



BOGNOR • PROM 10K •

WHY NOT RUN FOR OUR
CHARITY PARTNER CRIMSHAM FARM



CRIMSHAM FARM
community that cares

SUNDAY 14TH MAY 2023 • START 10.30AM RACE INSTRUCTIONS

Welcome to the Bognor Prom 10k Road Race.

Your race number, which incorporates the timing chip, will be posted out to you prior to the race. Location maps, including the race route, will need to be downloaded from www.bognorprom10k.org. There is no registration on the day, but please arrive in good time to enjoy the invigorating warm-up session.

RACE HEADQUARTERS Marquee in West Park at the Aldwick (west) end of the Bognor Regis sea front.

ACCESSIBILITY & CAR PARKING Due to the success of this event we are allowing more competitors to run, consequently our car park capacity of approximately 750 spaces may become full, we therefore encourage car sharing. Please arrive early in order not to be disappointed. There are other car parks within 20 minutes walk and we will provide more information on alternative parking and public transport options at www.bognorprom10k.org and on our Facebook page in due course. If you are using our free car park in West Park please use your SATNAV to 'Martletts Bognor' (What three words swift.older.ruby) and then follow the local signposted route. It will not be possible to gain access to the car park from any other direction due to road closures for the event. If you need to leave the car park during the race, you will be directed west onto Fish Lane. The car park must be vacated by 2.30pm. All vehicles and contents are left at your own risk. Coaches please email Racedirector.bognor10k@gmail.com.

CYCLISTS We will be providing temporary cycle stands to which you will be able to secure your bike at your own risk. Please be advised that cycling is not permitted in the race village area.

TOILETS Portaloos are available in West Park.

ROUTE The mainly flat course is certified accurate by UKA with kilometre markers displayed. The route will be marshalled, although anyone still out on the course after 90 minutes may be required to move onto footpaths as the road closures will end and you may encounter vehicles. Competitors still using the course after closure do so at their own risk. Please be advised that competitors will be sharing the promenade with pedestrians and we ask that you comply with directions given by the Race Officials at all times.

SAFETY Competitors may not run with dogs, cyclists or other wheeled carriages. This road race is run under UKA Rules and runners are advised not to use headphones during the race.

MEDICAL FACILITIES A professional medical service will be in attendance at West Park and on the course. Please contact the nearest Race Marshal if you have any medical problem, or if you see any competitor in trouble.

DRINKS There will be water available at approximately half way, 8k and at the finish. Please ensure you are properly hydrated before you start.

CHANGING FACILITIES We are unable to provide any changing accommodation or baggage storage facilities, therefore any items left in the race village will be at your own risk.

RACE NUMBER This is not transferable. Please complete the safety information on the back of your number. Attach the number securely to the front of your running vest. Your number must be displayed throughout the race and at the finish, to avoid disqualification.

CHIP Your timing chip is attached to the back of your race number, under the foam strip. Please do not remove this strip, contact us immediately if you think the Race Number and chip are compromised in any way. Remember "no chip" means "no time".

RACE RESULTS Full listings will be available in the Bognor Regis Observer and online at: www.bognorprom10k.org www.splitsecondtiming.co.uk

PHOTOGRAPHY www.epicactionimagery.com.

PRIZES & AWARDS Entrants will only be eligible for one individual prize. All finishers will receive a commemorative medal. The prize presentation is at approximately 12.00 noon.

Male & Female course record breakers £200 each
Current records: Male 30 mins 31 secs; Female 33 mins 38 secs

First 3 Males & Females 1st £100, 2nd £50, 3rd £25

First Male & Female Vets £20 each
(40-49) (50-59) (60-69) (70+)

First Male & Female Team each team receives £30
The first three runners from any Club will constitute a team. The winning team will be the one with the lowest combined finishing positions.

We hope that you will have an enjoyable run. Peter Ramsdale, Race Director. Email: racedirector.bognor10k@gmail.com

BOGNOR PROM 10K RACE RACE INSTRUCTIONS

WHY NOT RUN FOR OUR CHARITY PARTNER CRIMSHAM FARM

THE ROTARY CLUB OF BOGNOR HOTHAM WELCOMES YOUR ENTRY TO THE **BOGNOR PROM 10K ROAD RACE**

We trust that you will have a successful run, whether you are doing it for your own satisfaction or to raise funds for a worthy cause. Be assured that whatever surplus we make from your support of this event will be put to worthwhile causes, both locally and internationally. Much will be returned to the charities supported by the runners.



WHAT IS ROTARY?

It is a worldwide service organisation, with over one million members in thousands of clubs who want to make a better world and who are dedicated to providing friendly help to local and international communities. Our club is one of two Rotary Clubs in Bognor Regis. We have 28 members and are in our 30th year. During that time we have either raised ourselves or helped others to raise hundreds of thousands of pounds.

The Bognor Prom 10k Road Race is one of our major fund raising events. We also have an extensive Christmas collection through the streets of Bognor Regis, and run other fund raising initiatives, while making sure we enjoy what we do to help those less fortunate than ourselves.

Our members come from all walks of life, businessmen and women, self employed and retired, young and not so young. All willingly give their spare time to fulfil the motto of Rotary - Service above Self. New members are always welcome, so if you think that you would like to support your community and have fun doing it, then why not try Rotary? Be our guest at one of our Tuesday evening meetings and see what you think. Give our Membership Secretary a ring - Nigel Hasted 01243 584049/07739924527.

Thank you again for your support.
Nigel Hasted, President.



WHO ARE THE BOGNOR REGIS TONE ZONE RUNNERS?

The Bognor Regis Tone Zone Runners are a friendly group of like-minded people looking for enjoyment in the great outdoors. With runners of all abilities, and a membership well in excess of 200, we offer the opportunity to make friends, to start or improve their running socially or competitively and enter their first distance race from 5k right up to marathon distance and beyond. All this under the guidance of a fully trained coaching team, runners can choose what speed, distance and what they hope to achieve in their running. Principally we are here to have fun while taking part in enjoyable exercise. The membership is comprised of runners from teenagers to those well beyond retirement age. All you need is a pair of trainers - age and fitness is no limit.
What's stopping you!

Please visit our website www.tonezonerunners.org or come along to a club night for a chat on Tuesday or Thursday, 6.15pm at Arun Leisure Centre, Felpham, Bognor Regis, West Sussex. PO22 8ED.

OUR CHARITY PARTNER



THE BOGNOR PROM 10K RACE IS PROUDLY SPONSORED BY

