

Boddington 100K Run

Cheltenham Gloucestershire

Saturday 26th September Start 06:45am **RUNNERS INFORMATION SHEET**

Enclosed with this information sheet are travel directions to Boddington Manor, Boddington Lane, Boddington Cheltenham Gloucestershire GL51 0TJ

ENTRIES CLOSE for the Boddington 100K Incorporating the Anglo Celtic Plate 100K Home International Team Race **on Tuesday 8th September 2020**

Age Limit 20 Years of Age – Time Limit 12 Hours

There will be a Tech T Shirt which will be given to you at race registration prior to the race and a **Special designed Medal to all Finishers**

The nearest Airports to the race venue is

Bristol Airport 40 miles from Gloucester and Birmingham International Airport 56 miles from Gloucester

From Bristol Airport you will need to catch a coach to Bristol Temple Mead Station and then a train to Gloucester

From Birmingham International Airport you can get a train direct to Birmingham New Street and then change trains to Gloucester

Gloucester Taxis

8, 16, & 36 seaters Tel 01452-500880

Associated Taxis Gloucester

4-6 Seater Vehicles

Tel 01452-311700 Tel 01452- 328020 Email:associatedg11@gmail.com

Andy Car Taxis 4 seater Saloon, 6-8 people Carriers

Tel 01452-523000 Email: info@andycarsgloucester.co.uk

Private Hire Mini Buses and Small Coaches 35 seaters

Email: wellandwheels@outlook.com or nevil.ireland@icloud.com

Nevil Mobile Number 07766 012133

Starline Cheltenham 4 seaters and 6 seaters Tel 01242- 250250

Cheltenham Taxi- Minibuses 6 to 32 seater Vehicles Tel 01242- 790019

Accommodation We are Pleased to inform you we have negotiated a special room rate at The New county Hotel and The Central Hotel walking distance from Gloucester railway station and bus station in the Centre of Gloucester at a room rate of £50.00 per night (2 people in a room) from Friday 25th September to Sunday 27th September 2020. Breakfast is extra £7.95 per person per day which you will need to order when you book your room.

You are advised to book your room early there will be NO PAYMENT made until Thursday 20th August 2020 at 18.00hrs so up to this date and time you will be able to get a refund for your room booking.

This will ensure your room booking

Under NO CIRCUMSTANCES will any rooms be booked after Friday 21st August 2020 at 12:00 NOON

THE DEAD LINE IS FRIDAY 21st AUGUST 2020 AT 12 NOON

To book your hotel room contact Anne Wilson Email:
Wilsonanne691@aol.com Mobile 07979 865453 what's App

ROUTE TO BODDINGTON MANOR FROM GLOUCESTER CITY CENTRE

Boddington Manor is 8.5 miles from The New County Hotel and The Central Hotel in the Centre of Gloucester from the Gloucestershire County and Family Court follow Commercial Road A4301 follow the road around to your right The Quay A4301 straight on A4301 into Westgate Street A417 around the roundabout West Gate Retail Park and then go over into the left hand lane Westgate Street and then straight on into St Oswald's Road A417 under the railway bridge to roundabout on the left hand side of the road is the Harvester Salad and Grill take the 2nd exit off the roundabout into St Oswald's Road A417 straight on to the next roundabout and take the 1st exit left into Tewkesbury Road A38 Straight on to the next roundabout A40 and then take the 2nd exit into Tewkesbury Road follow the A38 to traffic lights right turn into A4019 towards Cheltenham straight on to just before The Gloucester Old Spot on the left hand side of the road turn right into Boddington Lane after 0.5 of a mile turn left through the gates into Boddington Manor.

The roads will be closed from 6am to 7.00pm to traffic from the other side of Staverton village past Boddington St Mary Magalene Church on the right hand side of the road to the S bend entrance to Boddington Farm Estate heading towards Boddington Manor. The remaining of the course will be open to traffic on a one way system in the same direction as the runners from the village of Barrow which has around 20 houses in the village so please be fully aware of traffic around you.

