**BOCONNOC 5 - 2024 RACE DAY INSTRUCTIONS**

**1st of May 2024**

**Race start 7:15pm, race briefing at 7:05pm**

Thank you for entering the Boconnoc 5. I hope your training has been going well and you are ready for some off-road fun! Here are this year's race day instructions.

**Car Parking**

The event is being held at the beautiful Boconnoc Estate, PL22 0RG. There will be signage from the A390 to get you into the estate. Parking will be in fields down by the house, please follow the signs from the entrance and the parking marshal instructions. Please, please, please try and car share if possible.

**Registration**

Registration will be open from 5:30pm in the Courtyard a short walk from the car park and start, where you will be able to collect your race number and timing tag. Individuals must collect their own number; there will be no bulk club collection of numbers. This is so we have everyone individually signed in for the results and runner safety.

**Chip Timing**

As with other races in the MTRS, our event will be chip timed via an ankle tag. The race mats that capture the chip times are at the start/finish. If you withdraw from the race please do not cross or come near the finish, but let a marshal know so they can pass this information onto the results team. Please return the tag before you leave.

**Refreshments**

We will have pasties, hot drinks, and cakes available to purchase from the Courtyard, and will be accepting both cash and card. We will have a mix of pasties available (meat, cheese & onion, vegan and gluten free) which you can order and reserve before the race.

**Deferrals**

There are no deferrals available for this race.

**Baggage**

We will have an area for baggage in the Courtyard.If you have multiple bags they must be securely tied together. Tags will be provided.

**Water Station**

There is one water station on the route at just over halfway and will be manned by our sponsor Parkes & Pearn.

**The Start**

The race starts at 7:15pm at the bottom of the drive into the Courtyard. The race briefing will be approximately 10 minutes before the start.

**Course Safety**

This is an off road multi terrain course. It is a mix of woodland trails, muddy paths, stream crossings, and lanes within the estate. Please make sure you have appropriate clothing and footwear for an offroad trail run. Marshals will be positioned around the route if you need any help. **Headphones must not be worn.**

**Spectators**

Spectators are welcome at the event. Please remember this is a private estate which we are using at the kind permission of the Boconnoc Estate, so please do not leave any litter and keep to the main lanes and routes to support the runners.

**The Finish**

This is a circular route and you finish where you started.  Please cross the timing mats and make your way back up into the courtyard where you will receive your medal and memento. **Please make sure that only runners come up the finishing area and across the line.** There will be marshals and helpers at the finish, including those removing your tags. Please wear your number on the front so it can be easily seen as we will have number recorders there as a back up to the chip timing.

**Presentation**

The presentation will be around 8:15pm.

East Cornwall Harriers wish you good luck and look forward to seeing you on the day!

**THANK YOU TO THE BOCONNOC ESTATE FOR THEIR KIND PERMISSION TO HOLD THIS EVENT AND THANK YOU TO OUR SPONSOR.**

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**Parkes and Pearn Property Consultants**

www.parkesandpearn.co.uk