

Beat the Boat 10km, Sunday 16th July 2023 9:45am Windsor/Eton. Final race day Instructions.

Getting to the race by car.

Please note, there is no free parking or official parking at the race venue. Runners and spectators will need to park in one of the many car parks in Windsor and walk across the pedestrianised Windsor/Eton Bridge to race HQ and the start line. ****Please note the limited free car parking we have had in the past next to Home Park on Romney lock road is no more****, this has recently been replaced with pay and display meters. The cheapest car park locally can be found behind the Windsor and Eton Riverside train station, off the Datchet Road (SL4 1NA). This car park is £3.50 all day on a Sunday. but is limited to 250 places. Please car share where possible. The race HQ at the George Pub Eton is just a short 5-6 minute walk away from here across the Windsor/Eton Bridge.

Getting to the race by train.

Windsor and Eton Riverside station is just a 5 minute walk from the Race HQ and from the Spectator Boat embarkation point (opposite Browns Brasserie). Trains from London Waterloo run to this station.

Trains from London Paddington change at Slough and then arrive at Windsor and Eton Central station which is just a 10 minute walk to the Spectator boat embarkation point and 15 mins from Race HQ. Please consult train timetables to make sure that you allow yourself plenty of time.

Getting to the race by bike.

There is an area to lock bikes on Windsor/Eton bridge near to race HQ. Race organisers cannot accept responsibility for the security of bikes.

RACE HQ – Main 10km Race Registration

The race HQ will be situated in the rear (beer) garden of the George Inn pub in Eton (77 High Street, SL4 6AF). 10km race numbers and Beat the Boat tee-shirts will need to be picked up from here from 8am on race day (**race numbers and tee-shirts WILL NOT be posted out**). The race start/finish is a short walk from Race HQ and will be signposted. The boat embarkation point for spectators is a 5 minute walk from Race HQ opposite Browns Brasserie on the Windsor side of the river. Boat spectators DO NOT need to come to race HQ. Names will be checked off as spectators board the boats.

After collecting your race number and pins you will be directed through the beer garden in a one way system to the tee-shirt collection point. These have been made to order in the sizes you chose when entering the race (We will display a list at registration if you have forgotten). Because the tee shirts have been ordered in everyone's requested sizes there is no official swapping of sizes permitted.

PLEASE AIM TO HAVE COLLECTED YOUR RACE NUMBER BY 9:15AM OR YOU RISK MISSING THE START OF THE EVENT.

Boat embarkation point opposite Browns Brasserie

All spectators who have pre-paid for spectator boat tickets need to be assembled on the quayside at the French Brothers kiosk opposite Browns Brasserie by 9:30am. We will have several volunteers helping to make sure everybody gets on the right boat. Please double check which boat you purchased a ticket for. We have 5 large spectator boats, and these will clearly be signed on the side with times of 40,50,55,60 and 70 minutes. Please allow yourselves plenty of time so that we can board everyone onto the correct boats. The boats will start to move into position 5 mins before race start irrespective of missing passengers. Each boat will have a volunteer ticking names off as people embark. **YOU DO NOT NEED TO ATTEND THE RACE HQ FOR TICKETS.** All boats have toilets on board.

1 mile Childrens FUN RUN 9am.

Our Children's 1 mile fun run is structured to try and give the children enough time to run before making it onto the spectator boats. **Numbers for this race are to be collected from the baggage tent on the main Brocas field (start/finish area). These can be collected from 8am on the day.** The one-mile course is almost entirely run on grass and takes in much of the start/finish area of the main race. The course will be led by an adult lead runner and marshalled. Children running in this race and entered on the spectator boats need to be able to complete the 1 mile course in approx. 20 mins or quicker. This will allow time to walk the 10 mins to the boat embarkation point before the boats leave.

Race village

The race village includes the start/finish area, toilets, bag drop, coffee and snack vendor, ice cream van and Runface shop (selling technical running tee shirts for £10 each).

Please also bring some CASH with you on the day as some of the vendors may only be able to accept cash on the day due to poor reception on the field.

Changing facilities and Bag drop

There are no changing facilities at the start/finish area so please come ready to run. We will have a free baggage drop tent near to the start/finish area but anything left here will be at the owners own risk. We cannot accept any responsibility for items left at the baggage area.

