

BRAINSTRUST BASS BELLE 10k 2025

RUNNERS GUIDE

Sunday 22nd June 2025

Starting at 09:00am

(due to high temperatures expected on Sunday, the start time is now 9am and not 930am as originally planned)



Held Under ARC Rules - Permit Number ARC/25/0239

COURSE MEASURED BY GPS ONLY

RUNNERS MUST BE ABLE TO COMPLETE THE COURSE WITHIN 1 & 3/4 hours

BRAINSTRUST BASS BELLE 10k 2025

Notice to all Entrants

Welcome to the second showing of the Braintrust Bass Belle 10k. We do hope you enjoy the race and hope that you will continue to support us in the many years to come. I am truly blessed and honoured that you guys have chosen my event. I hope you enjoy the race and I hope you will continue to run this event in the future. Remember this is a full charity event with all proceeds going to *braintrust*, a brain cancer charity.

About *braintrust* – why we run.



There are 80,000 people living with a brain tumour in the UK, with 16000 more people diagnosed every year. It is the biggest cancer killer of children, and for all the impact is huge.

braintrust is a UK charity dedicated to helping people live their best life possible after a brain tumour diagnosis. Through its unique coaching-first model and with accredited patient information, the Charity helps people to be less alone, less afraid and more in control after a brain tumour diagnosis.

Find out more at www.braintrust.org.uk

'*braintrust*' is a registered charity in England and Wales (1114634), Scotland (SC044642).
Registered office and postal address: 4 Yvery Court, Castle Road, Cowes, Isle of Wight, PO31 7QG



We warmly thank all our Race Sponsors, who have either helped us financially, or provided us with essential equipment to ensure that the event could take place.

- **Pico Technology (Main Sponsor)**
- **Johnson Matthey**
- **Techlink IT**
- **Ensum Brown**
- **H20**
- **CB Building Services**
- **Moore Than Just A Groom Ltd**
- **The Ruby Rooms**
- **Autogate**
- **Horsebox Coffee Shop**
- **Alexander Green Office Interiors**
- **Anthony Retail**
- **Blakemore Trust**
- **Absolute (Audio, Visual Solutions)**
- **The Printworks**
- **Association of Running Clubs**

Offers from sponsors are shown below. Please support where you can.

Autogate Offers:

A free one-off service to extend the warranty on a brand new automated gate that a entrant purchases from us - worth £293.83

The Ruby Rooms:

10% of any facial or massage during July or August. When booking in using the booking system (link below) please state that you were a runner in the braintrust Bass Belle 10k. Runners will be asked to show their race number or medal when attending their session.

<https://phorest.com/book/salons/rubyrooms>

A big thank you also to all those who are helping on the day –; volunteers from Bassingbourn Air Cadets who are manning a water station, the baggage area and assisting with parking and the handing out of medals and goodies at the finish line, Emergency Events Medic Ltd for providing the first aid cover ; all volunteers who have given up their time to marshal the course and also at the race headquarters . A huge thank you also to Kate French for preparing the race packs again this year!

Please take the time to read this booklet carefully as there are important points about parking, race pack collection, race etiquette etc that will help to ensure that your run is trouble free and enjoyable.

Weather Updates – URGENT!

I have been carefully monitoring the weather and due to expected high temperatures I have put in a number of measures to ensure the health and safety of all runners and marshals. Between 9am and 11am the temperature range is showing 21 to 25 degrees, but the temperature feels like between 23 and 27 degrees.

- Race will now start at the earlier time of 9am and not 930 as originally advertised.
- There will be an additional water station on the day. The water station planned for 5km, will now be at the 4.25k mark and there will be a further water station at approximately 7k
- There will also be bottled water available to runners before the race, however runners are advised to bring and run with the own water bottles which can be topped up at the water stations on route.
- Bottled water will also be available to all runners at the finish line.
- Please ensure you dress appropriately on race day and remember your hats, sun cream and fluids to keep hydrated.
- Given the high temperatures, Sunday's race will not be the day to go looking for a new Personal best. Please respect the heat and listen to your bodies throughout. This is not the Olympics!
- If you are unfamiliar or do not enjoy running in the heat, the best decision for you might be not to run on Sunday. As with the 10 miler in November of last year, where we had the strong winds, runners can complete the 10k distance virtually at any time between July and September and we will post out your race medal.

Further Information

If after reading this booklet you still have any questions, please contact me, Ashley Hawkins, Race co-ordinator on 07971507580 or e-mail me at ashley@brainstrust.org.uk

Race Packs

For this race all race packs have been either posted out to runners or hand delivered. These were posted out 2nd class on **Friday 6th June** or if you are local to the Bassingbourn area these were hand delivered on Friday 6th June also! If you are a **Royston Runner** your pack is available to collect from the runners' tray at The Heath Sports & Social Club also from 6th June.

