RACE INSTRUCTIONS

Race HQ	Sea Scouts HQ Building (EX2 4AN) – opposite the start on the other side of the river, see website for map.
Race Number	**YOU WILL NEED TO COLLECT YOUR RACE NUMBER ON THE DAY FROM THE RACE HQ, THIS WILL BE OPEN FROM 5PM. WE WILL <u>NOT</u> POST ANYTHING OUT.** Your number MUST be pinned to the front of your running top with 4 safety pins.
Start & Finish	Please note the start is a short walk from the race hq, allow time to walk up to the start – see website for detailed maps.
Course	 **The Purple pin marks the loop that is run twice, then back to the finish. Officially Measured at 10,000m See race website for more detailed view
Water Station	There will be a water station on the course - Please use bins provided. Runners will pass the Water Station twice.
Toilets	These will be available at Race HQ, there are also public toilets on the Quay.
Baggage	Runners can leave baggage in the Race HQ. This is entirely at your own risk.
Showers	There will be showers at Race HQ
Prizes	Prizes will only be awarded for overall winners - First 3 male & female, first veteran male & female in each category. *Only one prize per competitor.

Rewards	All finishers will receive a medal at the finish.
UKA Licence No:	2014-10686
First Aid	This will be provided by Met Services
Car Parking	We are unable to offer a dedicated event car park. However there are Council Pay & Display Car Parks close by: Haven Banks Car Park, Michael Browning Way, Exeter, EX2 8DP Cathedral and Quay Car Park, Lower Coombe Street, Exeter, EX1 1DX See council website for further details - http://www.exeter.gov.uk
Contacting Us	If you should have any queries then please contact via run@ironbridgerunnerevents.co.uk or 01392 436 383
Race Website	We will keep the race website up-to-date with all the latest information so please keep an eye on it!