Parking: Parking for the event is in Boddington Manor, Boddington Lane, Cheltenham, Gloucestershire GL51 OTJ

Registration and general enquiries: are located at Boddington Manor, in the Conservatory.

Registration will be open from **05:30am** on race day

RUNNERS INFORMATION SHEET

Enclosed with this information sheet are travel directions to Boddington Manor, Boddington Lane, Boddington, Cheltenham, Gloucestershire. GL51 OTJ

Boddington 100K Start is at 06.45am - Time Limit 12 Hours

Direction to the Start of the Boddington 100K Race

There will be black arrows on yellow boards to direct you to the 100K Start from Race HQ Boddington Manor.

Its 1km to the Start from Boddington Manor. Please allow enough time to get to the Start of the race.

You're running number and chip will be issued on the day from race HQ. **You need to register or pick up your race number and chip by no later than 6:20am** Write your name; contact details and any relevant medical information should be on the back of your race number which should be pinned at each corner and visible on the front of your clothing during the race.

Race Briefing will take place at Race Registration Boddington Manor at **06:25am**

The Start is 204m from Boddington Church heading towards Staverton Village there will be arrows and signs to direct you from Race HQ Boddington Manor to the start of the race which is just over 1K from Race HQ

The Finish is just between two stone mushrooms in front of Boddington Manor.

COURSE- The course has a UKA Certificate of Course Accuracy The start of the 100K Race is 204m to the church gate, then 28 laps anticlockwise laps of 3533.2m then 867 metres to the Finish at Boddington Manor on a very flat, and quiet and almost traffic free roads.

The race is run anticlockwise entirely on rural country lanes, which are not normally busy.

There is a feeding station on every lap with Water, High 5, Bananas, Chocolate, Coke, and Lemonade.

Changing: There is changing rooms and showers for either Women or Men.

Please note you are welcome to leave your personal belongings in the conservatory at Boddington Manor which is race HQ **at your own risk**

The roads will be closed from 6:00am to 7:00pm too traffic along the long straight from the other side of Staverton village to St Mary Church Magdalene Boddington the remaining of the course will be open to traffic on a one way system in the same direction as the runners from the village of Barrow which has around 20 houses in the village so please be fully aware of traffic around you.

For reasons of health and safety **your number must not** be transferred to **another person**. Doing so without the permission of the event organisers will result in disqualification

Cancellation

In the unfortunate cancellation of the event through circumstances beyond the control of the race organisers the event will be cancelled.

Please note there is a withdrawal policy and special circumstances which is on our website. It's important you read it.

www.beyondthelimitations.org.uk

Marshals will be situated at all significant turning points to look after the runners' safety so please follow and comply with their requests at all times.

RUNNERS MUST KEEP TO THE LEFT HAND SIDE OF THE ROAD FOR THE WHOLE OF THE RACE. Please do not cause concern by *running 4 or more abreast and, at the same time, crossing to the right to cut corners*

causing danger to your selves and other road users; follow the advice of marshals and if running in groups keep no more than four abreast and on the left hand side of the road. Should you be seen running in a way that may cause danger then you risk disqualification.

Notice to runners' supporters - no cars or bicycles on course

Because of the road narrowness around the course, supporters are asked not **to travel around the course in cars**

Refreshments: Are available coffee, tea, rolls and cakes at Race HQ Boddington Manor **from 10.00am**

Presentation of awards: for the first three Individuals Men and Women **in the open race**

Vet Prizes Women 1st in Age Category V40, V50, V60, V70, V80

Vet Prizes Men 1st in Age Category V40, V50, V60, V70, V/80

Anglo Celtic Plate 100K 1st 2nd 3rd, Men & Women Individuals

Anglo Celtic Plate 100K Home International Team Race

1st Team Men & First Team Women (3 to score) Winning Teams (lowest aggregate time)

Anglo Celtic Plate 100K Home International Team Race

1st Team Men & First Team Women (3 to score) Winning Teams (lowest aggregate time) If the first team Men and Women have an equal time the fourth scoring member of the team time will decide the winning team. If the fourth scoring Team member of the Team Men and Women are equal on time the fifth scoring member of the Team time will decide the Team Race Men or Women.

