



UKA Licence No
2024-46591

Bude Junior Lifeboat Run

Lifeboats



Proudly sponsored
by Bott Ltd



Workplace Storage &
In-Vehicle Equipment

Wednesday 12th June 2024 at 6.00pm

Main Sponsor



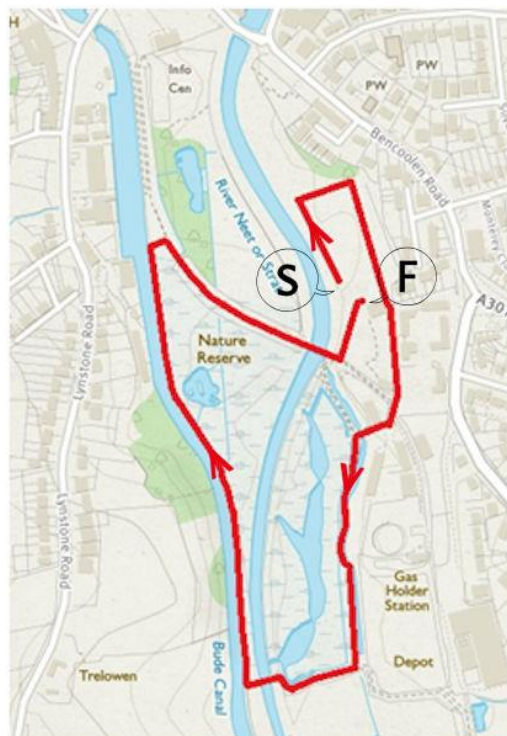
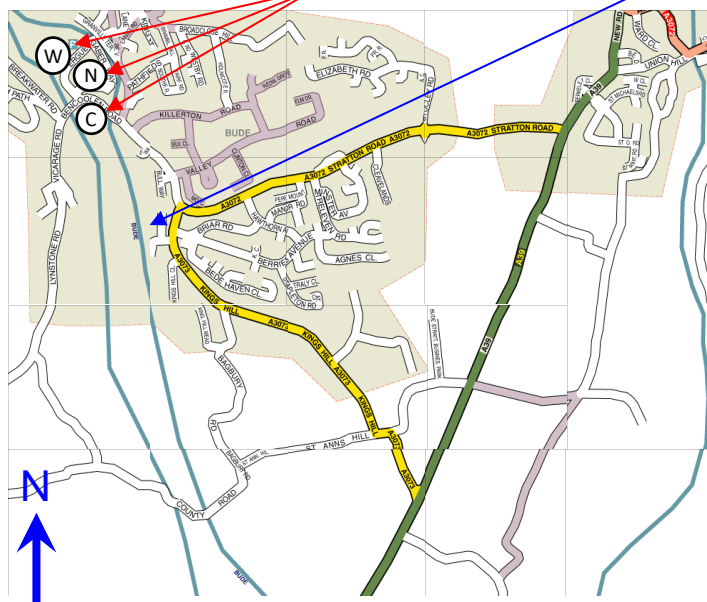
Bott Ltd - world-leading manufacturer and supplier of workshop equipment, in-vehicle equipment and workplace systems based at Bude Stratton Business Park, Bude Cornwall EX23 8LY. For more information about the Group please visit their website www.bottltd.co.uk

