



BOGNOR

★ prom fun run ★



CRIMSHAM FARM
community that cares

SUNDAY 14TH MAY 2023 • START 9.15AM

RUN INSTRUCTIONS



WELCOME TO THE
**BOGNOR PROM
FUN RUN**

LOST CHILDREN Before the run, please familiarise yourself and your child with Race Headquarters which is situated by the main stage in West Park. Any lost children will be taken there and the telephone number on the reverse of their run number will be contacted to reunite them.

If you have any further questions regarding the Fun Run please contact: funrun.bognor10k@gmail.com.

AGE RANGE

THE RUN IS RESTRICTED TO CHILDREN AGED 4 TO 14. RUNNERS UNDER 8 ARE TO BE ACCOMPANIED BY AN ADULT.

WE WILL BE CONDUCTING A WARM-UP ON THE STAGE AT 9:00AM. WHERE YOU WILL RECEIVE FURTHER RUN INSTRUCTIONS.

ON A FINAL NOTE

PARTICIPANTS AND ANY ACCOMPANYING ADULTS MUST AT ALL TIMES ACT IN A SPORTING MANNER TOWARDS EACH OTHER AND THE COURSE VOLUNTEERS. ANYONE SEEN ACTING UNSPORTINGLY MAY BE EXCLUDED FROM NEXT YEAR'S EVENT.



JUST TO REINFORCE, THIS IS A FUN RUN AND WE ALL HOPE YOU ENJOY IT AND LOOK FORWARD TO SEEING YOU ALL AGAIN NEXT YEAR.



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

CAR PARK & TOILETS For details see the Bognor Prom 10k race instructions.

ROUTE The route is approximately 1.5km. The entire route will be marshalled until all runners have crossed the finish line. Please see route map on the following page.

SAFETY Runners may not run with dogs or cyclists. All runners 8 years and under must be accompanied by an adult at all times. Runners must display their run number on the front of their clothing; all personal details must be completed on the reverse of their run number. Runners and guardians must follow any instructions given by all event officials including marshals. Any parents wishing to run with a buggy or wheelchair, we would ask you please to start at the back to ensure the safety of others and yourself.

MEDICAL FACILITIES Professional medical services will be in attendance at West Park. Please contact the nearest Race Marshal if you have any medical problem.

DRINKS All participants will be given a bottle of water and a medal at the finish line.

PHOTOGRAPHY Official photos will be available online at: www.epicactionimagery.com for you to download for free. Please ensure that you tick the box on the entry form if you **DO NOT** wish for your child's photo to be published.

BOGNOR REGIS TONE ZONE RUNNERS IN CONJUNCTION WITH THE ROTARY CLUB OF BOGNOR HOTHAM



THE BEACH
THE SEA

THE BOGNOR PROM FUN RUN ROUTE 2023



1.5K

FOR MORE INFORMATION, AND FOR A LIST OF RACE PARTNERS, PLEASE VISIT WWW.BOGNORPROM10K.ORG

BOGNOR REGIS TONE ZONE RUNNERS IN CONJUNCTION WITH THE ROTARY CLUB OF BOGNOR HOTHAM



FOLD ALONG DOTTED LINE

FUN RUN ONLY PARKING

**PLEASE DISPLAY THIS ON ENTRY TO CAR PARK
IF LEAVING BEFORE MAIN 10K RACE**

FOR MORE INFORMATION PLEASE VISIT
WWW.BOGNORPROM10K.ORG

DESIGNED BY
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