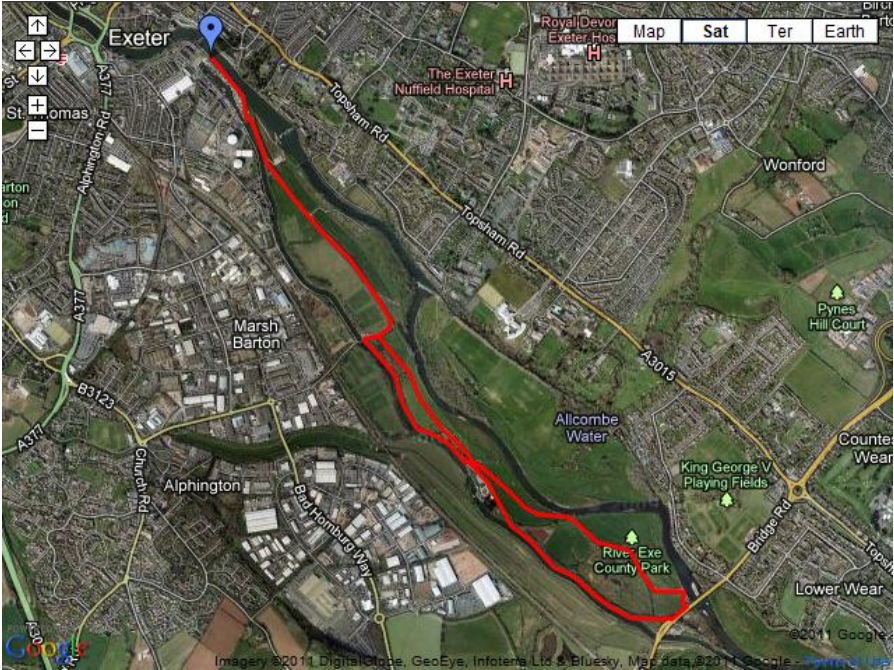




RACE INSTRUCTIONS

Race HQ	Sea Scouts HQ Building – opposite the start on the other side of the river, see website for map.
Race Number	Your race number should be enclosed in this pack, please fill in your details on the reverse. Your number should be pinned to the front of your running top with 4 safety pins.
Start & Finish	Piazza Terracina- 9.30am Start
Course	<p>3 Laps – Officially Measured at 13.1miles</p>  <p>The map shows the race course starting at Piazza Terracina, heading south along the River Exe, crossing the river via a bridge, and looping through the city of Exeter. Key landmarks include Marsh Barton, Alphington, and the River Exe County Park. The course is marked with a red line on the aerial view.</p> <p>See race website for more detailed view</p>
Water Station	There will be a water station on the course - Please use bins provided
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.
Goody Bag	All finishers will receive a goody bag at the finish.
UKA Licence No:	TBC
First Aid	This will be provided by Met Services
Car Parking	Unfortunately we are not able to offer a dedicated race car park, there are a number of pay and display car parks by the quayside. Please note the main ones are the start side of the river.
Contacting Us	If you should have any queries then please contact via ibr.events@btinternet.com 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!