

# **Boddington 50K Run**

## **Cheltenham Gloucestershire**

**Saturday 26<sup>th</sup> September Start 09:00am**

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

**ENTRIES CLOSE for the Boddington 50K Run on Tuesday 8<sup>th</sup> September 2020**

**Age Limit 20 Years – Time Limit 8 Hours**

**Course Record Men & Women**

**Men Paul Martelletti Victoria Park & Tower Hamlets 2-50-11**

**Women Liz Hawker Road Runners Club 3-23-13**

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

**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](mailto:info@andycarsgloucester.co.uk)

**Private Hire** Mini Buses and Small Coaches 35 seaters

Email: [wellandwheels@outlook.com](mailto:wellandwheels@outlook.com) or [nevil.ireland@icloud.com](mailto:nevil.ireland@icloud.com)

Nevil Mobile Number 07766 012133

**Starline** Cheltenham

4 seaters and 6 seaters Tel 01242- 250250

**Accommodation** We are Pleased to inform you we in negotiated a special room rate at The New county Hotel and The Central Hotel in the Centre of Gloucester of £50.00 per night (2 people in a room) from Friday 25<sup>th</sup> September to Sunday 27<sup>th</sup> September 2020. Breakfast is extra £7.95 per person 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 20<sup>th</sup> 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 21<sup>st</sup> August 2020 at 12:00 NOON**

**THE DEAD LINE IS FRIDAY 21<sup>st</sup> AUGUST 2020 AT 12 NOON**

Please contact Anne Wilson for room bookings Email: [Wilsonanne691@aol.com](mailto:Wilsonanne691@aol.com) Mobile 07969 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 2<sup>nd</sup> exit off the roundabout into St Oswald's Road A417 straight on to the next roundabout and take the 1<sup>st</sup> exit left into Tewkesbury Road A38 Straight on to the next roundabout A40 and then take the 2<sup>nd</sup> 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.

### **Before the race**

**Parking:** for the event is in a field which will be allocated by Boddington Estates Ltd next to Boddington St Mary Magalene Church there will be a marshal to direct runners into car park.

**The Car Park** is 1k from to Race HQ Boddington Manor follow signs and arrows to registration and general enquires

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

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

**Registration** will be open from **06:30am** on race day. **50K Run Start 09:00am**

**Boddington 50K Run- Start at 09.00am please allow enough time to get to the race Start**

### **Directions to the Start of the 50KRun**

**There will be black arrows on yellow boards** to direct you to the 50K Start from Race HQ Boddington Manor

**From Race HQ** its 1Km to the start. Please allow enough time to get to the Start at 9:00am

**Race briefing at 8.55am will be on the side of the road off the Start line**

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

**You're running number and chip** will be issued on the day from race HQ. **You need to register by no later than 08:30am** 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.

**The Finish** is between two stone mushrooms before Boddington Manor.

**COURSE**-The course consists of 13 laps anticlockwise of laps 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 are 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**

**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 you will be able to transfer your entry to another event

Please note there is a withdrawal policy and Special Circumstances information which is on our website. **It's important you read it.**

[www.beyondthelimitations.org.uk](http://www.beyondthelimitations.org.uk)

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

### **During the race**

**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 from **10.00am**

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

Vet Prizes Women 1<sup>st</sup> in Age Category V40, V50, V60, V70, V80

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

**Presentation of awards will be made at Race HQ Boddington Manor at 1.30pm**

**First three Individuals Men and Women and any Veteran** who has finished the race

All other Veteran First Finishers in their age category **Awards at 3.00pm**

### **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.

### **Course**

The course has a UKA Certificate of Course Accuracy. The course is a single loop of 3.533.2 metres which is flat and fast course. Runners must keep to the left hand side of the road for the whole race and at no time cross to the right hand side of the road to cut corners this may cause danger to yourselves and other road users. Therefore please follow the advice of the marshals and if running in groups keep no more than four abreast and keep to the left hand side of the road. Should you be seen running in such a way as to cause danger to other road users then you risk disqualification.

## **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, Neil Meynell Tewkesbury marshals, The Royal British Legion Hardwicke, and Raynet UK Radio Communications

We wish you a successful Run.

Thank you for supporting the 50K Run

### **Beyond The Limitations Team**

## **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 follow this road for 0.75 of a mile just after the S bend there is a field on the left hand side of the road there will be a marshal on your left hand side of the road which will direct you into the event car park which is just before Boddington St Mary Magdalene Church

### **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 follow this road for 0.75 of a mile just after the S bend there is a field on the left hand side of the road there will be a marshal on your left hand side of the road which will

direct you into the event car park which is just before Boddington St Mary Magdalene Church

### **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 follow this road for 0.75 of a mile just after the S bend there is a field on the left hand side of the road there will be a marshal on your left hand side of the road which will direct you into the event car park which is just before Boddington St Mary Magdalene Church

### **From Cheltenham Town Centre**

Follow A4019 on the Tewkesbury Road coming out of Cheltenham at the first roundabout A4019 take the 2<sup>nd</sup> 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 follow this road for 0.75 of a mile just after the S bend there is a field on the left hand side of the road there will be a marshal on your left hand side of the road which will direct you into the event car park which is just before Boddington St Mary Magdalene Church

**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 follow this road for approximately ¾ of a mile just after the S bend there will be a marshal on your left hand

side of the road which will direct you to the event car park which is just before Boddington St Mary Magdalene Church

**Please ensure you keep to the left hand side of the road as the runners will be participating in the Boddington 100K Road Race.**

We wish you an enjoyable and successfully Run

Thank You for supporting our event

**Beyond The Limitations Team**





# Boddington 100k 50k starts @50k

