

TWO BAYS TOUGH 10 & FRIENDLY 5

***** 25th February 2018 - Start Time 11:00am *****

FINAL DETAILS

These are the Final Details for entrants competing in either the **2018 Easy Runner 'Two Bays Tough Ten' or the 'Friendly Five.'** Please spend a few minutes, even if you are a regular participant, to read this as things have changed from previous years.

Please note: *No entries on the day. Entry fees are non-refundable and you cannot carry over your entry to next year.*

RUNNING NUMBERS These will **not** be posted to you this year but can be collected at Weston College from 08:30 on race-day. Local entrants – numbers can be collected at the Weston AC Prom Run on Thursday 22nd February. It is essential that your number is worn, **IN FULL** on the **FRONT** of your running top. Do not give your number to another competitor – see 'Number Swap' below for procedure. As an entrant, no additional registration is required. If you have any queries then please contact Caroline, the Race Secretary, by e-mail at entriesssecretary@twobaystoughten.co.uk. We will attempt to deal with all messages within 24 hours.

NUMBER CHANGE If you are unable to run but someone else wishes to run in your place, then please let us know. This is not a problem so long as we have **a)** the details of the new runner on a signed entry form from them and **b)** a confirmation from you agreeing to this number hand over. Please note that if the number swap involves a runner from the opposite gender then a new number will be required too, so please send in the old number and request a new one. **Changes close 5pm Friday 23rd. No number changes on the day.**

CHIP TIMING This year we are again using disposable timing chips that are pre-affixed to the reverse of your running number. By wearing your running number correctly you will enable your chip to work properly.

If you have entered the main race but also intend to accompany your child in the Fun Run then you should note that your chip will not register for the Fun Run. If you wish to have a time & recorded place for the Fun Run, you must pay for a Fun Run entry separately and obtain a separate timing chip.

If you have entered for the Two Bays Tough Ten you can, if you wish, change down to the Friendly Five or the Fun Run but we will need to issue you with a new race number. **The reverse is NOT possible – you cannot 'upgrade' from the Friendly Five / Fun Run to the 10 mile race.**

MESSAGE FROM YOUR RACE DIRECTOR

I welcome all runners to the 27th 'Two Bays Tough Ten' and the 2nd 'Friendly Five'. After complimentary comments from last year we will be making the 'Friendly Five' a permanent race. As you can see, the tide has resulted in the race being three weeks later this year and I thank Nailsea RC for allowing this date change. The courses will be as last year. I once again take this opportunity to thank all our marshals and sponsors who have all committed to continue their support of this event. Finally I wish you, the runner, an enjoyable race with, hopefully, a great day out in Weston-super-Mare.

Roland Gibbard

FUTURE DIARY DATE: Feb 17th 2019

The 28th Two Bays Events & Fun Run

Any last minute news or information will be placed on our Facebook event page.



YOUR SAFETY!

Medical Details – When you pick up your race number please ensure you complete the required details on the reverse so that, in the event of an emergency, all the relevant information is available to race and medical personnel. Pens will be available at the number pick-up point at Weston College.

Note: that if you have an existing condition such as epilepsy, diabetes or history of heart problems then please advise us before race-day so we can inform our medical providers. It will save a great deal of time and worry on the day should you get into any difficulty.

Personal Music Players Banned - To prevent accidents and to hear instructions from marshals, the wearing of personal music players is banned from this event and individuals ignoring this rule will be disqualified from the results. We know, during training, many runners like to wear them but it is not safe during a mass participant race.

