



Permit: ARC 20/TBC



## 2020 GWR TOWPATH SERIES

**START: THE ASHTON GATE UNDERPASS (THE GRASS AREA AT THE START OF THE TOWPATH) – O.S. Ref: ST 56475 71946**  
**Dates: 12 June; 10 July; 31 July; 14 August**

Thank you for entering the 2020 GWR Towpath Series.

Races are run under ARC Rules and your number has been issued in your name, with your personal details assigned to it. **Please do not allow anyone else to run using your number.** Significant and unnecessary personal distress/delay can be caused in the event of an emergency; results and category prizes can also be compromised.

Please display your number **on your front**, with 4 safety pins. It must not be cut down or folded. If we cannot see your number, you risk being removed from the race before crossing the finish line, as doing so with no number can really mess up the results, so please save yourself the potential embarrassment.

Your number will show the race(s) that we have you entered in. **Please don't throw it away/lose it, as the same one is used for each race!**

**CONTACT PLUS MEDICAL/EMERGENCY INFORMATION:** Please complete the details requested on the back of your number, using waterproof ink or biro. This is for your own personal safety and benefit.

**VENUE: RACE HQ FOR 2019 with FACILITIES at "Ashton Park School, Sports Centre, Blackmoors Lane, Bower Ashton, Bristol BS3 2JL". The start is only a short walk from the new Race HQ.**

### Timetable of events

- 18:30'ish** Race Information **and number collection** opens (traffic permitting)
- 19:30** **START OF THE RACE**
- 21:00 (approx.)** Race Presentations, followed by the Spot Prize draw at the Start/Finish area. This all starts after the last runner has finished, and the course has been cleared down.
- Remember, you have to be there **in person** to collect any Race Winner or Spot Prize.

**CAR PARKING:** There is parking available at Ashton Park School. Also parking is available at Ashton Court Estate for a small fee (please be aware if using Ashton Court for parking of the time restrictions before the gates shut for the evening)

**RACE HQ AND INFORMATION:** Based in Ashton Park School, Sports Centre, entrance is on Blackmoors Lane, which is found just after the mini roundabout at the bottom of Clanage Lane. There will be signage directing you to the correct area of the building. It will open from around 18:30 (traffic permitting.)

**TOILETS & CHANGING:** Facilities are available at Ashton Park School, Sports Centre, adjacent to Race Information.

**BAGGAGE STORAGE:** Items can be left in Ashton Park School, Sports Centre, at owner's own risk.

**BAR FACILITIES:** There is no bar available after the race.

**THE START:** Each race starts at 19:30. Please allow time to reach the start (approximately 10 minutes walk from Race HQ).

**iPods/MP3 PLAYERS ETC. AND YOUR SAFETY:** We take your safety very seriously. The officials and marshals around the course are there to help and guide you, and you need to be able to hear and respond to them and other members of public around you, at all times. **The use of audio equipment with headphones can impair your ability to hear instructions/warnings, potentially compromising not only your safety, but also that of the event and others around you. We urge you not to wear them.** Please help us to help you.

**THE ROUTE:** The 10K and 5K courses are a mixture of grass, tarmac, off-road path/cycle track type surfaces which can be wet and muddy in places. As a result, the course is considered unsuitable for wheelchairs, sorry. The course will be marshalled and signed, with distances marked in kilometres. There will be first aid available, based at the start/finish area. For your own safety, please follow any directions given by the officials and marshals and always keep to the left, taking particular care to watch out for cyclists and other users of the Towpath (including your fellow runners returning in the opposite direction!) For safety and other reasons, following bikes, dogs and pacing are not allowed.

**WATER STATION:** There will be 2 water stations on the course, plus at the race finish.

**THE FINISH:** There will be a clock and a water station. In order to keep things moving, please:

- stay in line and in finishing order for the time and place recorders
- do not stop on the line – keep moving down the funnel
- do not disturb the time and place recorders, they cannot work out your time or position for you

**RESULTS:** Results will be posted on GWR website: [www.greatwesternrunners.org.uk](http://www.greatwesternrunners.org.uk) and **Great Western Runners Towpath Series Facebook page** as soon as possible after each race.

**PRIZES:** The first male and female finisher and other main category winners in each race will receive a prize. These will be presented at the Start/Finish area (weather permitting) after the last runner has finished and the course cleared. Remember you have to be there **in person** to claim any prize. Overall Series Category prizes (based on finish positions, with your series category based upon your age as at the date of the first race) will be presented at a similar time after the final race.

**SPOT PRIZES:** These are drawn at the Start/Finish area after race clear down and the winner presentations. Remember you have to be there **in person** to claim any prize, otherwise it gets redrawn.

**THANKS:** Our grateful thanks go to Up & Running, Ashton Park School, Bristol City Council, plus members and friends of Great Western Runners who have so generously given up their time to help with the organisation; without all of them, the Series could not be held.

Finally, thanks to you, the runners, for supporting our events: have a great run.

In partnership with

