

South West Road Runners

FIRST CHANCE 10K

Held under UKA rules. Licence pending



Race Instructions
Sunday 19th January 2020
Start time: 10:15am

runnersneed
the running specialists

RACE NUMBER

You will need to collect your race number on the day so please arrive at Race HQ in plenty of time. These will be available on the top floor in Training Rooms 1 and 2. The timing chips are on the back of your number. Please do not remove, fold or puncture them. Please pin your race number to the front of your running top, taking care to avoid the chips. No chip = No time!

RACE HQ

Race HQ is Haven Banks Outdoor Education Centre, a little downstream from Piazza Terracina (Haven Road, EX2 8DP), between the canal and the river. There are changing rooms and showers.

PERSONAL SOUND SYSTEMS

Personal headphones, etc are **NOT allowed** as they may prevent the runner from being aware of what is happening around them. Marshals on the course will be checking compliance with this rule and anyone seen wearing headphones will be disqualified and excluded from the results.

NUMBER SWAPS

You can transfer your entry by logging in to your Full On Sport account. When you log in there will be a navigation bar at the top of the page, click on your name and a drop down list will appear. You will then need to click on 'my entries'. If you scroll across to the right on the screen there will be a button that says 'transfer'. Click on that button and you will then be able to transfer your entry by entering the email address they use to log in to Full On Sport. This will send an invitation via email to accept your place by logging in with their Full On Sport account and entering their details.

If the person you are transferring to does not have an account with Full On Sport click edit and then simply override your details with the details of the person running in your place and click save.

BAG STORE

There will be baggage labels available on the day for bags, please write your race number clearly on the label and attach it securely to your bag. If you are able to label your bag in advance of coming to the race this will help.

SUSTAINABILITY and MEMENTOES

In line with our drive towards sustainability, we are not offering specific race mementoes this year; this is reflected in the much lower entry fee for 2020. You will also notice that all the cups at the water station are paper compostable cups. We also encourage runners to recycle their running number and chips at the end of the race and to use public transport or car share when travelling to the race.

PRIZES

In accordance with UKA rules, all prizes will be awarded on gun time.

- 1st Male & Female: Award & £100 cash.
- 2nd & 3rd Male & Female: Award & Voucher
- 1st Male Under 20, SM, V40, V45, V50, V55, V60, V65, V70: Award & Voucher
- 1st Female Under 20, SF, V35, V40, V45, V50, V55, V60, V65: Award & Voucher
- 2nd place in each of these age group categories: Award

Prizes will be awarded in Race HQ (top floor) at approximately 12.00 noon.

THE COURSE

- The course is very flat and fast times are possible.
- If weather conditions are cold and/or windy they may be more extreme on the course. Please bring adequate clothing to cater for all conditions.
- Although the course is traffic-free, beware of pedestrians, cyclists and dogs.
- There are two cattle grids on the course. Both will be covered with boards but please proceed with care.
- Distances will be marked in kilometres by paint lines and distance boards.
- The course is narrow so please line up at the start in a realistic position, allowing the quicker runners to start from the front.
- Please run on the left leaving room for runners to overtake on your right. This is particularly important for runners taking over 50 minutes as you will be lapped by the race leaders.

DIRECTIONS

From the A30, take the A377 Marsh Barton Exit and follow the signs for Exeter. This will take you along Alphington Road. After about a mile you will pass under a railway bridge. Turn right at the next set of lights (signposted "Haven Banks") then take the next left. Race HQ will be signposted from this point. Parking is compromised this year due to use of part of the usual car park as a coach park (bus station redevelopment). Best car parks are: Cathedral & Quay, EX1 1DX - Entrance on Lower Coombe Street, off Western Way. Lots of capacity, once parked walk down to the Quay and take the footbridge over the Exe to Race HQ. Haven Banks Car Park, EX2 8DP – Entrance on Michael Browning Way. Limited capacity, likely traffic congestion. There is a selection of cafés around the nearby Piazza Terracina.

Please check the club website swrr.co.uk on the eve of the race for any important last minute announcements.