In your pack there is your race number which has the timing chip attached to the rear and a baggage tag. **There will be a small, manned area where runners can leave their bags in a gazebo. The event organisers take no responsibility for bags or clothing that go missing. If dropping off a bag please ensure you attach your baggage tag label, so it is easily recognisable.**

Your race number, chip number and baggage tag number should all be the same. This number is also shown next to your name on the label on the envelope that you received from me as well as on the runners' entry list on the brainstrust website. <https://brainstrust.org.uk/get-involved/bass-belle-10km/entry-list/> (YOUR TIMING CHIP IS LOCATED ON THE REAR OF YOUR RACE NUMBER AND IS UNDERNEATH A FOAM PAD – DO NOT REMOVE THE PAD OR PIERCE THIS WITH SAFETY PINS WHEN FITTING YOUR NUMBER TO YOUR SHIRT!!!) Please also note that your race number should be fixed to the front of your clothing (not on your back or in a bag) and should not be obscured behind a jacket as this could result in your chip not working effectively. You will need to provide your own safety pins for fixing your number to your t-shirt although these can be collected from race HQ on the day if you forget! **ALL RUNNERS MUST COMPLETE THE REVERSE OF THEIR RACE NUMBER WITH THEIR MEDICAL DETAILS AND NEXT OF KIN!**

It is your responsibility to remember your race number on race day. No race number means no race! All race numbers were posted (2nd Class Postage) out or hand delivered from Friday 6th June. **If you have not received your number by Wednesday 18th June please let me know. I do have some spare numbers available but if you have provided the correct address, you should receive your number in good time for the race.**

Parking

The Race HQ is at Bassingbourn Village College, South End, Bassingbourn, Herts, but for getting to the carparking areas use blackouts.similiar.tram (what3words)

There is adequate parking at the race headquarters for all runners. The official car park areas are detailed below. There will be a marshal outside of the Brook Road Bassingbourn Village Car park (blackouts.similiar.tram) who will signpost you to the carpark to use. All the car parks are within easy walking distance of the race HQ.

- Bassingbourn Primary School car park and layby. (A marshal will be in attendance to assist you) – **Located 2 mins walk from Race HQ.**
- Bassingbourn Primary School Playground areas. (A marshal will be in attendance to assist you) – **Located 3 mins walk from Race HQ.**
- Brook Road Bassingbourn Village College Car Park. (A marshal will be in attendance to assist you) - **Located 1 mins walk from Race HQ.**
- **Runners should aim to arrive at the race by 830am. The race will start promptly at 9m and will not be delayed for those late arriving!**

Please note runners should only park in the official race car parks and should not park on the road. Do not park on South End as this is reserved for those attending the church service at The United Reform Church or the High Street or Brook Road.

Place allow ample time for walking to the Race HQ

Car parking will be available from **745am** onwards for those that wish to arrive early and get properly stretched and warmed up for the race or simply want a cup of tea or other refreshments!. Whilst there is adequate parking available, **if you are from Bassingbourn or the local area it would be appreciated if you left the car at home and walked to the race headquarters, got dropped off by a family member or car share with your friends** – Think of it as an extra warm up! **We ask that runners aim to arrive at the venue before 830am so as to avoid congestion on the roads near the race!** Please car share as much as possible! There are also cycle racks available by the entrance to the Sports Centre (near to the portaloos) for those who would like to cycle to the race,

There will be a carpark marshal in attendance who will advise you on the carpark to use on the day. The car park marshals will advise you when the car park is full and direct you to the next available one! The race will start prompt at 9am and will not wait for late runners!

There is no car parking for runners at the front entrance school car park on South End. This area is reserved for the event organisers, first aid etc and is closed to runners! This measure is necessary for the health and safety of all runners. Please do not attempt to park here!

We request that runners do not park on South End or Bassingbourn High Street as these are used during the race and we don't want the health and safety of runners being risked by parked cars. There really is ample parking in the car park areas so there is no need to park on the roads by the race headquarters. Please be considerate to our neighbours. Blocking up the road will upset the neighbours, which in turn will impact on braintrust being able to run future events.

Whilst parking is free, braintrust would be grateful if all drivers and passengers make a donation of £2 when parking. Parking marshals will have collection pots and all money collected from parking will go to braintrust. Please have £2 ready for the marshals when you park! **This simple measure could raise almost £700 for the charity. If you do not have cash, you can make card payment via the card reader available at Race HQ.**

Marshals will only be in attendance to help with parking prior to the race. Those runners parked in the race car parks are asked to leave the site considerately and be mindful of other car users and indeed pedestrians. Please do not leave litter in the car park areas but use the bins provided! Bassingbourn Village College is the home for all future events so please doesn't damage the organisers' relations with the school by leaving your rubbish behind!