General Race Information for School Years 3 & Under

- **How To Get There** - See map on page 2.
- **Car Park** - **STRICTLY NO VEHICLE ACCESS TO RUGBY CLUB OFF KINGS HILL FOR RUNNERS AND SPECTATORS**, Junior and Senior courses use this roadway. Parking is available at The Crescent Car Park (C), Bude EX23 8LE just a 3 minute walk from Race HQ. Marshals will be on site to assist. This is a Cornwall Council site and therefore parking charges now apply. However, there are two Bude Town Council car parks at Wharf (W) and Neetside (N) with free parking after 6.00pm.
- **Toilets** - Available at the Crescent Car Park plus Portaloos at the Rugby Club.
- **Race HQ, Start/Finish** - Bude Rugby Club, Bencoolen Meadow, Bude EX23 8QG.
- **School Year Start Times** - There will be 3 start times, exactly 2 minutes apart, as follows:
 - 6.00pm for all Runners in School Year 3
 - 6.02pm for all Runners in School Year 2
 - 6.04pm for all Runners in School Years 1 and under
- **Numbers** - Race numbers to be collected from Race HQ from 4pm on the day of the race. Numbers must be worn on the front of your vest and must not be folded, cut or damaged. **Please allow plenty of time for Registration.**
- **Chip Timing** - This year we are going to trial chip-timing for all Junior races. At Registration you will be given an anklet which must be immediately strapped to the runner's ankle with the Velcro strap. The anklet will be removed just after crossing the Finish line.
- **Changing Facilities** - Showers and changing facilities will be available at Race HQ.
- **Health** - Make sure you are fit to run. Do not run if you feel unwell. Please record on the reverse of your running number any specific health issues that would help our medical support team if you get into difficulties.
- **Medical Cover** - RNLI Lifeguards will be providing medical cover for the event.
- **Retirement** - If you need to retire from the race please alert the nearest marshal giving your race number.
- **Medals, Awards** - Medal to all finishers. Awards to the first 3 male and female finishers in School Years 1&Under, 2 and 3. Presentation of prizes will be 7.30pm. Results will be available on [Bude Lifeboat Run \(buderats.co.uk\)](http://Bude Lifeboat Run (buderats.co.uk)).
- **Safety** - Competitors are advised that dogs, wheelchairs, wheeled carriages, cycles and personal audio devices are banned, and that competitors cannot be accompanied or followed by vehicular conveyance of any description. **Runners breaking these rules will be disqualified.**
- **SE Sports Therapy** - Sophie Edwards will be on site to provide runners with a post-race massage SE Sports Therapy | Sports Therapist Based In Bude Cornwall
- **RNLI** - The RNLI was founded in 1824 which makes this year, 2024, a very special 200th anniversary year and to raise donations and sponsorship click on Bude RNLI Lifeboat Run 2023 - JustGiving The money raised from this event will help fund the RNLI's aim to end preventable loss of life both at sea and on our inland waterways. Through education, the RNLI can teach those who use our waters how to do so safely and with their lifeboats, they can continue to respond to those in need.
- **Course** - The single lap 1 mile course is a tarmac surface using cycleway and canal towpath. It has been unofficially measured, using a surveyor's wheel to be 1mile 282yds.
- **Water** - Water will be available at the Start/Finish area. Please be sure to drink sufficient before your race.
- **Schools Trophy** - Awarded to the school with the highest proportion of entries as a percentage of total pupils.

Parking and Toilets and Race Registration

Junior 1 Mile Course



Thank you to the following companies for their support:



Please support the Bude Lifeboat Crew in business:



The Edgcombe, Summerlease Crescent, Bude
Tel: 01288 353846



Chris Bale & Son

Chris Bale & Son, 4 West Park Road, Bude EX23 8PB
Suppliers of luxury kitchens and bathrooms at reality prices! Kitchens & sanitary ware supplied and fitted, including carpentry, painting and decorating. Electrical work undertaken, wall and floor tiling, laminated flooring. Free CAD design service.

Tel: Chris 01288 354918 or 07966 545399
Robin 01288 355972 or 07811 126659

1 – 2 Pethericks Mill Industrial Estate, (Opp. Bude Rugby Club)
40 YEARS + SUPPLYING QUALITY DOMESTIC AND CONTRACT FLOOR COVERINGS
Call Jeremy on 01288 352912 E-mail: info@westcountrycarpets.co.uk
REMNANT WAREHOUSE Tel: 01288 355320
CARPETS AND VINYL, ROLL-ENDS FACTORY CLEARANCES, MANY AT HALF-PRICE OR LESS

West Country Carpets Ltd



BC Heating & Plumbing Ltd, Unit 3b, Kings Hill Industrial Estate, Bude EX23 8QN
Gas Central Heating Installers - Cookers • Fires • Water Heaters • Caravans - Servicing • Breakdowns • Spares – ALL PLUMBING WORK UNDERTAKEN
Tel: 01288 353443



NM Technical Services Limited
Electrical design : Installation : Testing : Maintenance
nigel@nmtechnicalservices.com www.nigelmarshall.com
Unit 16 Efford Down Farm, Bude, Cornwall EX23 8LT
Tel: 01288 356262 Mob: 07855 306953



Gary The Handyman for the jobs that never get done!
Tel: 01288 352691 Mob: 07766 806879