

EVERYTHING YOU NEED TO KNOW FOR RACE DAY:



09:30 start | 4½-hour time

Course records: Matthew Janes, 2009 1:48:10 male | Philippa Taylor, 2011 2:07:49 female

Dear Runner

24/9/23

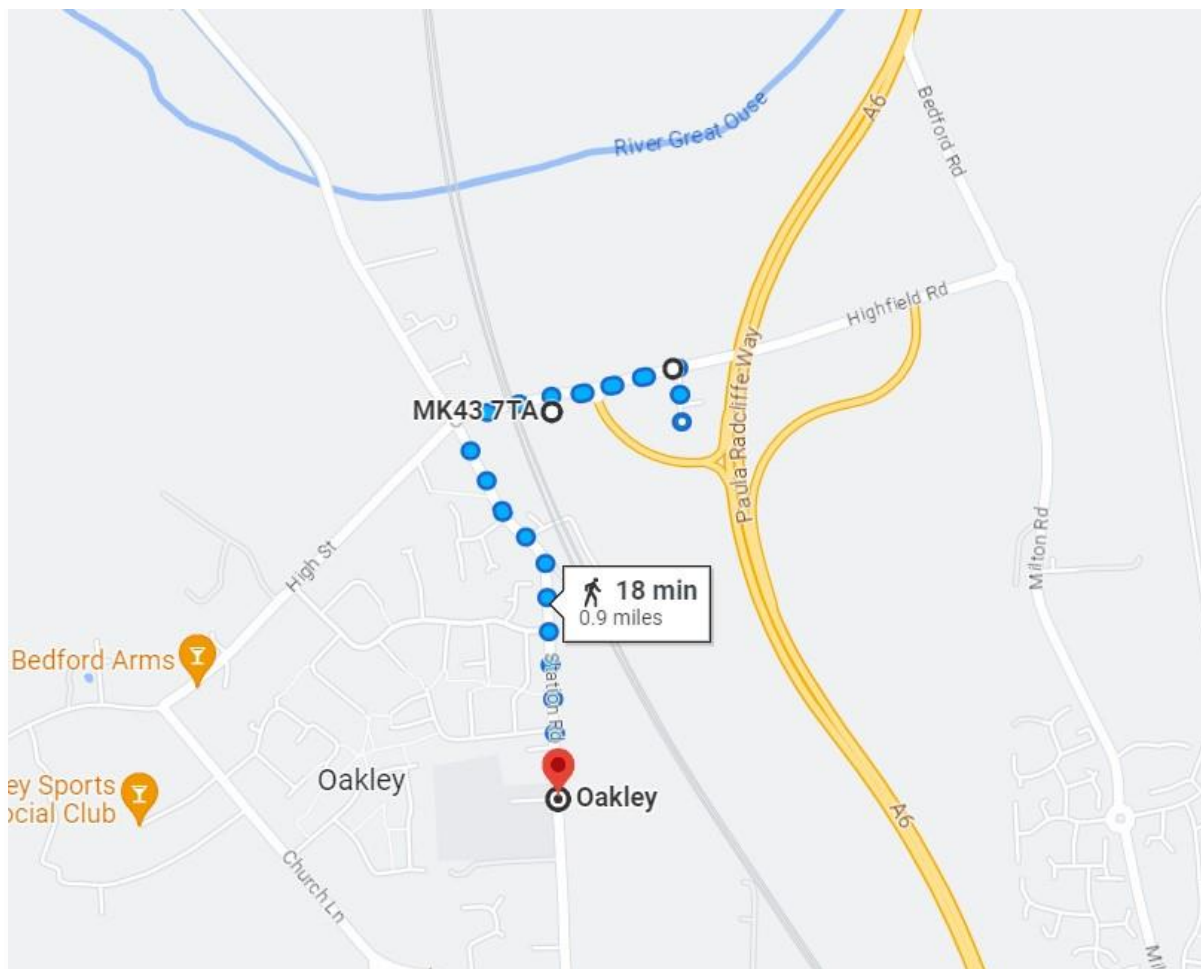
We are excited about the upcoming Oakley 20. If you are unable to take part, you can [Transfer your Entry](#) to another runner. If the race is full, our [Facebook](#) page will have people looking to purchase the entry from you.

Race HQ: Race HQ is at Lincroft Academy, Station Road, Oakley, Bedford, MK43 7RE. There is no parking at Race HQ.

Road closure: The start area in Station Road, Oakley and the first ½-mile of the course will be closed to traffic. There is no access to Race HQ even for dropping off or collecting runners. Please do not cause obstruction or congestion by attempting to access the Race HQ area.