If coming to the race by train

Royston station is 3 miles from the race venue. For details on getting to the venue click on this link <https://braintrust.org.uk/get-involved/bass-belle-10km/> and select 'getting to the race'. There are places for storing cycles if you wish to cycle to the race from home or from the train station. These are located outside the sports centre entrance and near to the portable toilets.

Alternatively, you may wish to book a taxi to take you and your running pals to the race. If coming by taxi please ask to be dropped off at the Brook Road Entrance to Bassingbourn Village College. Taxi companies are Butler Meltax (01763 244444 / 212223) ,AA Taxis/Royston (01763 244445) & Royston Taxis (01763 250811).

Changing , Baggage and shelter.

Unfortunately, there is no access to any of the buildings at the Village College due to staffing and insurance issues, so there are no changing facilities. Runners may leave their bags in the baggage gazebo which will be manned on the day. The organisers take no responsibility for bags left at the event and runners do so at their own risk. If leaving a bag please ensure you have attached your baggage tag. (included with your race number)

The forecast for race day is currently showing 21 to 25 degrees.

(With it likely to be sunny on race day please remember your sun cream and hats and remember to keep hydrated. Runners are advised to run with their own water bottles, which can be topped up at the water station. If you are not used to running in the heat, please take it easy and not go looking for a PB! Please see section on Weather updates for more information.

Toilets

Only portable toilets will be available at the race

I appreciate that this is not ideal but this is the norm for running events and most runners understand this! brainstrust needs the use of Bassingbourn Village College for its races so I hope you understand the situation. 8 portable toilets will be located next to the sports centre and close to the race start/finish point!

Runners are asked to queue up behind each portaloo and not have 1 long queue.

Medical

If you have any allergies or medical conditions, please write them in waterproof ink on the back of your race number. Please also include on the reverse of your race number, next of kin details and all contact details. **RUNNERS MUST NOT GIVE THEIR RACE NUMBER TO ANOTHER RUNNER. THIS IS CRUCIAL FOR THE HEALTH AND SAFETY OF ALL RUNNERS! ALL RUNNERS MUST COMPLETE THE REVERSE OF THEIR RACE NUMBER!**

Emergency Events Medics Ltd will be in attendance on race day. All race marshals will be required to have access to a mobile phone on the day so that Emergency Events Medic Ltd can be contacted if any runner becomes unwell or picks up an injury. Emergency Events Medic Ltd are providing vehicular support to this event so that issues can be dealt with swiftly and effectively.

All runners are asked to carry their phones with them and to have the what3words app downloaded. This will be essential if you get in an emergency and need First Aid support urgently or wish to drop out of the race and require the support vehicle to pick you up.

Refreshments

Horsebox Coffee Shop will be providing both pre and post-race refreshments at the start / finish point. They will be providing hot drinks on the day including tea, coffees, hot chocolates, smoothies, frappes and milkshakes. As well as the drinks stall there will also be the Bassingbourn Air Cadets who will be providing cold drinks, homemade cakes, bacon baps and sausage rolls. Please support the food and drinks vendors as if you don't, they will not support future races, and we all love something to drink and eat before and after a race. Cash and card payments are possible for all food vendors on the day!

If you are local, please bring the family as there will be drinks and sweet things on offer for them to enjoy as they watch you start and then finish the race. There is a local park next to the school with play equipment for children waiting for the runners to return.

(Refreshments during the race)

Along the course there will be 2 water stations. This will be serving cups of water. These will be just after the 4.25km mark and at the 7km mark.. Runners are asked to run with their own bottles and only take water at the water station if necessary. (Please ensure your water cup is full prior to the race as unfortunately there is no access to water at the race HQ. At the water station, you will be required to collect your own cup. Finally, on completion of the race all runners will be given a bottle of water, a banana and some sweetie treats! Marshals along the route will have bin bags. Please place your empty water cup in the bin bags at the marshal stations and don't litter our beautiful countryside.

Declaration

The organisers would like to remind you that you have entered this race at your own risk and that they will in no way be liable for any injury before, during or after the event.

Results

Results will be available via a link that will be emailed to all runners at around **7pm** on race day. This email will also be seeking feedback from all runners on the race. The link will also be displayed on the brainstrust website from noon on Monday 23rd June.

The Course

Whilst we do not encourage the use of headphones, these are not banned, but runners use at their own risk! Runners should be able to always hear marshal instructions and please remember no roads are closed for this event so please be able to listen out for traffic.

