

Bourne Town Harriers host the Frostbite League on Sunday 3rd February at Bourne Woods.

This year there are some important changes to both courses and car parking due to restrictions placed on us by the Forestry Commission.

Junior Frostbite - 10.15am

The course begins on the grassed area on Beech Ave/Woodland Ave/Forest Ave. The athletes run up the grassed area and across Beech Ave which will be closed to traffic whilst the athletes are crossing.

The athletes will then follow the traditional course north. The athletes will do a giant square and at 5 ways where the athletes would normally carry straight on - this year they will turn left along the main path. At the end of the path they will turn right into the finish area. This new course is slightly shorter than our old course.

The distance from the start on Beech Ave and the finish for spectators is roughly half a mile so there is plenty of time to move. Spectators must respect the course and other woods users.

Parking

This year we have introduced 3 parking areas including a new parking area at Warners Publications (with their kind permission) which has over 200 spaces. This is located on Manor lane near to the police station off West Road (PE10 9PH). This car park is the main car park for both the junior and senior race as we have experienced congestion at the Bourne Woods car park and the Forestry Commission have stated that previous parking on the road leading to the car park was unacceptable. The volume of traffic must be dispersed in other areas.

The 2nd car park site is Bourne Westfield Primary School and the HQ. This site has space for 40 cars and is the location of the team meeting point and 6 adults' toilets. There will be no hot drinks or snacks at the HQ as we have experienced no demand in the past. Please remove muddy shoes before entering the school.

The 3rd car park site is the actual Bourne Woods Car park for those who are running late for the senior race! We cannot disallow you from using the Bourne Woods car park site, but we could be banned access if runners do not respect the actions that we have put in place to ease congestion. **STRICTLY NO PARKING ON THE ROAD LEADING TO/FROM THE CAR PARK TO THE MAIN ROAD.**

Parking on local residential roads is also encouraged but NOT in the immediate vicinity of the junior start (ie. Beech Ave, Forest Ave or Woodland Ave) or in the Woods itself.

All car parking options will be well signposted and are within walking distance of the junior and senior start. (please allow time to get to the senior start from Warners, as this is a little further away - just over a mile). It is always good to car share so please travel with a friend!

Senior Frostbite - 11am

The start is as normal at 5 ways (near to the Woods car park) and follows the traditional course following the path north with a loop east and then back into Fox wood, a small loop east on the return and back up the hill to the finish. We have decided to move the finish very slightly further down the path into the grassed area opposite the car park so that we can free up the path for other woods users. As this is a working forest, the Forestry Commission have said that there are areas where trees are being felled. There will be log piles and areas where the paths will be muddy. **NO PERSONS/ANIMALS ARE TO CLIMB THE LOG PILES AS THEY ARE UNSAFE.** A full inspection of the course will take place the day before and on the morning of the race to ensure paths are clear and free of debris.

We encourage those with flags to place them in this grassed area (near the finish) rather than on the main paths.

First aid will be located at the junior start and then finish area and will move to the 5 ways/seniors finish area.

Toilets

For the junior race there are 6 toilets located at Bourne Westfield primary (open from 9am)
For the senior race and spectators - there are to be 3 portaloos located near to the finish area (in the car park area) and will be signposted.

THIS COURSE IS MULTI-TERRAIN AND INCLUDES ROADS, PATHS AND MUDDY TRACKS – TRAIL SHOES ADVISABLE

As the one of the smallest clubs to host a race we are struggling to host such a big race with such a big field. We need the respect of runners and spectators so that we can continue to use such a great facility.

and finally,..... We have an event to celebrate - one of the Bourne runners (Dave Grace) will be running his 150th race and we invite you to join him for free cake at the end of the senior race to celebrate.