Presentation of awards will be made at approximately 5.00pm at Race HQ Boddington Manor

Declaration of Teams

All Celtic Countries must declare their Teams on a declaration form which will be at Race HQ Registration Boddington Manor by no later than 6.30am on Saturday 26th September 2020. **No B Teams** can win the Anglo Celtic Plate 100K Home International Team Race.

You can enter up to two Teams Men and Women 5 Athletes per Team (3 to score)

Personal and Medical details

Has a condition of entry to this event you are required to complete your personal and medical details in the boxes on the back of your race number. You also agree that these may be made available, along with any other personal details to the event organisers and the relevant medical race services. In the event of an emergency part of the event terms and conditions are that you agree to supply your contact details to these bodies. By displaying your number you are agreeing to the terms and conditions of this event. Your next of kin/emergency contact should be someone who will be contactable on the day of this event.

Directions to event

From M5 Junction 11 North bound

If approaching northwards on the M5, exit at junction 11 and follow the signs to Cheltenham. Stay in the left hand lane until the first roundabout (Golden Valley) turn first left signed Gloucester, Staverton and Churchdown B4063 follow this road for 1½ miles until you reach a crossroads with a set of traffic lights. Turn right at these lights B4634 Old Gloucester Road towards Cheltenham turn left into Withybridge and past the Public House on the right hand side of the road The House In The Tree at the T junction turn left onto A4019 over Withy Bridge the motorway past the public house The Gloucester Old Spots on the right hand side of the road then turn left into Boddington Lane from this junction to the entrance into Boddington Manor is 623 metres go through the gates into the Manor follow the road straight on then turn right and the car park will be on the left hand side of the road

M5 South and North bound Tewkesbury Junction 9

Follow signs to Tewkesbury A38 Ashchurch Road to traffic lights turn left A38 follow ring road to roundabout Guphills Close take the first exit left A38

Follow A38 Gloucester Road after 1.4K on the left hand side of the road Glevum Cars continue on A38 just before traffic lights The Swan public house on the right hand side of the road turn left slip road follow A4019 towards Cheltenham just before public house The Gloucester Old Spot on the left hand side of the road turn right off A4019 Boddington Lane from this junction its 623 metres to the entrance of Boddington Manor turn left go through the gates into the Manor follow the road straight on then turn right and the car park will be on left hand side of the road.

From the A40 ring road roundabout Gloucester

From the A40 ring road take the B4063 signed Churchdown follow this road for approximately 2 ½ miles until you come to a crossroads with a set of traffic lights signed Staverton Airport to your right and Boddington to your left take a left turn onto the B4634 Old Gloucester Road towards Cheltenham turn left past the Public House on the right hand side of the road The House Inn The Tree Withybridge Lane then at the T Junction turn left onto A4019 over Withybridge the motorway past the public house The Gloucester Old Spots on the right hand side of the road then turn left into Boddington Lane from junction A4019 its 623 metres to the entrance Boddington Manor follow the road straight on then turn right and the car park will be on your left hand side of the road

From Cheltenham Town Centre

Follow A4019 on the Tewkesbury Road coming out of Cheltenham at the first roundabout A4019 take the 2nd exit off the roundabout Tewkesbury Road A4019 straight on over the Motorway M5 withy bridge on the right hand side of the road is the old spot Public House take the next turning left signed Boddington Lane which is 623 metres from the entrance into Boddington Manor follow the road straight on then turn right and the car park will be on your left hand side of the road.

