



10K RACE & 3K FUN RUN

Entrant Information

Supporting



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WELCOME

We are so excited to be able to welcome you to SDC's inaugural event for our 50th Anniversary year!

Our team set out planning this year of celebration a long time ago and our intention was to find a way that we could properly mark the occasion of our birthday. Involving as many people possible, all while raising as much money as we can for charities.

We would like to thank everybody who has played a part in helping to make these events happen. A huge amount of work goes on behind the scenes to be able to deliver events of this scale and a great many people have been involved to bring this to fruition. Moreover a lot of the staff you will see on the day have other roles within SDC and are volunteering to support this incredible charity event. To them we are hugely thankful.

We also must say a thank you to our wonderful sponsors, not just to our sponsors for this event, but to all our sponsors throughout the next 12 months for their generosity and willingness to support SDC through our anniversary.

The latest weather forecast is looking good and we are all set for an incredible day!

Enjoy the run and we hope to see you again at one of our other events!

All the best,
SDC Events Team

COVID-19

Participant code of conduct

If you observe and respect the event rules, social distancing and hygiene practices put in place, risks to you and others will be kept to a minimum. Please ensure that you read and observe this code to ensure a safe and enjoyable event for everyone.

- ✎ Do not travel to the event if you are showing any symptoms of COVID-19. Do not travel to the event if you, or someone you live with has symptoms of COVID-19, currently recognised as one of the following.
 - ✎ A high temperature
 - ✎ A new, continuous cough
 - ✎ A loss of, or change to, your sense of smell or taste.
- ✎ Do your homework – Make sure you are aware of and understand the pre-race briefing information offered by your event.
- ✎ Do not swap your race number or give your place to another participant. Please contact SDC events so that we can transfer the booking
- ✎ Be respectful to volunteers and participants.
- ✎ Observe social distancing wherever possible.
- ✎ Be aware of your personal hygiene e.g. avoid spitting & nasal clearance.
- ✎ Bring hand sanitiser.
- ✎ If you experience COVID-19 symptoms soon after the event, you should report this using the NHS Test & Trace App.

SCHEDULE



EVENT INFO

EVENT ADDRESS

Bedford Autodrome
Thurleigh
Bedford
MK44 2YP

RACE RESULTS

Race results will be available to view straight after the race:
<http://results.eventchiptiming.com/Results.aspx?CId=16202&RId=12039>

BAG DROP

There will be a bag drop available for runners only. Your race bib will include a tearaway strip with your race number on.

HEADPHONES

Headphones are permitted to be used, however we suggest that you are still able to hear what is happening around you including marshals instructions.

COURSE MARSHALS

Volunteer marshals wearing hi-vis vests will be positioned at regular intervals around the route and at key junctions and turning points.

TIME LIMIT

There is no time limit or cut offs for our races, and we encourage runners of all abilities to join us. We will not pack away or breakdown while people are still participating.

LITTER

Please dispose of your litter responsibly throughout the event. Bins will be available across the site and we encourage you to help us leave this area clean and tidy.

Runners – There will be a bin shortly after the water station for your drinks to go in. this will help people tripping over discarded litter and bottles.

TOILETS

There will be ample toilet facilities available in the Event Village including a disabled access toilet.

DOGS

Dogs are not permitted to be brought into the venue.

3K FUN RUN

Start times

The Fun Run will start at 10:00 – Please make sure you are at the start line by 09:55.

Results

View as soon as runners cross the line.

<http://results.eventchiptiming.com/Results.aspx?CId=16202&RId=12039>

Elevation/ Terrain

The entire route is run on a motorsport circuit so is almost completely flat and offers PB potential!

Route

Below is the route for the 3k. Please take your time to familiarise yourself before

race day although marshals will be on hand to help!

Race Packs

Race packs will be available to collect on race day. Collection of race packs will open at 09:00.

Medical

Full professional medical cover will be provided throughout the course.

Water Stations

There will be one water station on the course (at approx. 2.5k). Water will also be available at the finish for all participants.



10K RACE

Start times

The 10k Race will start at 11:00 – There will be a warm up conducted at 10:45.

Results

View as soon as runners cross the line.

<http://results.eventchiptiming.com/Results.aspx?CId=16202&RId=12039>

Elevation/ Terrain

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Route

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Race packs will be available to collect on race day. Collection of race packs will open at 09:00.

Medical

Full professional medical cover will be provided throughout the course.

Water Stations

There will be one water station on the course at approx. 2.5k which you will pass twice. Water will also be available at the finish for all participants.



RACE PACKS

RACE BIBS

Your timing chip will be attached to the back of your bib. **DO NOT REMOVE THIS.**

Remember... no chip, no result!

FINISHER T-SHIRT

Finisher t-shirts will be provided to all those entered for the 10k Race. These will be available in the size specified when you registered.

FINISHER MEDALS

All runners will receive a high quality, custom made medal for finishing. This will be given out at the finish line by members from the charity.

TIMING CHIP

Your finishing time will be based on your chip time. This time starts when **YOU** cross the start line, not when the first runner does. The chip is disposable so you do not need to return this post event.

SAFETY PINS

Safety pins will be provided in your race pack. Please use these to pin your race number to the front of your top.



EVENT VILLAGE

Don't forget that we're much more than just a running race! Our Event village is packed full of other activities and entertainment to keep spectators busy!