Competitor vehicle parking: Available 18-minute walk from Race HQ at Highfield Parc Industrial Estate, Highfield Road, Oakley, MK43 7TA, W3W [///lodge.speeded.chaos](http://lodge.speeded.chaos). There is no parking at Race HQ. Please do not park on any of the residential streets of Oakley, or on the run route. Carpark directional

signage will be in place. Where possible, please car share to minimise our carbon footprint and parking space.



Please ARRIVE EARLY TO AVOID DELAYS. The car parks will be signed and marshalled from 07:00. Park as directed by the marshals. Vehicle owners/drivers/passengers are advised that vehicles and contents are left at the owners/drivers/passengers' risk and that Bedford Harriers AC and other third parties will not be liable for losses or damages whatsoever.

Facilities: Course maps, toilets, changing, refreshments, secure baggage storage, and pre & post-race massage will all be available at Race HQ. Baggage storage is at owner's risk.

Pre & Post Race Massage: Race massage provided by [Sports Massage](#)
To book: e-mail info@sportmassagebedford.com

Race Number and Timing Chip: Your race number, timing chip and baggage label will be available for collection from Race HQ on race day, 24th March 2024, from 07:30.

Please arrive in sufficient time to collect your envelope, complete your details on the reverse of the race number, attach your race number to the front of your running top, your timing chip to your running shoes and baggage tag to your bag; please remove any old number tags to avoid confusion. Ties for the running chip will be supplied. Please display your race number on the front of your running top; it must be **always visible**, please do not fold, cut or mutilate your race number and secure with a safety pin in each corner - remember to bring safety pins.

Please attach the chip to your running shoe as per the illustration below:



USE ONLY THE WIRE TWISTS PROVIDED

Do not secure using your shoelaces. No chip = no time. The chip supplied is 'live' and does not need to be further activated or processed. The chip, as you cross the start and finish lines, triggers your time and number recording. After crossing the finish line please move through the finish funnel as quickly as possible removing your chip prior to exiting the funnel. Please do not re-cross the finish line as this will interfere with the recording. Results will include both 'gun to finish chip' and 'chip start to chip finish' times.

REUSABLE CHIP PLEASE RETURN

NO head/earphones (inc open ear and bone conducting head/earphones) or similar equipment: It is important that runners can hear the verbal warnings and instructions issued by race marshals. Bedford Harriers AC operates a **strict policy at all our races**. Any runner found

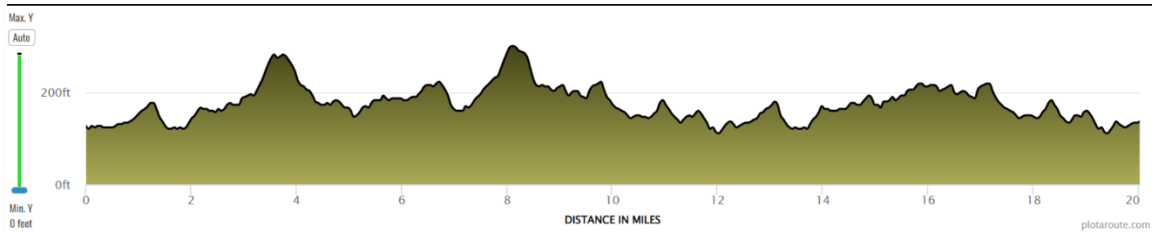
to be wearing anything other than a medical or prescription device to aid hearing will be disqualified.

Are you fit to run? It is the participants' responsibility to ensure that they are physically fit to run and have adequately prepared themselves.

Race assembly, start and finish: The start of the race is in a playing field 350m from Race HQ. Start will be at 09:30 sharp and runners are requested to assemble adjacent to their predicted finish time signs. This is a chip timed event from the start, therefore there is no benefit in standing at a faster predicted finish time, you only inhibit faster runners. The finish is in the school grounds at the front of the Race HQ. The course is not suitable for wheelchair competitors. Late arrivals will not be permitted to start the race.

The course: A measured, undulating, rural country road course around the villages to the north of Bedford. Unsuitable for wheelchair athletes. 4½ hour time limit.





Course marshals: The course will be marshalled by Bedford Harriers AC volunteers, who are renowned for high energy support to all runners. Marshals will move around the course based on runners' pace at not less than 13½ minutes per mile. The sweep vehicle also travels at a pace of 13½ minutes per mile and any entrants running at less than 13½ minutes per mile will be politely requested to withdraw. Transport back to Race HQ will be provided.