Toilets

We will have several portaloos available near to the start/finish area.

Race start

The main race starts at 9:45am sharp! The boats will set sail at the same time. We will ask runners to line up at the start line in order of their predicted race time. The boats will also line up in time order (40,50,55,60 and 70 mins). There are plenty of places on the course where you can overtake safely, so please don't steam roller each other over the start line. The race director will have a microphone and explain any important information on the day.

The Course

The course is 10km, very flat (predominantly following the river out and back) and run across mixed terrain to include grass, gravel path, paved path and some longer grass skirting around the outside of a field. Please note that in a trail race such as this the terrain in parts may be uneven under foot. The course is NOT suitable for spikes. We have almost 40 marshals out on the course, they are all

volunteers and are there to keep you safe. Please listen to their instructions and give them a friendly smile and thank you on the way past. The running route is slightly different to the boat route (to allow the boats to keep to their strict speed limits on the river and give them chance to turn around at the far end of the course. At the start of the race you will complete two loops of the start/finish field allowing the boats to take the lead as you then chase them down along the Thames path. At the far end of the course the runners deviate away from the river again to allow the boats to turn around and get back in front of you for the race back to the finish.

Every effort has been made to ensure that the boats finish as close to their predicted finish time as possible. Please note that when runners arrive at the finish field they will need to complete a loop around the field before finishing (so you will need to have overtaken the boat and built a slight lead on it if you want to beat it!) 😊. The course is designed that a runner on their target time should be in a sprint finish against several tonnes of boat. Please remember that whilst on the course the Thames Path is open to the public (our lead bike will attempt to clear the way). It is also very easy to get distracted by the boats on some of the uneven ground so please take care.

Course safety and Headphones

Runner safety is paramount to us. Please don't race if you are unwell and if you aren't sure please speak to one of the medical volunteers near to the start/finish area. Marshalls on the course are there for your safety so please be courteous to them and to the general public on route.

Headphones are NOT permitted as it is imperative that you can hear instructions clearly from our race marshals and medic bike should it need to come through.

Drinks stations

We have 2 drinks stations on the course at approximately 4km and 6.5km. The large first table you come to will be stocked with plenty of water. The second smaller table will have a limited supply of Prosecco and beer on it! (Please drink responsibly but feel free to hang out at the drinks station for a chat/drink if you need a break). Any runners aged Under 18 will have a red line through their number and will not be permitted to pick up alcoholic drinks. We will once again use compostable cups and bin bags at our two on course drink stations.

Volunteers

Most of our volunteers are members from the fantastic Datchet Dashers running club and without them it would be impossible to put the race on. We are so thankful to all our volunteers and we are always looking for additional help. If you are free on the day and would like to volunteer to marshal or take photos please contact rob@runface.co.uk

Finish line

Please stay in order and continue walking along the finish tunnel once you cross the finish line. Here you will collect your bespoke finishers medal and a bottle of water.

Prize Giving

We aim to do the prize giving at approx. 11am. Prizes will be given to the 1st, 2nd and 3rd Men and Ladies. 1st V40/V50/V60 Men and Ladies and first team (first team to get 2 males and 2 females across the finish line). If you think you may have won an award please do stay around to collect your prize.

Runface shop selling technical tee shirts.

There will be a Runface pop up shop at the race village selling all technical tops for the bargain price of £10. Please aim to bring cash if you can or alternatively you can do a bank transfer on the day.

Race Village facilities

Brew Box Berkshire will be on site from when you arrive for tea/coffee and tasty snacks. We will also have our Ice cream van in position before the Childrens race starts. Please say hello and support these local retailers if you can.

After the Event THE GEORGE INN PUB

We are proud that Windsor and Eton Brewery help sponsor us each year at Beat the Boat. The beautiful beer garden at the George Inn will be open as usual after the race, as ever it will be absolutely buzzing full of runners and helpers. The brewery have kindly agreed to do us some special offers again on selected drinks for runners so do pop in after the race and make a day of it. We'll hopefully see you all there.

Results

We aim to have the official results up on the website as soon as possible after the race but please be patient as this could take up to 48 hours. Please note the race is not chip timed.