Boddington 100K Run
Cheltenham Gloucestershire
Saturday 16th May Start 08:00am

Before the Race

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

Registration and general enquiries: are located at Boddington Manor, Boddington, Cheltenham, Gloucestershire. GL51 0TJ

Registration will be open from 06:30am on race day

Road Closure

There is a road closure coming out of Staverton Village to just past Boddington Church St Marys which is the long straight on the course.

This section of road will be closed from 7.00am to 7.30pm

Boddington 100K Run Start is at 08.00am- Time Limit 12 Hours

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 7:20am 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.

The Race Briefing will take place at Race Registration Boddington Manor at 07:25am

The Start is 204 metres 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 to the start of the 100K Race. Please allow enough time to get to the start.

Race Briefing
Assemble for race briefing will take place at race registration at 07.25am at Boddington Manor Race HQ

Age Limit 20 Years of Age
COURSE - The course is 204m to church gate, then 28 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 is changing rooms and showers available for Women and 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

In the interest of your own safety and that of your fellow runners you will not be allowed to run wearing an M P3 player or portable audio device (iPod or similar) and you will risk being disqualified by the race referee. The roads will be closed to traffic along the long straight from Staverton village to St Marys Church Boddington the remaining of the course will be open to traffic and if you are not be fully aware of traffic around you. Neither will you hear instructions from marshals or the police.

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

Postponement Extreme Weather Conditions
In the unfortunate postponement of the event through circumstances beyond the control of the race organisers the event will be organised at the earliest possible date.

There will be no refunds but we have provided Event Protect Insurance free of charge for every one whom as entered this race. Please read section below Event Protect Insurance.

In the event of the race being postponed we will email you with the new date of the race also details will be put on the website www.beyondthelimitations.org.uk
Event Protect Insurance Fee to runners who enter the Boddington Marathon

Event Protect Insurance cover is included within your entry fee for this race. For further information of the cover being provided through Allianz Insurance please read section below.

Beyond The Limitations is an official Member of the Event Protect Programme – the industry standard in event cancellation protection. If this event is cancelled / postponed / abandoned / curtailed due to an unforeseen circumstance covered by the Event Protect policy, you may be entitled to a full or partial refund of your transaction costs. Event Protect ensures a fast, fair and transparent process for all ticket holders. For more information on the Event Protect Membership Programme and how to apply for a refund, please see our dedicated information page here: [http://bit.ly/2Fo78QB](http://bit.ly/2Fo78QB)

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

During the race

Please do not cause concerns by running 4 or more abreast and, at the same time, follow the advice of marshals and if running in groups keep no more than three abreast. 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](http://bit.ly/2Fo78QB)

Refreshments: Are available coffee, tea, rolls and cakes at Race HQ

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

- Vet Prizes Women V40, V50, V60, V70, V80
- Vet Prizes Men V40, V50, V60, V70, V/80
- British 100K Championship 1st, 2nd, 3rd Men & Women Individuals
- Anglo Celtic Plate 100K 1st 2nd 3rd, Men & Women Individuals
Anglo Celtic Plate 100K Home International Team Race

1st Team Men & Women (3 to score) Winning Teams (lowest aggregate time) If the times in the team race are equal Men or Women the fourth scoring members of the team time will decide the winner of the Team Race unless these two runners from their county run the same times. This will mean the fifth scoring member of the team time will decide the winner of the team race Men or Women.

(Only runners entered in the open race can win only one prize)

Presentation of awards will be made as soon as possible at Boddington Manor Race HQ

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 Consists of 204 metres to church gate then 28 laps anticlockwise laps of 3.533.2 metres then 687 metres to the finish at Boddington Manor on a flat and fast course. Please take note of the marshal’s advice on the course route if running in groups keep no more than three abreast should you be seen running in such a way as to cause danger to other road users then you risk disqualification.

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Accommodation

There is Twin Room available at The Premier Inn the Brewery Cheltenham at a special rate Twin room for two people at £51.00 per night Friday 15th May to Sunday 17th May 2020. This does not include Breakfast. You can book these rooms at this room rate through Anne Wilson Email: Wilsonanne691@aol.com Mobile 07979 865453 (What’s App)
These rooms are available to Thursday 9th April 2020. Under no circumstances can the rooms be reserved after the above date.

There are restaurants within 0.5 miles from The Brewery Cheltenham.

Travel Directions

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 for 2 miles over the Motorway M5 withy bridge on the right hand side of the road is the Gloucester Old Spot Public House take the next turning left signed Boddington for approximately 0.50 of a mile Boddington Manor is on the left hand side of the road. There will be a sign to direct you left into the Manor follow the road straight on then folk right and you will be directed into the car park.

From the Premier Inn The Brewery Cheltenham it’s 4.5 miles to Boddington Manor

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 follow this road for approximately 0.5 miles on your left hand side of the road is Boddington Manor turn left into the manor and follow signs to car park

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 and the Royal British Legion Hardwicke Branch who have kindly offered their services

We wish you an enjoyable and successful Run

Thank You for supporting our event

Beyond The Limitations
Boddington 100k
50k starts  @50k