

Raising funds for



Dunstable Road Runners Charity 5 Mile Race

Incorporating Beds County Championship 5-mile event for 2026

Sunday 19th April 2026 - 10.00am Start

Event Licence Number #29726

Participant Information Pack

We are looking forward to welcoming you to the Dunstable Road Runners 5 Mile Road Race on Sunday 19th April 2026.

HQ is at: Creasey Park Community Football Centre, Creasey Park Drive, Dunstable LU6 1BB.

Race Day Timetable

Carparks open from 08:30, Marshals will direct you.

Carparking: No parking is available at Creasey Park or on Creasey Park Drive. Marshals will direct you to marshalled carparks at:

Carpark 1 - Brewers Hill Road (overflow carpark for Creasey Park).

- **Location:**

Brewers Hill Road, turn left from the A5, 200m on the right-hand side (before the mini roundabout).

- **Signage:**

Signposted as overflow car park for Creasey Park. Race signage in place & marshals to direct you.

- **Access to Creasey Park:**

A path leads from the overflow car park to the pedestrian entrance to Creasey Park Community Centre, accessed at the top left-hand corner of the overflow car park, a short walk

Carpark 2 - 1a Brewers Hill Road, LU6 1AA (Dunstable Fire Station) – carpark situated behind the fire station.

- **Address:** Behind Fire Station, 1 Brewers Hill Road, Dunstable, LU6 1AA (This is the Fire Station's main address, but the car park is behind it off North Station Way).
- **Access:** Marshals will direct you onto North Station Way, past the Fire Station main entrance to the parking area.
- Walk back on North Station Way, past the Fire Station, turn right & cross the road, Marshals will direct you to the pedestrian entrance to Creasey Park Community Centre, accessed at the top left-hand corner of the overflow car park, a short walk.

There is also non marshalled public parking at Westfield Road carpark https://www.centralbedfordshire.gov.uk/directory_record/117401/westfield_road_-_dunstable

Parking fees may apply for this carpark.

There are also other carparks located within Dunstable, parking fees may apply.

Registration opens at 08:30 and will close at 9:30 for you to collect your race number. The Registration Desk is located in front of the club house.

Dunstable Road Runners 5-mile race incorporates Beds AAA County Championship 5-mile event. To be eligible you need to have been BORN in Bedfordshire or a RESIDENT in Bedfordshire for the 9 months prior to the event. How to enter is included on the booking form.

On the day entries: Race entry limit is 350 - UKA Event Licence no. 29726. Entries accepted on the day subject to this limit not being reached. Late entry desk closes at 9:30am. Entrants for the 5-mile race must be 16 years old on race day. The event is run under UK Athletic rules. **On day entry fee of £22.50** accepted via online payment via QR code & cash (correct amount for cash)

Race Number: This is a chip timed event. Race numbers are collected on race day, please arrive in good time to do this. Go to the desk relevant to your surname. Please complete the medical section on the reverse of the number, this is needed in case of a medical emergency. Your number must be carefully secured to the front of your T shirt.

Visually impaired runners, please arrange your own guide. Please book your place via our booking system and ask your guide to contact us at Dunstableroadrunners@gmail.com for details on how to book their free place.

Medical Disclosure: For your own safety, the details given when entering the race will be available to the Race Director and Emergency services if required.

First Aid: Medical support will be present at Creasey Park (start/finish) our marshals can inform HQ should medical assistance be required on the route.

Headphones: In line with current UKA competition rules, the wearing of headphones or similar devices (including but not limited to earbuds and skull conductor types) **is prohibited for this event.** This is in place for the safety of the competitors, race marshals and members of the public. Participants must be alert at all times to directions given by marshals in case of an emergency, anyone wearing them will be disqualified.

Wheelchair Athletes: Unfortunately, this event isn't suitable for wheelchair athletes.

Buggy runners: Unfortunately, this event isn't suitable for runners with buggies.

Dogs: Unfortunately, dogs are not allowed on the course.

Baggage: Open from 09:00. Please securely fix your baggage label with your race number clearly written (collect from registration) to your bag. The baggage tent is positioned on the field near the start/finish, we do have volunteers manning the tent, but we cannot be held responsible for your belongings

Facilities: Toilets are available to the left-hand side of the club house and on pitch side. Changing facilities are available to the left-hand side of the club house.

Clothing: Please wear clothing specifically designed for running and keep an eye on the weather to ensure you're comfortable.

Warm Up at 09:40 will take place on the field

Our event supporters **Everyone Active – The Dunstable Centre** and **Scott Taylor MOVEMORE Health & Fitness** are leading our warm up.

Race Briefing at 09:50 by the Race Organiser and make your way to the start.

