



Bude



Junior Lifeboat Run



Held under UKA Rules

Proudly sponsored by Bott Ltd



Workplace Storage & In-Vehicle Equipment

UKA Licence No 2024-46591

Wednesday 12th June 2024 at 6.30pm

Main Sponsor



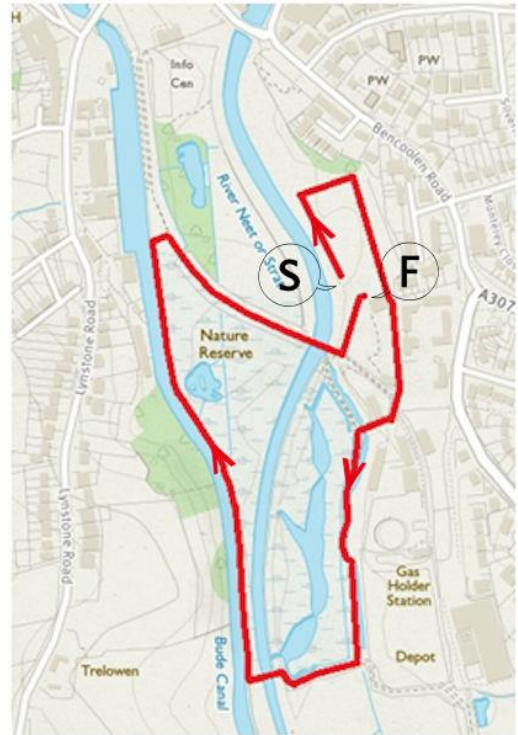
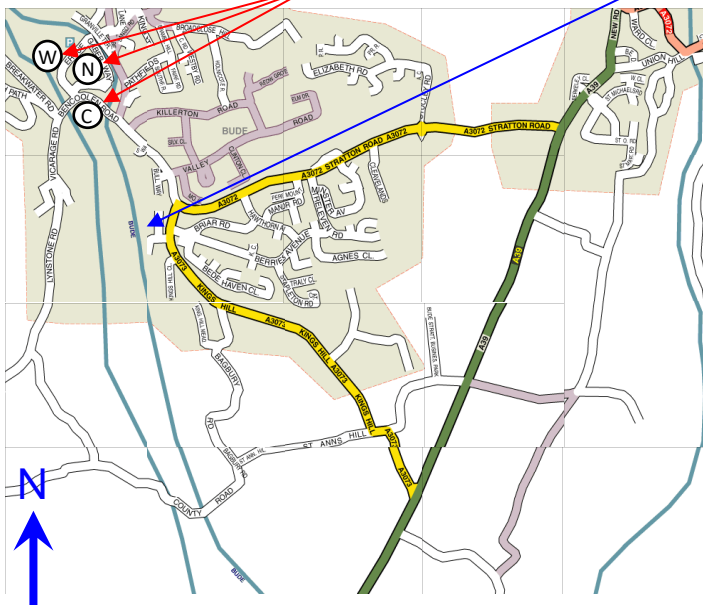
Bott Ltd - world-leading manufacturer and supplier of workshop equipment, in-vehicle equipment and workplace systems based at Bude Stratton Business Park, Bude Cornwall EX23 8LY. For more information about the Group please visit their website www.bottltd.co.uk

General Race Information for School Years 4 & Above

- **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 Years Start Times** - There will be 4 start times, exactly 2 minutes apart, as follows:
 - 6.30pm for all Runners in School Year 7 & Above
 - 6.32pm for all Runners in School Year 6
 - 6.34pm for all Runners in School Year 5
 - 6.36pm for all Runners in School Year 4
- **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 4, 5, 6 and 7&Above. 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 this rule 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:



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