

## **British Masters 5 Kilometre Road Championships**

**Sunday 3 December 2023**

**Start time: 11am**

**Battersea Park, London SW11 4NJ**

### **PARTICIPANTS' INSTRUCTIONS**

**From Ben Noad, Race Director**

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**Mobile: 07547 154352**

I hope you are well and excited to race in the British Masters 5k championships on a fast, flat, traffic free, 5k course in London's Battersea Park. The event is on Sunday, 3 December and is hosted by Veterans AC. Please read the email below carefully so that you are aware of the timings and the logistics for the day.

Note that the race is sold out. If for any reason you can no longer compete do let me know so I can manage the numbers.

### **Location and Course Map**

The race will take place on tarmac roads in Battersea Park, London SW11 4NJ. [Here is a Course Map](#). It shows the Bandstand (Race HQ), Start and Finish points, the designated Toilets, the Rosary Gate and Albert Gate car parks, the Millennium Arena (changing and showers) and the Pear Tree café (medals ceremony). The course consists of 2 anti-clockwise laps plus a finish section. The marshal points are also shown on the map.

### **Travel**

The nearest train station to Battersea Park is Battersea Park station, approximately ten minutes' walk away. The closest tube stations are Battersea Power Station on the Northern Line (15 minutes' walk) and Sloane Square on the District & Circle lines (20 minutes' walk). There are also buses which use Chelsea Bridge Road adjacent to Battersea Park. Check the [Transport for London website](#) for details. Also check the national news sites for information about any planned industrial action by travel providers on the day of the event.

For those driving, there are two car parks within Battersea Park. Charges apply. The biggest car park is accessed via the Rosary Gate. The other is reached via Albert Gate. There should be sufficient spaces if you arrive reasonably early. There could be some free street parking on the roads off Prince of Wales Drive on the south side of Battersea Park but please check for any restrictions, such as residents parking only.

Please be aware that Battersea Park is **inside TfL's Ultra Low Emission Zone (ULEZ)** which applies all day, every day. You must pay the ULEZ charge (£12.50) online if you enter the zone and your vehicle is in the chargeable category. Battersea Park is **NOT** in **London's Congestion Charge Zone** but if you are driving, please be aware that the boundary is nearby in Lambeth and Westminster. The Congestion Charge applies from midday to 6pm on

Sundays. Check [Transport for London's website \(Driving in London\)](#) for information about the ULEZ and Congestion zones and liability for charges.

## Facilities

Changing and showering facilities are available at the Millennium Arena in Battersea Park. A charge is made for the use of these facilities, but the BMAF has agreed to pay for each race entrant who uses the facilities. TELL THE RECEPTIONIST YOUR NAME AND RACE NUMBER, and you should not be charged. Please come ready to race if possible.

The designated toilets for competitors are close to Race HQ at the Bandstand on Central Avenue.

Bottles of water will be available at the finish after the race but please consider bringing your own water. Refreshments will be available after the race at the Pear Tree café on Carriage Drive East. This is where the medals ceremony will be held at approximately 12.30pm.

There will be a Baggage Area within the Bandstand. A race marshal will be in attendance nearby but please note that we do not claim that the area is secure. Lockers are available (at an extra charge) in the Millennium Arena for those who are using the changing/showering facilities.

## Registration/Race HQ

You must pick up your Race Pack from the Registration Desk at the Bandstand on Central Avenue. It will be open from 9.30am. Please allow plenty of time. The Race Pack will contain your bib number (front of vest) and a timing chip (attached to your foot). You will also be given an Age Group number to be pinned on your back. Safety pins will be available but please consider bringing your own (six pins will be needed). Please remember to complete your emergency contact and medical information on the reverse of your bib number.

When at the Race Registration/Bandstand please consider wearing a face covering and observing social distancing when registering.

## Race Logistics

There will be chip timing. To prevent congestion, the race will be started in two waves, two minutes apart.

**Wave One, 11am.** For Men aged 35 to 64 (M35 - M60 age groups, inclusive).

**Wave Two, 11.02am.** For all Women and Men aged 65 and over (W35 – W100+ and M65+)

Marshals will direct you to the correct wave. On the start line, you will receive a pre-race briefing. This will cover details of the course and instruct you to keep to the left of the carriageways. It will also remind you that we are sharing the park with other park users, for example cyclists, walkers, dogs, children and other runners. Always be courteous, follow marshals' instructions and be prepared to give way to the other users of the park.

PLEASE REMEMBER TO REMOVE YOUR TIMING CHIP AFTER YOU FINISH AND PLACE IT IN THE BUCKETS PROVIDED.

## **First Aid**

First aid is provided by Bespoke Medics. There will be an ambulance parked at the Bandstand. There will be one First Aider at the Bandstand and one at the finish. If you are injured or feel unwell at the event, please seek their advice. If you are injured or feel unwell during the race, and need support, please consult a marshal or ask another runner to do so. The marshals can summon help if necessary.

## **Covid-19**

Please do not attend the event if you are testing positive for Covid-19 or showing symptoms. Whilst restrictions on gatherings have been lifted, we need to be mindful of the transmission of Covid-19. Face coverings are not required but if you are in close contact with people, we advise you to bring one with you and wear it if you feel personally that the situation requires it. There will be hand sanitiser available at the Registration desk but do consider bringing your own.

## **Medals**

The Medals Ceremony will take place at the Pear Tree café on Carriage Drive East at around 12.30pm.

All runners are eligible for individual BMAF medals which are awarded to the first three finishers in each five-year age category from 35 to 100+. There are also BMAF men's and women's team competitions for first claim members of UKA clubs with three to score in ten-year age bands (35-44, 45-54, etc) if at least 2 teams finish. The teams will be automatically allocated.

## **Results**

The results will appear soon after the finish of the race at a link to be provided.

The results will be submitted to Po10/Runbritain within 48hrs. Please do not attempt to ask officials or seek paper copies near the finish line. None will be given.

If you have any questions, do let me know and I look forward to welcoming you to Battersea Park for a fine celebration of Masters' racing.

Kind regards

Ben Noad

Race Director

07547 154352

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