

Byfleet Running Festival (BRF) 2015 Event Information

Supported by  **Nuffield Health**
FOR THE LOVE OF LIFE

This is the second year of the BRF where we are raising funds towards our major project to refurbish, extend and improve the facilities available to the local community at St Mary's Church Hall, Byfleet.

Work has already commenced with a refurbished floor and new double glazing and curtains in the main hall. Building is scheduled to start next year on phase one, which will add a professionally equipped kitchen and additional storage.

Our aim is to provide a modern yet affordable facility available to the many groups and organisations in the local area. In particular this will allow additional scope for children's and young people's activities, eventually hopefully including a sports area.

This year we are very pleased that the event is supported by Nuffield Health who will be providing prizes, bottles of water and some freebies at the finish. Every finisher, including the children, will also receive a medal as they cross the finish line.

BRF 2015 consists of 2 main races and 3 children's races; entry charges have been kept the same as last year:

| | | |
|------------------|---------------------------|---------------------------|
| 10k race | £19 | start time 9:30am |
| 5k race | £12 | start time 9:36am |
| Children's races | £5 | start time approx 10:45am |
| Ages 3-5 | 1 lap | |
| Ages 4-8 | 2 laps | |
| Ages 7-11 | 3 laps | |
| | (each lap is approx 320m) | |

Children may enter the 5k and 10k races but those under 11 must run with a parent/guardian. All runners run at their own risk.

For the main races we may be able to accept a few entries on the day but reserve the right to remove this facility if it becomes too busy for our limited registration resources; so to guarantee your place please enter online.

For the children's races entry can either be online or on the day at the children's registration desk before 9:20am.



The main races will be fully marshalled and professionally chip timed. Please note that race numbers and timing chips will not be sent out in advance of the race. These will need to be collected at the race registration desk on the morning of the event so please leave plenty of time for this. Race registration will be at St Mary's Church Hall (opposite the Church), open from 8am. There will also be a secure bag drop at the hall which will remain fully staffed during the event.

Free parking will be available at the Church Hall, however if you find yourself needing to park on local roads we ask that you are considerate to the need for access for local residents.

Toilets will be available at the Church Hall however there will be no separate changing facilities so we ask that you arrive "ready to run"!

Refreshments will be available throughout the morning for your non-running supporters and for you to refuel once your race is done, so please bring friends and family to cheer you on as we are hoping for a great family atmosphere.



The Courses

10k Race: The start will be in 3 acre field, off Sanway Road (opposite St Mary's Church). The course exits the field and turns left onto Sanway Road and then left onto Rectory Lane. After approx. 100 meters the course then heads straight ahead onto Murray's Lane and crosses over the M25.

The course then turns right onto the Wey Navigation and follows the tow path towards New Haw, passing Byfleet Boat Club on the way. At the junction with the Basingstoke Canal the course turns left, crossing the canal by the foot bridge to follow the Basingstoke Canal tow path towards West Byfleet.

At Scotland Bridge the course heads back on itself by a separate path before rejoining the tow path towards the Wey Navigation. After crossing the foot bridge again the route turns left towards Addlestone, following the tow path to the White Hart lock where there will be a water station.

The course then heads straight back to Byfleet following the Wey Navigation, past Byfleet Boat House and then turning left back onto Murray's Lane to finish on the 3 acre field.

5K Race: This is an out and back course as detailed above for the 10k with the mid way turn point being approximately 100m after passing Byfleet Boat Club.