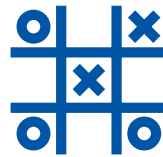
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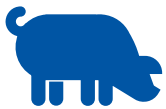
Seating



Pizza Van



Kids Games



Hog Roast



Foot Darts



Bar



Free Parking



Ice Cream Van



Plenty of Toilets



Coffee Van



Disabled access

SPECTATOR INFO

Event Village

The Event Village will be open from 09:00 on race day.

Entry to the village is free, and you don't have to run to come and get involved! Invite your friends & family to come and cheer you on then stay and join us for some food and fun!

Cheering point

The finish straight is the prime viewing spot to cheer on a loved one! Bring bells, whistles and your best banners to work up an appetite for some seriously good food! From here you will be able to see your favourite runner as they approach 5k & again for the finish. Celebrate with them after with a well deserved drink from our bar!



MEDICAL INFO

Running is such a great way to stay healthy and your health is our number one concern. This is why we have included this page in your instructions to ensure you have a fun, enjoyable and safe run!

CURRENT HEALTH

Many people run everyday without issue but it is important that you talk with your doctor if you have ongoing health concerns before taking part in a competitive sport like this event. Running can aggravate ongoing conditions like asthma, diabetes or heart problems.

MEDICATION AND PAINKILLERS

You should also be very careful to avoid NSAID (nonsteroidal anti-inflammatory drug) medications whilst training and running. Drugs such as larger doses of aspirin, voltarol, ibuprofen and naproxen can cause kidney problems when combined with high intensity exercise, and in very rare cases can affect bowel function. This also applies to the use of creams for pain relief. If pain relief is required, please use paracetamol instead. Please discuss running the event with your GP if you take any of these medications regularly. If you have any concerns about medication, please speak to your doctor.

Finally, drugs to dry up runny noses, can increase your blood pressure and interfere with the heart's electrical circuitry and so should be avoided for a few days prior to the event and not taken whilst training. Stimulants of any kind should not be used.

WEATHER

It is really important to have the correct running wear. Weather related conditions hyperthermia & hypothermia can occur if the right precautions are not taken.

Overheating and heat stroke are the most common medical issues at running events. Ensure you check the weather and dress accordingly.

MEDICAL INFO

HYDRATION

Ensure you plan the fluid intake you require; drinking too much or too little are both as dangerous.

Take the time to work out how much fluid you have needed during your training.

FEELING UNWELL?

If you wake up and feel under the weather, whilst we cannot stop you from taking part, it is important to listen to your body and consider if you should.

If you feel yourself getting confused or too hot, or very weak, this may be a sign of heat stroke and you must stop immediately and get help from one of the medical team. Heat stroke is a very serious condition. Those that suffer severe consequences are those that don't listen to their body saying stop.

SUMMARY

- Take care and listen to your body.
- Make sure you have trained properly, following a good training plan well ahead of race day.
- Consult your GP if you have any medical problems or are taking medications. If you are unsure if you are feeling unwell before the race, DO NOT run.
- If you become unwell during the race, stop and seek medical advice and seek medical attention at the nearest first aid station or speak with a race marshal.
- Avoid taking NSAID medications/ painkillers on race day.
- Drink sensibly during the race and do not take too much or too few fluids.
- If you feel unwell after the race, seek advice.

HYDRATION

Ensure you plan the fluid intake you require; drinking too much or too little are both as dangerous.

Take the time to work out how much fluid you have needed during your training.

WATER STATIONS

Runners on the 3k Fun Run will pass the water station on the course once and runners on the 10k distance will pass this twice.

There will be water available to all runners at the finish line.

TRAVEL INFO

BY ROAD

The venue is at Bedford Autodrome in Thurleigh which is accessed from Thurleigh Road off the A6. We will have road signs in place leading into the venue.

PARKING

Parking is on site and FREE. When you arrive, follow the SDC signage which will lead you in – Note the driveway is very long!

Parking marshals will be on hand to assist.

TRAIN

The nearest train station to Bedford Autodrome is Bedford (20 minutes). Trains from London leave from either St Pancras or any Thameslink station approximately every 20 minutes.

THE CHARITY

It's not too late to raise money for our amazing charity!

By taking part in this 10k Race & Fun Run, you are helping to support Bowel Cancer UK who fund critical research and provide assistance to everyone affected by Bowel Cancer.

Visit www.sdc50.co.uk to find out more!

Team Bex raise money for Bowel Cancer UK by completing running events throughout the UK in memory of Rebecca 'Bex' Griffiths.



We will be collecting food donations for Bedford Foodbank on race day and would be massively grateful if you can bring any of the below items with you:

- UHT milk
- Cup-a-soup
- Fruit juice (long life)
- Tinned ham
- Tinned veg
- Tinned tuna
- Tinned rice pudding
- Tinned fruit
- Jam
- Rice
- Coffee
- Biscuits
- Shampoo
- Washing up liquid
- Anti-bac spray
- Deodorant
- Tin openers

DON'T FORGET

ON THE DAY ENTRIES

There will be on the day entries available so don't worry if any friends haven't registered! Just have them head to race pack collection to register.

RACE DAY PHOTOS

Pictures from the day will be available shortly after at www.sdc50.co.uk

Photos will be free, but we would welcome a small donation.

OTHER EVENTS

Check out our other events! Over at sdc50.co.uk we have information about us and the other events we are offering throughout the year!

We'll see you there!

THANK YOU

EVENT SPONSORS



OUR PARTNERS

MCD EVENTS

50TH YEAR GOLD SPONSORS

