrow AC	1.13.54
40-49	1992	Paula Fudge	TV Times Leukemia	1.17.56
50-59	2001	Zina Marchant	City of Bath	1.26.44
Over 60	1993	E Quinton	Horsham Joggers	1.43.10
(tied record)	2003	Sue Lambert	Serpentine AC	1.43.10

Note: Burnham Beeches Half Marathon introduced a new course in 2006.

Previous Winners				
2007	M	Alan Buckley	Gateshead Harriers	1.09.17
	F	Michelle Lee	Unattached	1.18.25
2008	M	Peter Tucker	Blackheath & Bromley	1.10.01
	F	Nikki Smith	Witney RR	1.18.02
2009	M	Paul Martelletti	VPH & TH AC	1.12.11
	F	Sarah Gee	Reading Road Runners	1.19.30
2010	M	Alan Barnes	Herne Hill Harriers	1.12.43
	F	Sarah Gee	Reading Road Runners	1.16.21
2011	M	Paolo Natali	Unattached	1:13:49
	F	Samantha Amend	Belgrave Harriers	1:22:22
2012	M	David Bradford	Lewes AC	1:14:32
	F	Samantha Amend	Belgrave Harriers	1:21:55
2013	M	Phil Wicks	Belgrave Harriers	1:07:11
	F	Lesley Locks	Hart Road Runners	1:23:48

Note: there was no Burnham Beeches Half Marathon in 2005.

Join us at Burnham Joggers

All standards are welcome, regular beginners courses

We meet at 7 pm Tuesdays and Thursdays at the Burnham Memorial Cricket Ground, Taplow Common Road. Contact us by email through membership@burnhamjoggers.co.uk or visit our website <http://www.burnhamjoggers.org.uk>.

Cliveden Cross Country – 4 January 2015 (subject to confirmation)