

RACE HQ

EVENT INFORMATION



FAST FRIDAY 10K | RACE INSTRUCTIONS

29TH MARCH 2024, STARTS 9.30AM

RACE HQ

THE RACE HQ WILL BE EXWICK PLAYING FIELDS (POST CODE EX4 1EG /// WHAT 3 WORDS: ///SUPER.JUDGES.HIPS) – ACCESS VIA OKEHAMPTON ROAD/WESTEN ROAD
SEE WEBSITE TO VIEW SITE PLAN

YOU WILL NEED TO COLLECT YOUR RACE NUMBER ON THE DAY FROM THE RACE HQ, THIS WILL BE OPEN FROM 8.15AM. WE WILL NOT POST ANYTHING OUT.

RACE NUMBER

YOUR NUMBER MUST BE **PINNED TO THE FRONT OF YOUR RUNNING TOP WITH 4 SAFETY PINS.**

PLEASE WRITE YOUR EMERGENCY CONTACT DETAILS ON THE BACK OF YOUR RACE NUMBER.

NUMBER SWAPS

PLEASE DO NOT GIVE YOUR NUMBER TO SOMEBODY ELSE – THESE CAUSES MAJOR HEALTH AND SAFETY RISKS.

DETAILED ROUTE MAP IS AVAILABLE ON WEBSITE

THE RACE IS ON SHARED FOOTPATHS, SO PLEASE BE COURTEOUS TO OTHER USERS - THIS IS A CONDITION OF US USING THIS VENUE.

ROUTE

THE ROUTE WILL BE MARKED WITH SIGNS AND TEMPORARY SPRAY PAINT, THERE WILL ALSO BE MARSHAL IN PLACE TO DIRECT AND CHEER YOU :-)
THE COURSE HAS BEEN OFFICIALLY MEASURED AT 10,000M AND EACH 1KM WILL BE SIGNED ON THE DAY (THESE HAVE BEEN MEASURED WITH A GPS).

WATER STATION

THERE WILL BE A WATER STATION ON THE COURSE, AT THE BEGINNING OF THE SECOND LAP - PLEASE USE BINS PROVIDED. THERE WILL ALSO BE WATER AT THE FINISH PROVIDED.

BAGGAGE

THERE WILL BE NO FORMAL BAGGAGE STORE – WE WILL HAVE A VERY LIMITED AMOUNT OF SPACE TO STORE BELONGINGS AT OUR RAE HQ, IF YOU CAN'T LEAVE IN YOUR CAR OR WITH ANOTHER PERSON.

IF YOU HAVE A BODY, YOU ARE AN ATHLETE.

RACE HQ

EVENT INFORMATION



TOILETS & CHANGING

THESE WILL BE AVAILABLE AT EXWICK SPORTS HUB (WHAT 3 WORDS: ///AMOUNT.RATHER.TURKEY), THIS IS NEXT TO THE FINISH, RUNNERS CAN USE INSIDE FACILITIES INSIDE THE BUILDING.

TIMING & RESULTS

THE RACE WILL BE CHIP TIMED, WITH TIMING POINTS AT BOTH THE START AND FINISH. THERE WILL BE A LARGE FINISH CLOCK AT THE FINISH.

RESULTS WILL BE POSTED ON WEBSITE ASAP AFTER THE RACE AND TIMES WILL BE ELIGIBLE FOR RUN BRITAIN RANKINGS.

PRIZES

ON THE DAY - AWARDED ON THE DAY TO THE 1ST 3 MALE & FEMALE RUNNERS OVER THE LINE.

POSTED ON - FIRST VETERAN MALE & FEMALE IN EACH CATEGORY WILL BE SENT OUT THE WEEK AFTER THE EVENT.

*ONLY ONE PRIZE PER COMPETITOR.

UKA LICENCE NO

UKA LICENCE NUMBER: 2024-47695

FIRST AID

THIS WILL BE PROVIDED BY DEVON EMS

CAR PARKING IS AVAILABLE AT THE RACE HQ (POST CODE EX4 1EG /// WHAT 3 WORDS: ///GIFTED.RANDOM.FORCES)

PLEASE NOTE PARKING AT THE RACE HQ IS LIMITED – THERE WILL NOT BE ENOUGH SPACE FOR EVERYONE.

PLEASE CAR SHARE WHERE POSSIBLE PLEASE DO. IF WE COULD ASK YOU TO PLEASE PARK AS TIGHTLY AS POSSIBLE SO WE CAN ACCOMMODATE AS MANY CARS AS POSSIBLE.

TRAVEL & PARKING

PARKING WILL BE DONE ON A FIRST COME FIRST SERVED BASIS. THERE IS ON STREET PARKING AVAILABLE ON SURROUNDING ROADS AND ALSO A PAY AND DISPLAY CAR PARK (POST CODE: EX4 1DY /// WHAT 3 WORDS: ///CAMP.CLAP.LOSER).

IF YOU HAVE A BODY, YOU ARE AN ATHLETE.

RACE HQ

EVENT INFORMATION



WE ARE WORKING AT WAYS TO MAKE OUR EVENT MORE SUSTAINABLE, HERE ARE SOME OF THE THINGS WE ARE IMPLEMENTING...

SUSTAINABILITY

- RACE PACK PICK UP ON THE DAY.
- WATER STATION USING COMPOSTABLE CUPS (THAT WE WILL COMPOST OURSELVES).
- WE ENCOURAGE PARTICIPANTS TO RECYCLE THEIR RACE BIB NUMBERS

CONTACTING US

IF YOU SHOULD HAVE ANY QUERIES, THEN PLEASE CONTACT VIA MAIL@CITY-RUNS.CO.UK

RACE WEBSITE

WE WILL KEEP THE WEBSITE UP TO DATE WITH ALL THE LATEST INFORMATION SO PLEASE KEEP AN EYE ON IT!
[HTTPS://WWW.CITY-RUNS.CO.UK/FAST-FRIDAY-10K](https://www.city-runs.co.uk/fast-friday-10k)

A BIG THANK YOU TO OUR EVENT PARTNERS:

EVENT PARTNERS



IF YOU HAVE A BODY, YOU ARE AN ATHLETE.