From M5 Junction 10 South bound (no exit for northbound traffic)

Boddington is located just off the A4019 between Cheltenham and the A38 from Tewkesbury to Gloucester. It is about 4 miles NE of junction 11 of the M5.

If approaching southwards on the M5, exit at junction 10 filter left onto the A4019 heading towards Cheltenham and move immediately into the right hand lane to turn right. Make a U-turn on the A4019 and cross over the motorway bridge. and take the first left to Boddington Lane which is 623 metres from the entrance into Boddington Manor follow the road straight on and then turn right and the car park will be on your left hand side of the road.

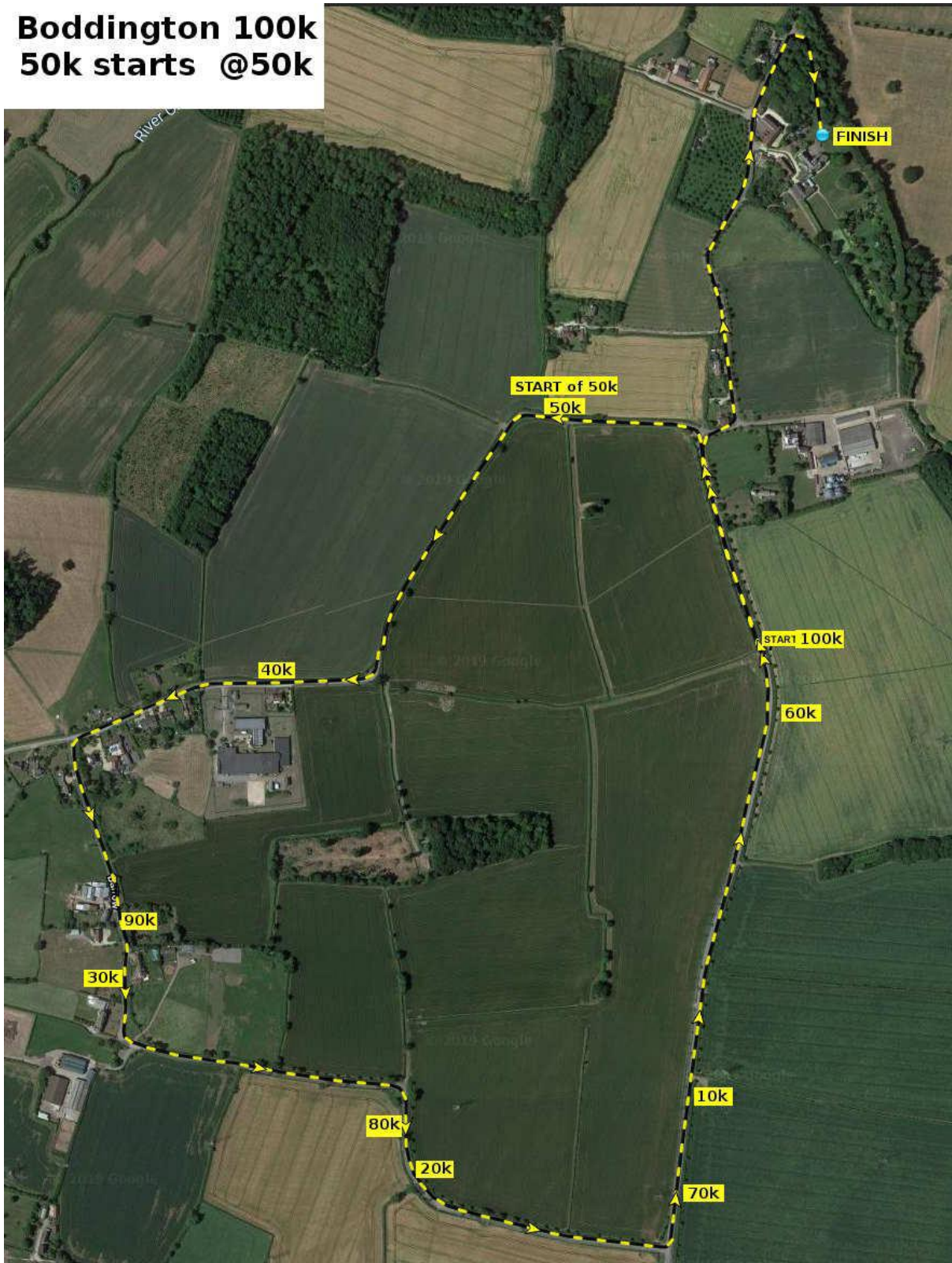
OUR FINAL THANKS GO TO

We give our very grateful thanks to Local Medical Services for medical support and to those friends and members of Gloucestershire AAA, and members of the local running clubs, Neil Meynell marshals from Tewkesbury, the Royal British Legion Hardwicke Branch, Raynet UK Communication who have kindly offered their services

We wish you an enjoyable and successful run

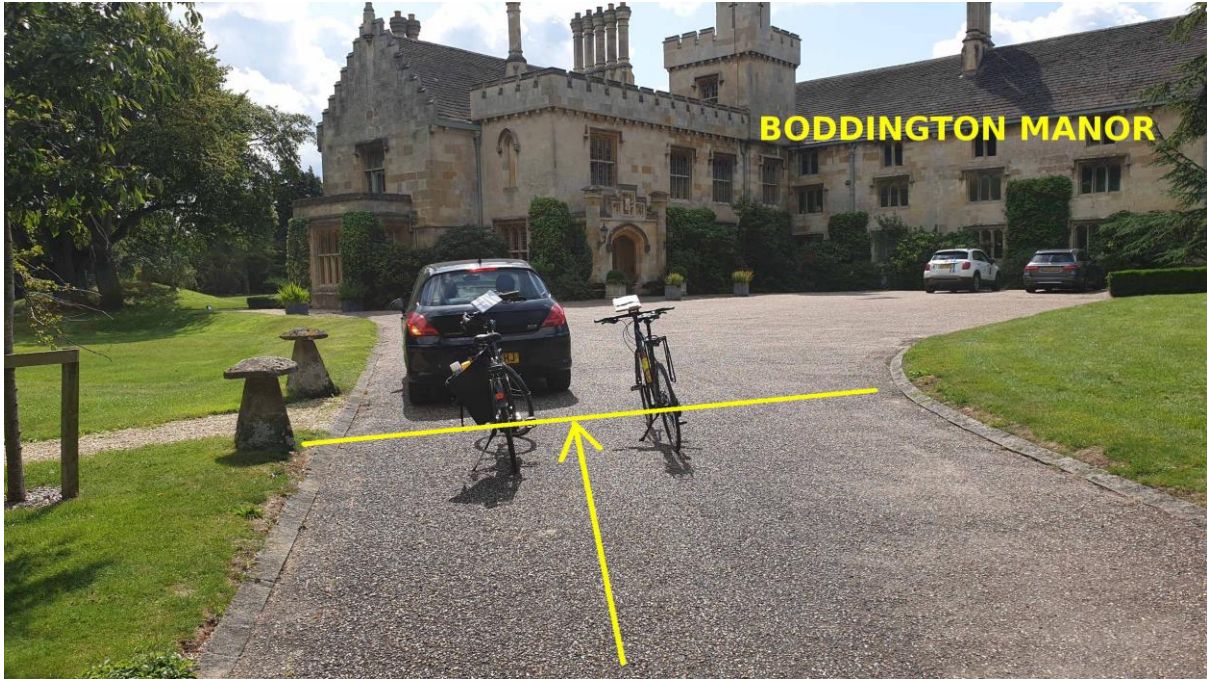
Beyond the Limitations Team

Boddington 100k
50k starts @50k



Boddington 100K and 50K Course Map

Finish Line at Boddington Manor



Finish line Boddington 100K/ Boddington 50K/ Boddington Marathon