



BASHING THE BEDS BOUNDARY

to beat Motor Neurone Disease



GENERAL INFORMATION

Closing Date for Entries Friday 22nd March 2019

INTRODUCTION

Working with The Rotary Club of Bedford Park, the St George's Day Charity Fund has raised £565,000 for local charities and good causes since it was founded in 1992. **Bashing the Beds Boundary** is a road run around the boundary of Bedfordshire and was dreamt up by Bedford based marathon runner Rob Burrells to raise money and awareness for the Motor Neurone Disease Charity. Unfortunately, Rob's sister suffers from the disease. He approached Nick Kier, the cofounder of the St George's Day Charity Fund and organiser of the very successful 7for7in7 Charity Half Marathons held in 2016, with a view to making his "dream" a reality.

The plan is for teams of runners, (known as "Bounders"), to run around the complete boundary of Bedfordshire, non-stop in 5-mile relay legs, a distance of some 150 miles. The Relay Run will start at Picts Hill House, Bedford Road, Turvey on Good Friday 19th April 2019 and finish at the same place some 24 hours later. However, it is acceptable for the less energetic amongst us, who will be known as "Final Leggers", to run the final 5-mile leg around the estate of Picts Hill House.

PARTICIPANTS

Bashing the Beds Boundary is open to teams consisting of anything from one to 29 runners who will complete the entire run in relay.

The final leg is open to any runners (known as "Final Leggers") who can run the last 5-mile leg around the estate of Picts Hill House.

The minimum age for participants is 18. It is recommended that each entrant carries out some form of training prior to the event to make sure that they are fit enough to complete the course. All participants enter at their own risk and it is a condition of entry that they agree to the terms set out in the event General Information.

REGISTRATION FEES

Bounders	£25 non-refundable Registration Fee Per Bounder. It is mandatory for all Bounders to wear a fluorescent bib. This is included in your Registration Fee.
Final Leggers	£15 non-refundable Registration Fee Per Final Legger.

SPONSORSHIP

Bounders Team	Suggested sponsorship/donation of £5,000
Final Leggers	Suggested sponsorship/donation of £100

As this is a fundraising event for the Motor Neurone Disease Charity, all sponsorship money should be paid by the participant or sponsor, direct to the event's "giving" page found on the event website www.bedsboundarybash.co.uk.

Visit bedsboundarybash.co.uk to download a sponsorship form.

START TIME.

Bashing the Beds Boundary relay run will commence at **0900 hrs** on **Friday 19th April 2019 (Good Friday)** and will finish circa **1100 hrs** on **Saturday 20th April 2019**. The final Leg around the Picts Hill House Estate will commence circa **1100 hrs** on **Saturday 20th April 2019**. All times are of course dependent on the speed/fitness of the Bounders and weather conditions. The leg runs will commence at circa 50 minute intervals from the various 5-mile marker points around the boundary.

RUN ROUTE

The Relay Run route will commence at Picts Hill House, Bedford Road, Turvey and head South following the county boundary past Luton before turning East and then North as far as Upper Dean before heading South again to Turvey and completing the final leg around the estate of Picts Hill House. Details of the exact route and the start/finish location are available on the web site: www.bedsboundarybash.co.uk

DISCLAIMER

This event is being organised in aid of the Motor Neurone Disease Charity. Participants take part on the understanding that they enter at their own risk and that the organisers will not be liable for any injury or loss that may occur as a result of their participation. Participants also agree that medical advice will be sought from a General Practitioner if they are in any doubt as to their physical ability to participate in the event. Participants also agree that photographs and videos taken during the event may be used to publicise the event and the work of the charity in general. Participants' data will be treated with the utmost respect and the organisers will never sell or swap participants' details with any third party. All proceeds from the event will be donated to the Motor Neurone Disease Charity.

