



Bude Lifeboat Run



Held under
UKA Rules

Proudly sponsored
by Bott Ltd



Workplace Storage &
In-Vehicle Equipment

UKA Licence No
2024-46591

Main Sponsor

Wednesday 12th June 2024 at 7.15pm



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

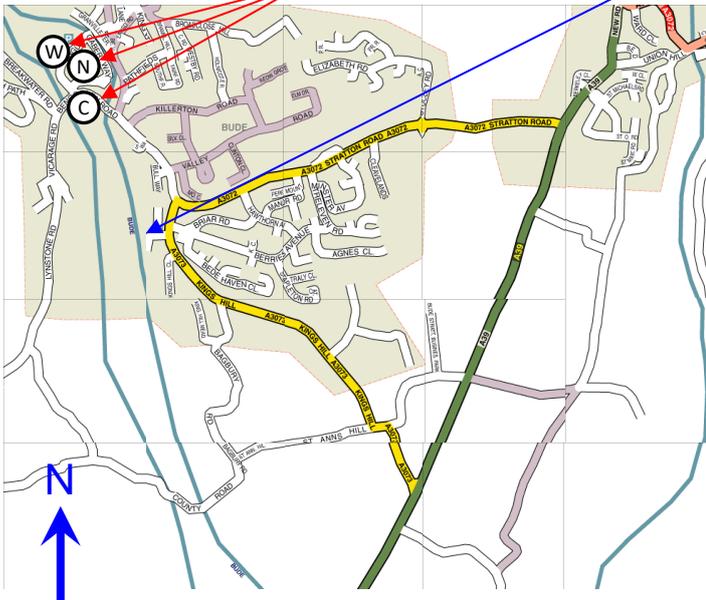
General Race Information

- **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. Race starts at 7.15pm.
- **Numbers** - Race numbers and chip-timing anklets to be collected from Race HQ from 4pm on the day of the race. Numbers must be worn on the **front of your vest**, not on your shorts, and must not be folded, cut or damaged. Chip timing will be in operation.
- **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 provide medical cover for the event.
- **Retirement** - If you need to retire from the race please alert the nearest marshal giving your race number.
- **Mementos, Awards** - Memento to all finishers. Awards to the first 3 male and female finishers together with the following male and female age category winners: u35, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70+. Presentation of prizes will be 8.30pm. 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 either on foot or by vehicular conveyance of any description. **Runners breaking any of 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.
- **The Course** - The single lap 6 mile course is 60% tarmac/concrete comprising cycleway, canal towpath and farm track and the remaining 40% footpath. It has been unofficially measured, using a surveyor's wheel.
- **Water** - 2 drinks stations will be available on the course. Water will also be available at the Start/Finish area. Please be sure to drink sufficient before your race.

The Bude Lifeboat Run is Race 7 of 9 in the Cornish Multi Terrain Race Series.



Parking and Toilets and Race Registration



Senior 6 Mile Course



Thank you to the following companies for their support



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