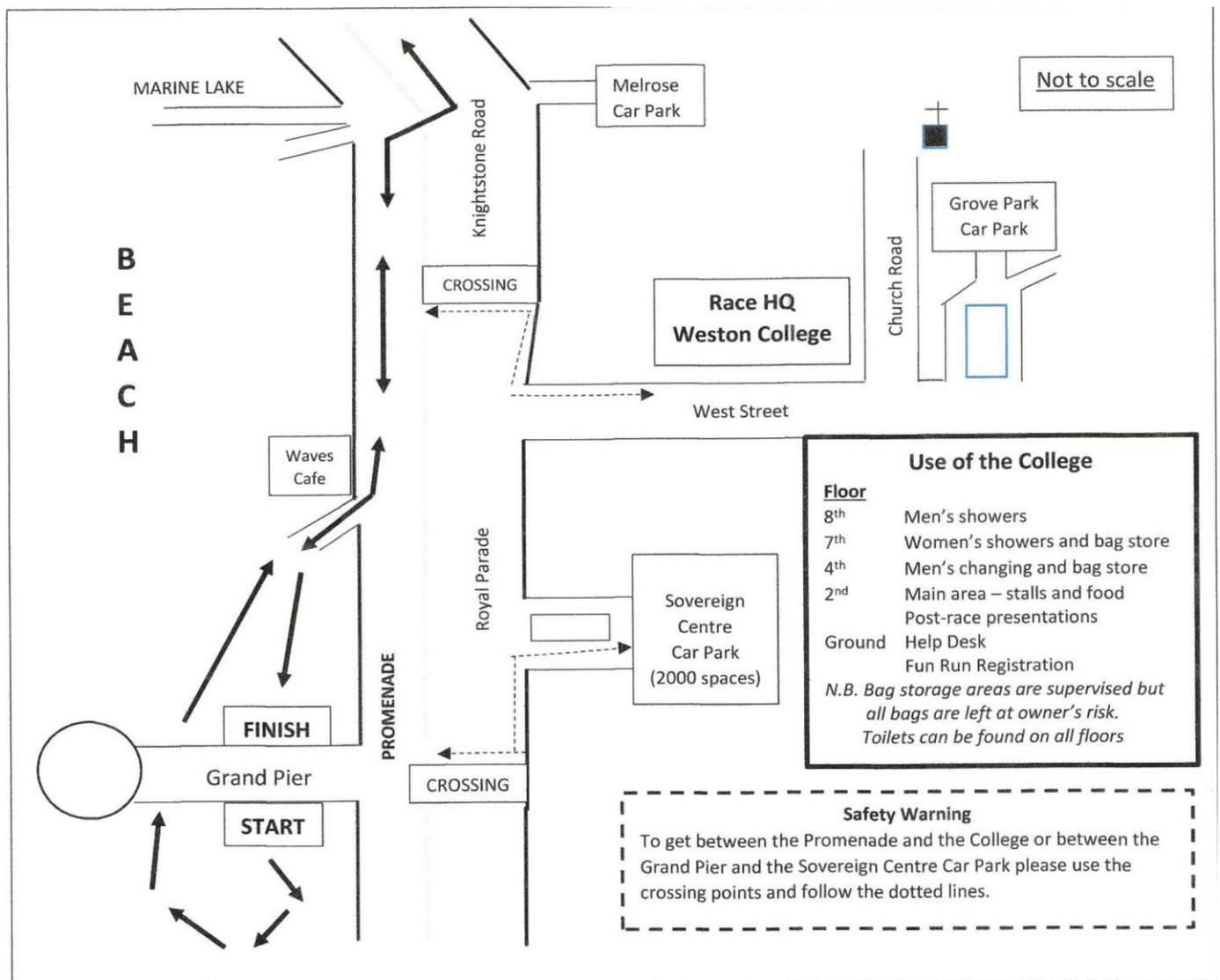
RACE HQ

This is Weston College which is located some 400m to the north (right as you look out to sea) of the Grand Pier and the Sea Front at Weston-super-Mare. Look for the Cabot Hotel or Thatched Cottage Restaurant as your landmarks, though you can hardly miss the 8 storey building found about 100m from the sea front. It will be open from 08:30am providing opportunities to purchase food and drink, offering shelter, etc. for runners and spectators.

CAR PARKING

There is no parking within the immediate vicinity of the College although there are spaces for over 2,000 cars within 400m of the building. Please consult the map below for car park locations. Charges may apply!

RACE HQ, WESTON SEA FRONT AND PROMENADE



DISABLED SPECTATORS – PARKING / TOILETS ETC

If you require details / advice then please call the race hotline (07934 753883) for advice.

All please note: Toilets situated along the Promenade require a 20p entrance fee!

BAGGAGE

To safeguard personal property we are pleased to offer a bag storage facility. If you wish to deposit a bag please write your race number on your luggage label (available at Weston College) and securely attach it to your bag. You will only be able to reclaim your bag by showing your race number. Please leave plenty of time to deposit your bag before the race starts as the bag store area may be busy. The bag storage areas are supervised but please be aware that neither Weston College nor the Race Organiser accepts any liability for loss or damage, and all personal property is left at the owner's risk. (Men on 4th Floor; women on 7th Floor)

SOUVENIR RACE WEAR

Sporting Print will be selling commemorative race T-shirts in the Race HQ (Weston College).

THE 'TOUGH TEN' COURSE

Details are shown on Google Maps and a course 'flyover' video on our website. In summary:- approx. 4 miles are on tarmac promenade or closed roads. About 3½ miles are on woodland paths/fields/salt marshes and about 2½ miles are on beach/sand/pebbles. Surfaces vary but are generally firm and most runners use normal road shoes. The entire course is extensively marshalled. Water is provided at about ¾ and 7½ miles.