Water stations: Located at 2.75, 6.5, 8.75, 11.5, 12.5*, 14.5, 16.5 and 18.5 miles. *The water station at 12.5 miles will have both SIS Go (Lemon & Lime) electrolyte drink and water. The SIS drink will be offered first followed by water.



Medical attendance/emergency: Available should you require, both on the course and at the finish. Marshals can summon medical assistance. If you feel unwell at any time during the event, please make yourself known to marshals whilst on the course, or to the medical service providers if you feel unwell before or after the race. If you feel unwell between marshalling points, please ask another runner to summon help on your behalf.



Litter: Litter drop zones will be available at each water station - 50m before & after, marked by signage. Please do not drop litter outside of these zones. Outside of the litter drop zones, please only dispose of any litter in the yellow buckets situated at all Marshal positions.

Race etiquette: A road closure is in place to the 1.35 mile point. Thereafter please keep to the left side of the road unless directed otherwise by Marshals. Marshals have no power to stop or direct traffic; all runners are responsible for their own safety. Please do not wear head/earphones (inc open ear and bone conducting head/earphones) or similar equipment, as you will not be able to hear marshals' safety instructions or other warnings.

Race Limit: The Bedford Harriers Oakley 20 is limited to 500 entrants.

Bedfordshire County Championships: All qualifying entrants are



invited to compete in the Beds AAA County Championship – 20-mile race. [Check qualifying conditions.](#) Entry to the Beds County Championships is either on the day or as selecting YES on your online entry.

If you wish to enter on the day, please register at the County Champs Desk in Race HQ. The registration desk closes at 09:00 sharp.

Bedfordshire County Championships: County Awards criteria

1. A Gold medal will be awarded to first place in any category. Nobody will receive more than one gold medal (see clarification below). Medals will usually be awarded on the day.
2. As of 2018 no medals nor certificates will be given for second or third place.
3. Categories are as follows: the overall race position, juniors (U20) and vets in 5-year age groups. Females start at V35, males at V40.
4. As mentioned above nobody will get two medals. So, should for example, an FV60 be the overall fastest vet, they will only get the V60 medal and NOT V35, V40, V45, V50, V55 medals as well. Note the above is not an exaggerated example but has actually happened (Luton 5-mile 2017 most recently but other occasions as well)!
5. Criterion 4 also applies if a vet wins the overall race. I.e. they will get the medal for the overall race and not for their vet category which will go to the next fastest vet.

Race Memento: The Oakley 20 hoodie will be available to finishers only and will be available for collection from Race HQ after the completion of the race. You will need your race number to collect your hoodie. When you registered for the race, you were asked to select the size of hoodie you require. If your entry was an Entry Transfer, the hoodie will have been selected by the original entrant. When you collect your hoodie, you will be given the hoodie of the size selected at registration only. No dialogue will be entered into on the subject. Bedford Harriers are not able to source another size. For registrations after 5th March 2024, you were not able to select the desired size

of hoodie. We will have a selection of the iconic hoodie sizes available and will do our utmost to accommodate all these finishers with the appropriate size.

Results: Provisional race results will be displayed on notice boards inside Race HQ as soon as possible after the race. Results will also be available on [Bedford Harriers website](#) as soon as we are able.

SMS Text Results: Where a mobile number has been provided, the participant's gun start to chip finish time will be sent immediately after the end of the race. This time should be considered as a provisional result only.

Prizes & trophies: Presentation of prizes and awards will be at approximately 12:00 in the Race HQ. All awards will be based gun start to chip finish times.

Trophies will be awarded as:

1st, 2nd and 3rd Male

1st, 2nd and 3rd Female

1st Male and 1st Female Team

MV35, MV40, MV45, MV50, MV55, MV60, MV65 & MV70+

FV35, FV40, FV45, FV50, FV55, FV60, FV65 & FV70+



Trophies limited to one per person except winning team members. Men's and Ladies' Team prizes, three to score. Winning teams calculated on cumulative race position; gender relative.

Need to contact us?
mobile: 07766937437

Email: RaceDirector@bedford20.co | Race Director

Post: Bedford Harriers AC, Bedford International Athletic Stadium, Barkers Lane, Bedford, MK41 9SB



FAQ / Other Info:

[Liability Insurance Certificate](#), provided by virtue of the race permit issued by the Association of Running Clubs.

[ARC Race Permit ARC 24/0027](#), ARC Rules will be applied to this event.

[Certificate of Course Accuracy](#), 22/410 dated 24/3/23 confirms course accurately measured by an accredited Course Measurer using World Athletics procedures approved for use in the UK.

Risk assessment, is continuously reviewed.