

Byfleet Running Festival (BRF) 2019 Event Information

Supported by



Wingate & Withers
ESTATE AGENTS

This is now the sixth year of the Byfleet Running Festival !

Following the success of recent years which have contributed greatly to the refurbishment of the facilities available at Byfleet St Mary's Church Community Hall we have chosen a mix of different good causes to support this year. This includes local school facilities in Byfleet, much needed repair work for the historic building of St Mary's Church in Byfleet and finally support for a new not-for-profit enterprise based in London to help the rehabilitation of women that have been rescued from modern slavery. All entry proceeds after our operating costs (which with the great volunteer support we have are as minimal as possible!) will go to these causes.

The courses are 99% off road using the Wey Navigation and Basingstoke Canal towpaths and both races are fully marshalled and chip timed.

Once again we are pleased that Nuffield Health are supporting us by providing on the day race management and handouts. All finishers will receive a medal and this year we will be awarding gold, silver and bronze places for both senior and veteran female and male age groups in each race.

Charges are as follows:

10K race	£22.50	start time 10:30am
5K race	£12.50	start time 10:36am

Children aged 11+ may enter the 5K or 10K as individual runners (full price).

Children under 11 may run the 5K for £5 by entering on the day, but must run with a full paying parent/guardian.

All runners run at their own risk and all novice/first time runners are advised to book a health check with their GP prior to competing.

We will also have a variety of children's races (320m loop on our 3 acre field) that can be entered on the day. There will be a change in format this year in that these races will happen BEFORE the 10K/5K and will start at 10.00am.

Further details are to follow !!

For the main races we will 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. Entries on the day will incur an additional charge of £2.50 for either race.

Race HQ is at the church hall in Church Road, Byfleet, postcode KT14 7NF.



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 between 8am and 10.00am. 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 once again.



The Courses

Both courses start with 2 laps of the field and then head out over the M25 and onto the canal towpaths. There will be one water station on the 10K route at around 6K.

We request that you DO NOT wear headphones during the event on safety grounds.