

TOUGH 10 & FRIENDLY 5

***** 5th February 2017 - Start Time 11:00am *****

CONFIRMATION OF ENTRY AND FINAL DETAILS

We are pleased to confirm that your entry for the **2017 Easy Runner Two Bays Tough Ten / Friendly Five** has been accepted. Your race number is enclosed. Please take a few minutes, even if you are a regular participant, to read about the plans for the day as things have changed from previous years.

Please note: entry fees are non-refundable and you cannot carry over your entry to next year.

RUNNING NUMBERS It is essential that your number is worn, using pins in all four corners, **IN FULL** on the **FRONT** of your vest/outer garment. Please do not give your number to another competitor unless you have officially registered the change of runner – see 'Number Swap' below for procedure. As a pre-entered runner you do not have to register with us on the day.

If you have any queries then please contact Caroline, the Race Secretary, by leaving a message on our answer machine on 07934 753883 or by e-mail to entriessecretary@twobaystoughten.co.uk. Messages will be dealt with within 3 working days.

NUMBER CHANGE If you are not able 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 letter 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. **Any number changes on the day must be completed by 09:30am.**

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.**

COMPLIMENTARY RACE PHOTOS See full details on page 3 of this document and also how to opt out if you would rather we don't make pictures of your children public on the internet.

MESSAGE FROM YOUR RACE DIRECTOR

I welcome all runners to the 26th 'Two Bays Tough Ten' and the first 'Friendly Five'. I hope that in trying to encompass all abilities you will find the new event to your liking - feedback appreciated! The tide and weather concerns have resulted in the start and finish now being below the Grand Pier and the small section of coastal path is now on the road. This results in a bigger loop on Sand Point and a change in mile markers, though quicker finishing times are expected. I 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. I hope you enjoy the new courses.

Roland Gibbard (Race Director)

FUTURE DIARY DATE: Feb 11th 2018

The 27th Two Bays Events & Fun Run

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



YOUR SAFETY!

Medical Details - Please ensure that you complete the required details on the reverse of your running number so that, in the event of an emergency, all the relevant information is available to race and medical personnel.

Note: that if you have an existing condition such as epilepsy, diabetes or history of heart problems then you should also mark a black cross on the front of your number to highlight the issue for medical teams. It will save a great deal of time and worry on the day should you get into any difficulty. You should use a waterproof pen or write in biro!

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.

