



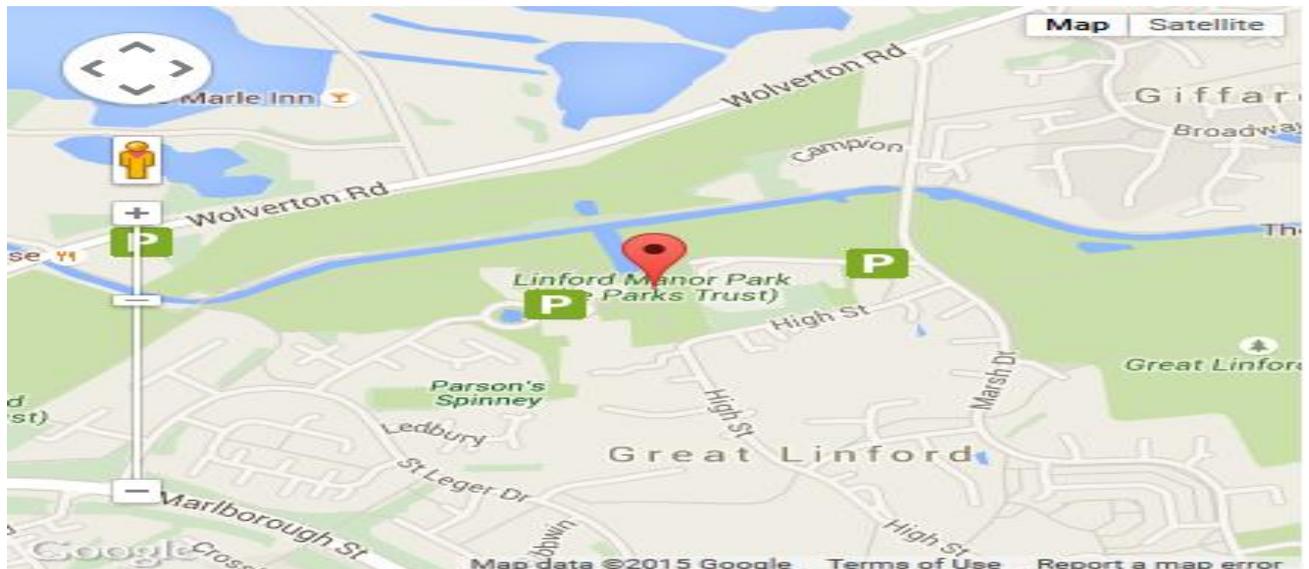
BEAT THE BARGE –INFORMATION

BEAT THE BARGE 2019 will be held on Saturday 3rd August at Linford Manor Park. Race start is at 4pm.

Weather permitting (the forecast is good) we are hoping to make a day of it in the park with some stalls, a food van, cake stall and massages. Please feel free to bring a picnic and spend some time among friends after beating that pesky barge! If you not running please come along and support your club.

Getting there

Linford Manor can be found in the village of Great Linford, with access from Marsh Drive, the High Street, or Parklands via St Leger Drive. Postcode for SatNav users MK14 5AX



Car parking

Free car parking at the following locations:

- Off Marsh Drive
- Off Parklands, in front of the Arts workshop buildings

Toilets

There are no public toilets in Linford Manor Park however we have agreed the use of toilets at the Nags Head public house which is located just outside the park gates.

Refreshments

There will be various stalls in the event 'village' including a food van operated by Redway Runner Sarah King. Food and drink will also be available from the Nags Head in plastic glasses which can be taken into the park area so bring your pocket money.

Spectators / Supporters

Spectators are positively encouraged. We are hoping to create a fun, family friendly event with plenty of room for picnics and games in the park area. Please be aware that the canal towpath is narrow in places which are not suitable for spectators.