COURSE TIME LIMIT

To limit the time that we have road closures in place, we have to enforce a course time limit of 2¼ hours. If you reach the water station for the second time (approx. 7½ miles) after 12:50pm marshals will advise that roads will be opened before you can finish. You will then be deemed a member of the public and would be expected to run on the pavement wherever possible.

THE 'FRIENDLY FIVE' COURSE

Runners will keep with the main race until about the 2½ miles point where you will be asked to move to the right-hand side of the Toll Road ready to join a well-drained woodland footpath. The route back through the wood generally follows the Toll Road and is undulating which will test your fitness. Your usual trainers will suffice over this course. There will be no water station but marshals will man all key junctions.

RACE PHOTOGRAPHY

As usual, this year's race photographs will be taken by Eclipse Photography. You will be able to download your race photos free of charge from their website www.eclipse-studio.co.uk. This is included as part of your entry fee. We will make every endeavour to capture all runners at least once on the course and where we don't, we can only apologise. We expect all photos to be uploaded by Friday 2nd March.

If for any reason you would not like photographs of you or your children (aged under 18 years) to be shown, then please e-mail us (racedirector@twobaystoughten) and let us know. That doesn't mean you won't be able to access your photos, you will! In your e-mail please advise us that you would like private access and confirm the name, date of birth and full postal address. We will then send you a private link to the photos. Obviously we cannot operate this system for every runner as it is specifically designed for those who are concerned about images of their children being publicly available. Clearly we cannot guarantee that sometimes an individual won't be shown in the background / alongside another runner in their photo.

MEMENTO

All finishers will receive a 'goody bag' containing a commemorative medal, and other 'goodies.'

Running London Marathon 2018?



We offer weekend race packages in central London hotels for 1, 2, or 3 nights.

Our long weekend packages include:-

Fri / Sat: Escort to race registration.

Sat: Tour of the Finish. Race advice clinic and optional pre-race dinner.

Sun: Early breakfast, coach to the start, spectator service.

Post-race showers, and buffet.

We now offer a Tour to the London Landmarks Half Marathon (25th March)

RideLondon-Surrey 100 cycle event (28/29 July)

Tel: **01934-629911**

E-mail: info@wrptours.co.uk

Website: www.wrptours.co.uk

RESULTS

Please note that:

- our primary aim is to provide a fast and accurate awards ceremony.
- provisional results will be available straight after the race on www.fullonsport.co.uk.
- Full results will be on our website www.twobaystoughten.co.uk later on race day.

RACE AWARDS

Prize giving and presentations will take place in the main room on the 2nd floor of the College at approx. 1.15pm.

TROPHIES - Trophies will be presented to the First Man and First Woman in both races.

AWARDS - Awards will be presented to category winners in the form of vouchers for running goods.
These will be presented as follows:

TOUGH TEN

Men: First 10 overall - regardless of age
First 3 aged 40 – 44 and 45 – 49
First 2 aged 50 - 54 and 55 - 59
First aged 60 - 64, 65 - 69 and 70+

Women: First 10 overall - regardless of age.
First 3 aged 40 - 44 and 45 – 49
First 2 aged 50 – 54 and 55 –59
First aged 60+

FRIENDLY FIVE

First 3 overall – regardless of age
First over 40; over 50; over 60

First 3 overall – regardless of age
First over 40; over 50; over 60

N.B. Individuals are eligible to win both Open and Age Category prizes.

SPONSORS

We would like to thank all our sponsors: Easy Runner, SJH Machinery and North Somerset District Council for making this event happen and also the staff of Weston College and the many organisations and people who give up their time on race day to come and marshal for us.



RACE CHARITY

Muscular Dystrophy UK

We bring together more than 60 rare and very rare progressive muscle-weakening and wasting conditions, affecting around 70,000 children and adults in the UK.



- *We support high quality research to find effective treatments and cures and won't stop until we have found them for all muscle-wasting conditions.*
- We are leading the drive to get faster access to emerging treatment for families in the UK.
- We ensure everyone has the specialist NHS care and support they need – the right help at the right time, wherever they live.
- We provide a range of services and resources to help people live as independently as possible.

If you would like to run on behalf of Muscular Dystrophy UK in any of this year's races please register your interest. Standard entry fees still apply but we will be pleased to send you a fundraising pack and running vest or T-shirt if you would like to become a part of #Team Orange. Raising just £44 will fund an hour of world class research to beat muscle wasting conditions. For further information contact Gillian Jones at g.jones@muscular dystrophyuk.org