

Bourne Town Harriers
GRIMSTHORPE CASTLE RACES
September 16th 2018.

REGISTRATION

No race numbers will be sent out, you will need to pick up your race number from the race entry tent on the day of the race. Check the confirmed entries to find out your race number or look on the list displayed in the race entry tent, and pick your number up from the desk.

LOCATION

The Grimsthorpe Estate (PE10 0LY) is situated on the A151, 5 miles west of Bourne, 7 miles east of the Colsterworth roundabout on the A1.

CAR PARKING.

Car parking is within the Estate and will be open from 9:00am. **Supporters may enter free provided they enter grounds before 10:30am.**

Please make sure that your valuables are safe by locking them in the boot of your car. The organisers cannot be responsible for the safety of personal items.

THE COURSE.

The course is the same course as 2017 and a route map will be displayed near the start. There are two drinks stations on the run.

CHANGING FACILITIES.

There are no showers or changing facilities, but toilets will be available close to late entries.

RACE MEDALS

We have bespoke medals which will be presented to all 10K race finishers.

RACE SPONSORS.

Bourne Town Harriers would like to thank Tesco for supply of bottled water.

PRESENTATION OF AWARDS FOR THE 10K RACE.

This will take place as promptly as possible at approx. 12:45 at the race finish. The following prizes will be awarded: 1st, 2nd & 3rd male & female individual. Male and female veterans age category winners (V40, V50, F35, F45)

Women's Team - 3 to count. **Men's Team** - 4 to count.

No competitor will be awarded two prizes. Should a veteran finish 1st, 2nd or 3rd overall, then the main race prize will be awarded and the veteran prize awarded to the next veteran in that category.

Race times: 3K fun run at 10:15am; 10k at 11:00am.

I look forward to seeing you on race-day, good weather has been ordered, have an enjoyable and satisfying day at Grimsthorpe Castle Estate.

Lisa Richardson Race Co-ordinator 2018.