



### Race Day Itinerary:

08:30 Registration Opens  
09:20 Warm Up  
09:30 2k Start  
09:50 Warm Up  
10:00 10k Start  
10:05 5k Start

### The Course

#### 2k

It is a 2 lap course all on concrete pathways. We do our best to keep the general public off the course and we ask all participants to be aware of this. Signs will be posted for your safety.

#### 5k

It is **1 complete lap** and is mainly flat terrain with some hilly areas, running on grass, trail and concrete paths. It is a scenic route with cordoned off areas and numerous stewards to help you along the way. We do our best to keep the general public off the course and we ask all participants to be aware of this. Signs will be posted for your safety.

#### 10k

It is **2 complete laps** and is mainly flat terrain with some hilly areas, running on grass, trail and concrete paths. It is a scenic route with cordoned off areas and numerous stewards to help you along the way. We do our best to keep the general public off the course and we ask all participants to be aware of this. Signs will be posted for your safety.

### Race Numbers

Please collect your race number and timing chip on the RACE DAY. **Race numbers will NOT be sent out via post.** Please arrive at the registration area, which will be open from 8.30am for both registered runners and those who wish to register on the day.

### Starting the Race

The start will be staggered and to help the race commence as smoothly as possible, we kindly request that all beginner runners to please start the race towards the back. This will help fellow experienced runners to set off and to help ease the congestion of everyone starting off at once.

#### 5k

**30 minutes or more - start at back**  
**25 minutes or more - start in the middle**  
**20 minutes or less - start at the front**

#### 10k

**60 minutes or more - start at back**  
**45 minutes or more - start in the middle**  
**40 minutes or less - start at the front**

### During The Race

There will be one water station, distance markers and stewards throughout the course to assist you during the race. We will have a clock positioned next to the start and finish line for you to monitor your time. Announcements will be made throughout the race!

If you sustain an injury during the race please alert one of our stewards who will assist you or contact the onsite medical team. If you have an existing injury that becomes aggravated during the race then we recommend withdrawing from the race rather than causing further damage.

### Using GPS Systems

Many runners use GPS Systems to monitor their time, speed and distance during races. The course has numerous tree lines that may prevent GPS signals being received and advise runners to be aware of this problem.

### Chip Timing

Please make sure your timing chip is secured properly to your shoe. You will be provided with this at registration on the day. **Please be sure to step on to the mat as this will guarantee your final finish time.** All chips will be collected at the finish line, so please make sure you have handed the chip back.

### Timing & Results

Each runner will have a timing chip attached to their shoe. Your start and finish time will be recorded as soon as you have crossed the start and finish line. Running times will be provided for all runners who complete the race. Race times will be available directly after the race on our TV screen and posted on our website under Results in the 'Running' section, usually 24 hours at the very latest.

### First Aid

An ambulance & first aiders will be present on site as a precaution. If you do require medical attention, please see a member of our team who will alert the paramedics.

### Toilets

Portable toilet units are provided on-site to make life easier for our runners.

### Water

We have 1 water station on our course. This is positioned near the 2km and 7k markers. Each runner will then be given a bottle of water as they cross the finish line.

### Storage

We have a baggage storage area available to all runners.

We look forward to seeing you at the race and please visit [www.trinityhospice.org.uk/news/fun-run](http://www.trinityhospice.org.uk/news/fun-run) or [www.innovationsports.co.uk](http://www.innovationsports.co.uk) to view our events!

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