All runners are requested to congregate at the Race Start Point at least 10 minutes prior to the race start time of 9am.

Runners are requested to congregate next to the marker according to their predicted finish time. This will range from finish times of 40 mins or less / 60mins or less / 90 mins or less / Over 90 mins. Please stand in the area for your predicted finish time so as not to hold up runners. This event has a time limit of **1h45mins!**

Please note that this course is not suitable for wheelchairs and runners must NOT be accompanied or followed by cyclists.

Runners who wish to run with their dogs or with pushchairs are advised that they must start at the back of the race and that the dog must be kept on a short lead at all times. Runners with dogs must also be advised that the Association of Running Clubs Public Liability Insurance will not cover runners with dogs.

Runners are reminded that they must always wear their race number on the front of their t-shirt. Failure to do so will lead to disqualification from the race. Remember your timing chip is also on your race number, so ensure it is secured properly to your t –shirt as if it falls off, it will not be possible to give you a finishing time. The chip on your race number is protected by a foam pad – please do not remove or tamper with the pad or the chip may not work effectively. Please do not fix your running number to a bag or place on your back. Also if wearing a jacket – your race number must be on the outside of your garments or you may not get a time.

Runners must keep left in all cases, unless otherwise directed by Marshals, as failure to do this may jeopardise future events and may also lead to disqualification. If there is a footpath please use it but only if it ensures you keep on the left hand side of the road. Along certain sections of the course there are no white lines in the middle of the road. Please ensure that you always keep into the side. Where there is white lines, runners must ensure they keep to the left hand side. Failure to do so may lead to disqualification.

Due to the narrowness of the course runners are asked to run no more than 3 abreast. **This is particularly important just after the 6km mark when runners enter the one way South Street in Litlington.**

Runners are advised that this is a multi-terrain event which includes sections on uneven gravel paths, areas with potholes, over fields and through sometimes marshy areas (if it rains heavily between now and the race). Runners are advised to take particular care with footing on the off-road sections of the course to avoid trips and sprains.

At the start of the grass section of the race (6.9km) there is a gate that runners must pass through. The main gate will remain locked throughout the event to ensure that cars and motorcycles do not use this section of the course.

Just before the 7km marker runners will enter the main off-road section of the course. If we have rain between now and race day this could become slippery. If this is the case runners are advised to keep in to the left hand-side which is less likely to flood.

Runners are asked to use footpaths were available along the course but only if it is on the left hand side of the road. Runners must not cross the road at any time unless at the request of marshals. This is for your own safety!

Runners are reminded that if you see a runner struggling that you offer help and advise the nearest marshal so that help can be offered if necessary.

Markers are provided at every km. These will be staked into the ground and will be on Ensum Brown Estate Agent Boards, apart from the 2km and 8km markers which will be different in appearance. There will be ample marshalling and supervision around the course with transport back to the start from the support vehicle if required. Marshals will be at every junction /turning point in the race, so simply run straight until you see a marshal! Runners are reminded that they must follow the instructions and advice from marshals at all times. Failure to follow marshal instructions will lead to disqualification.

Once you have crossed the finish line runners are asked to move away from the area so as not to cause congestion at the race finish point.

All race memorabilia will be available to runners at the race start /finish point directly on finishing the race. This will include a medal, a bottle of water, a banana and some sweeties.

There will be a trophy presentation this year and this will be held between at **around 1005/1020am**. (or earlier if all race category winners have been identified). When you finish, please hang on for the trophy presentation and to cheer home fellow runners. Use this time to purchase some goodies from the food and drink vendors! Trophies are awarded on gun time. Runners are reminded that they are only entitled to one trophy.

Prizes

There will be a medal for all finishers in the race.

Additionally, there will be trophies for the following categories:

First 3 Females and Males Overall

First 2 Females <18

First 3 Females >35

First 3 Females >45

First Female >55

First 2 Males <18

First 3 Males >40

First 3 Males >50

First Male >60

First Male Team (4 men to score)

First Female Team (3 ladies to score)

Entrants are reminded that they should be able to complete 10k in 1h 45mins and that we cannot guarantee full support after this time, although timekeepers will stay longer and we will have a back runner marshal

This year as the race is now a full charity event, there will be a trophy for the highest fundraiser for *brainstrust*! –

FINALLY THIS IS YOUR RACE, SO IF YOU HAVE ANY QUESTIONS AT ALL PLEASE DO NOT HESITATE TO GET IN TOUCH WITH ME BY EMAIL AT ASHLEY@BRAINSTRUST.ORG.UK or text me on 07971507580.