

Bath Roman 10km – 13th July 2014 11:00am

Bath Racecourse, Lansdown, Bath, BA1 9BU

Car Parking

When driving to and from the racecourse please drive with caution. The access road to the racecourse crosses a golf course which will be in use, so look out for golfers and drive according to the speed restrictions.

Toilets / Changing Rooms

There are toilets and changing rooms in the registration building. There will be limited bag storage space at the finish line so we suggest you leave bags in your car where possible.

Registration 09:45 – 10:45

Number collect and on the day registration is in a building located about 100m from the car park.



Wheelchair / Push Chair Access

Wheelchair or push chair access to the start / finish area will be possible but will require travelling over a small distance on flat but muddy grassy fields. Unfortunately the 10km run is not suitable for wheelchair athletes.

Warm Up

Fitness First of Bath are going to be on hand to give you an energising warm up from 10:45 – 10:55.

Start 11:00

The race start is located on the inside of the racetrack. Race briefing will take place at 10:55 for a race start at 11:00.

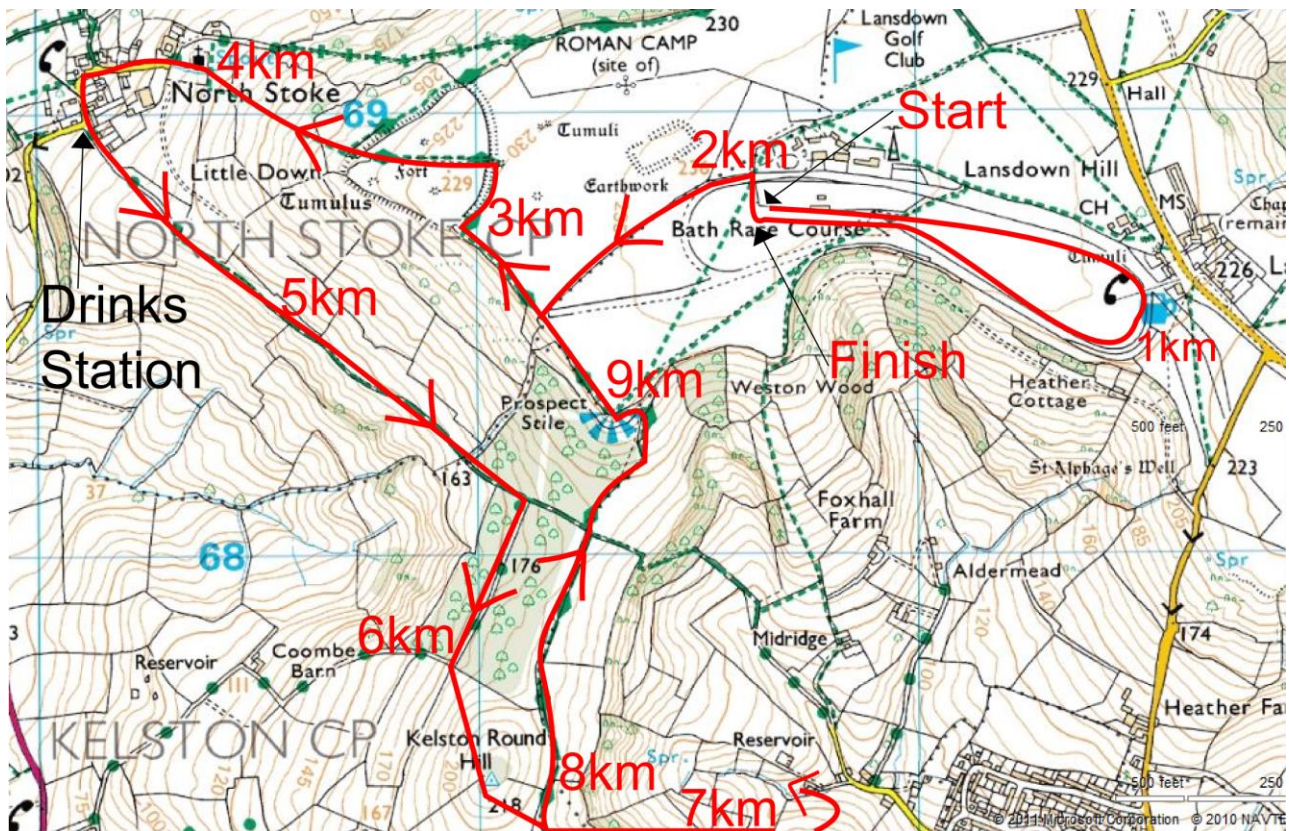
Course Description

0km – 1km

The first 1km is a loop around the inside of the race track (see diagram below)

1km – 2km

The second lap brings runners back past the start area and they move to the outside of the race track.



2km – 3km

There is a kissing gate at 2.5km, so make sure you get yourself in a good position before you get here as it is a good chance to get some crucial extra seconds ☺ Runners then skirt around the Barley Fields - please be careful of the crops!

3km – 4km

There is a steep descent from 3km – 4km, be careful as this can be very slippery when wet. At the end of the field runners will run through a farm yard before joining the road. **Keep to the left and be careful of vehicles.**

4km – 5km

Runners need to stick to the left hand side as they head through North Stoke village. It is very unlikely that there is any traffic on this road, but please do not have your headphones in so you are able to respond to marshals instructions and any vehicle movement.

At the end of the village there is a drinks station which is also being manned by Fitness First Bath. This is at the foot of a long gradual climb up to Kelston Roundhill, along the old Roman Road, the via Julia.

5km – 6km

The half of this km is still slowly uphill, but flattens off with the right hand turn. This track can be very muddy if there has been rain!

6km – 7km

Climb over the stile on the left hand side of the road and climb Kelston Roundhill all the way to the top – it is a steep little climb so try and recover on the flat section before you get there. Run around the copse to the right hand side and down the other side of the hill which shows off great views of Bath.

Down the other side and runners rejoin the Cotswold Way. There is an out and back section on a rocky track – make sure you run all the way to the far end and around the cones. There will be a marshal there noting numbers to ensure everyone completes the course.

7km – 8km

The return of the out and back section along the Cotswold Way, keep to the right to avoid on coming runners!

7km – 8km

More nice and flat running along the Cotswold Way with a couple of kissing gates to negotiate; left at the first and right at the second shortly after.

8km – 9km

There is more nice and flat running along the Cotswold Way with a couple of kissing gates to negotiate on the first half of this km; left at the first and right at the second shortly after. Then there is the climb to Prospect Stile to complete the climbing for the race, have a quick look over your shoulder to see all the ground you have just covered! Make a left turn at the top and you now have just 1km to go!

9km – 10km

The final 1km retraces the course from 2.5km, back to 1.5km on the way out. The finish line is 100m after the turning back onto the race track – it is not at the start point (ie runners do not complete another lap on the inside of the course).

Prizes

Prizes will be after the final runner, anticipated to be around 12:45.