Registration

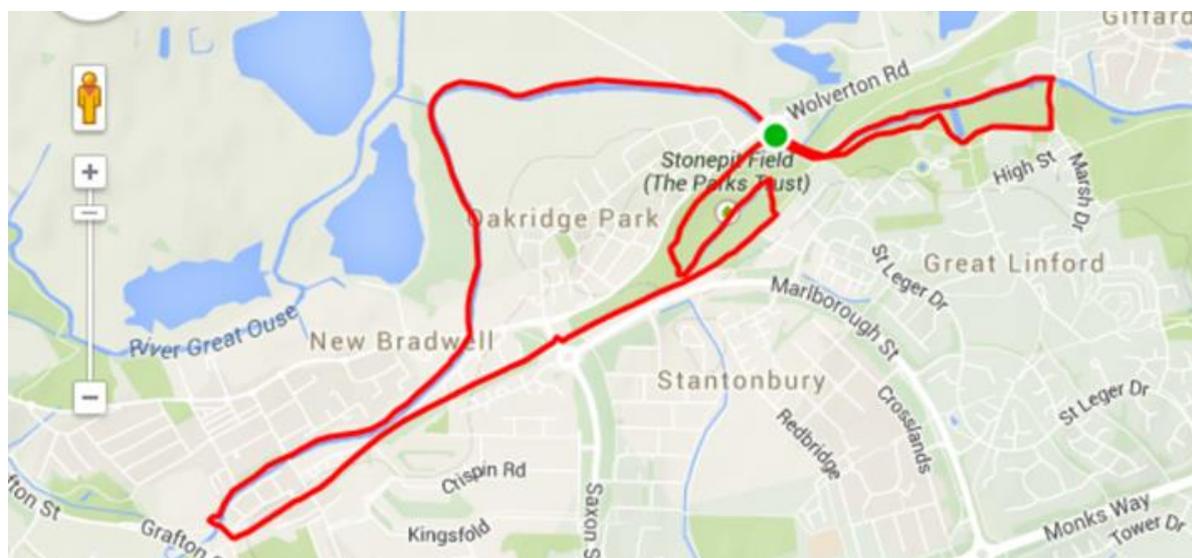
The registration marquee will be open from 3pm with the start of the Race at 4pm. Please arrive in plenty of time to register. If you have not registered (or notified us) by 3.45pm we will sell 'on the day' places, cash only £12.50 on a first come first serve basis.

There will be a (non secure) bag drop area available if required.

Race Details

This is an approximate 5 mile, multi terrain route taking in the canal towpath, open fields, woodland bridleway and a redway section. We do not have sole use of the paths so please be aware of other users.

PLEASE NOTE THAT THIS IS A PREDOMINANTLY OFF ROAD EVENT WITH UNEAVEN SURFACES, ONE SET OF STEPS AND SOME NARROW PATHS. EXTRA CARE SHOULD BE TAKEN AT ALL TIMES OF YOUR SURROUNDINGS



The barge will travel along the canal section of the route (Approximately the last 2 miles). Can you complete the 5 mile course to get back to the finish before it?!

Timing

The event will be timed and results published based on a 'parkrun' type system. On crossing the finish line you will be handed a numbered token which must be exchanged for your goodie bag. Results and times will be published on redwayrunners.com in the Beat The Barge section of the events tab.

Water

Please note that there will be no water station on route however bottled water will be provided at the finish. If the weather is warm then please do bring your own water to run with

Awards

All finishers will receive a bespoke BTB Medal and goodie bag

Trophies will also be awarded to the first male and first female finishers. We also have prizes for 2nd and 3rd places provided by the Treatment Lab.

Every runner will receive a raffle ticket in their goodie bag for some spot prizes which have kindly been donated. The raffle will be drawn after the presentation. Winners have to be there to claim their prize if not present it will be re-drawn.

Event Schedule

3pm	Registration opens
3.15pm	Barge leaves the event village to get to its start point
3.45pm	Charity cheque presentation
3.50pm	Race Briefing
4pm	Race Start
5.30pm	Presentations and spot raffle

Thank you for your support. We hope to have a really enjoyable afternoon.