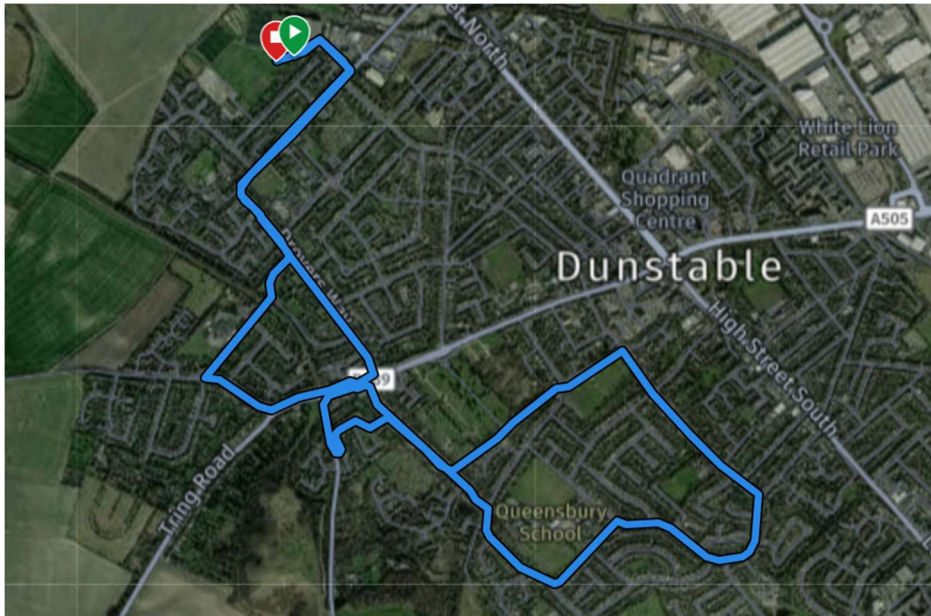
Race Start at 10:00 lead by lead cyclist

The start & finish is on the field, you will be safely guided off & on the field. We will be starting promptly at 10:00. Position yourself behind the race time signs. Any late runners will be directed to the back.

Course: The race begins and ends at Creasey Park on the field. You will be running on roads and pavements with one road crossing. Our Marshals are on route to guide you. We have a temporary road closure in place for one side of the road only but our marshals have no powers to stop traffic, all runners are responsible for their own safety.

Our route takes runners from Creasey Park, starting in West Dunstable, through streets of South West Dunstable, returning to West Dunstable and back to Creasey Park. The course is measured and deemed accurate by an official course measurer.

<https://connect.garmin.com/modern/course/275788504>



There is a water station at 2.5 miles in Bennetts Park.

Distance markers will be placed along the course at 1-mile intervals.

Our road closures are for one side of the road only, please adhere to this and listen to marshals. Some of the route is pavement only, this is for your safety, again please listen to marshals and adhere to signs.

Time Limit: Due to the temporary road closures in place, we are required to have a cut off time of 90 minutes for this race, we believe this will encourage all abilities, runners and walkers to take part.

We have Tail Walkers in place to ensure all participants finish safely.

Finishing

Keep in order when coming through the finish funnel

Finish & Results:

This is a chip timed event – Results available at:

<https://eventchiptiming.com/RESULTS/>

It is your responsibility to ensure that you arrive at the finish with the number in tact – no number will mean no official finish time.

If you have somebody else's number on, we will be unable to give you a finish time and you will be disqualified.

Collect your Medal & enjoy some refreshments

Our volunteers will reward you with a medal at the finish and direct you to some refreshments.

Hot drinks are available in the club house; the bar will be open to purchase food & drinks.

Cool down and Stretch

Our event supporter **SCOTT TAYLOR MOVEMORE Health & Fitness** will be providing cool down & stretching after your run

Our event supporter **EC Soft Tissue Therapy** will be offering complementary post-race sports massage sessions to participants.

Any donations will be greatly appreciated:



Awards

From 11:00 we will be presenting awards on the field for:

1st, 2nd, 3rd female & male

Age Category Winners female & male

AAA Beds County Championship age category female & male winners

Photos: Images captured during this event using digital photography, video or other mediums may be used as publicity material and may be provided to the media for publication. Unless (written) express objections are received (prior to the event) individuals attending this event are deemed to have given their consent by attending or remaining at the event.

Dogs: Unfortunately, no dogs are allowed on Creasey Park grassed areas (they are permitted on the carpark only but must be on a lead)

All proceeds for this event go to our chosen charity Alzheimer's Society. So, we are unfortunately unable to offer any refunds once entry applications have been processed.

Our thanks go to everyone who has made this event possible, our sponsors, businesses who have donated, our amazing volunteer marshals on route and at headquarters and those who have helped before and after the event. Without all of your generosity & help this event couldn't take place.

Wishing you all a great run

Dunstable Road Runners 5 Mile Race Events Team