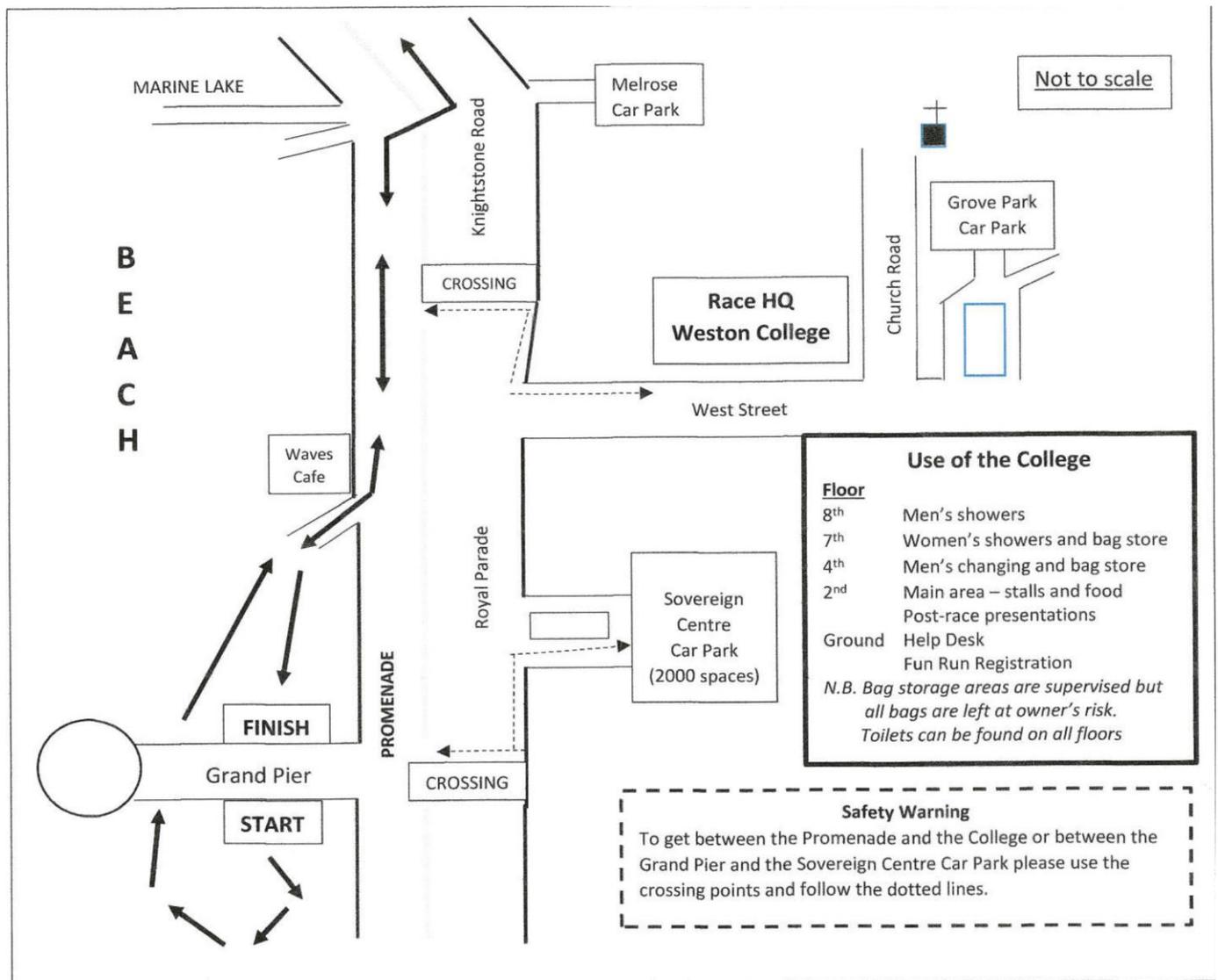
RACE HQ

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 09:00am 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 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.

SOUVENIR RACE WEAR

Sporting Print will be selling both short and long sleeved T-shirts and sweatshirts on the 2nd floor of the 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 3¼ and 7½ miles.

COURSE TIME LIMIT

To limit the time that we have to keep our marshals out in the elements, road closures in place, and disruption to local residents, 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 to be not be part of the race 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 and will be able to summon medical assistance if required.

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 10th February.

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, flavoured drink and chocolate bar.



Running London Marathon 2017:

We offer weekend race packages in 3 and 4 star, central London hotels for 1, 2, or 3 nights.

Our long weekend packages include:-

- Fri: Escort to race registration and tour of the finish.
- Sat: Tour of the Start. Race advice clinic and optional pre-race dinner.
- Sun: Early buffet breakfast, coach to the start, spectator service. Post-race showers, and buffet.

We now offer a Tour to the RideLondon-Surrey 100 cycle event in July.

Contact:

Tel: 01934-629911.

E-mail: john.iovner@wrntours.co.uk

Website: www.wrntours.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.splitsecondtiming.co.uk.
- provisional results 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

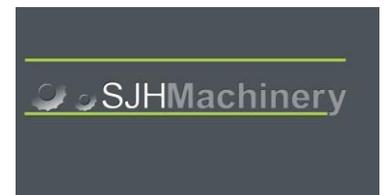
First 3 overall – regardless of age
First 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+

First 3 overall – regardless of age
First 40-44; 45-49; 50-54; 55-59; 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