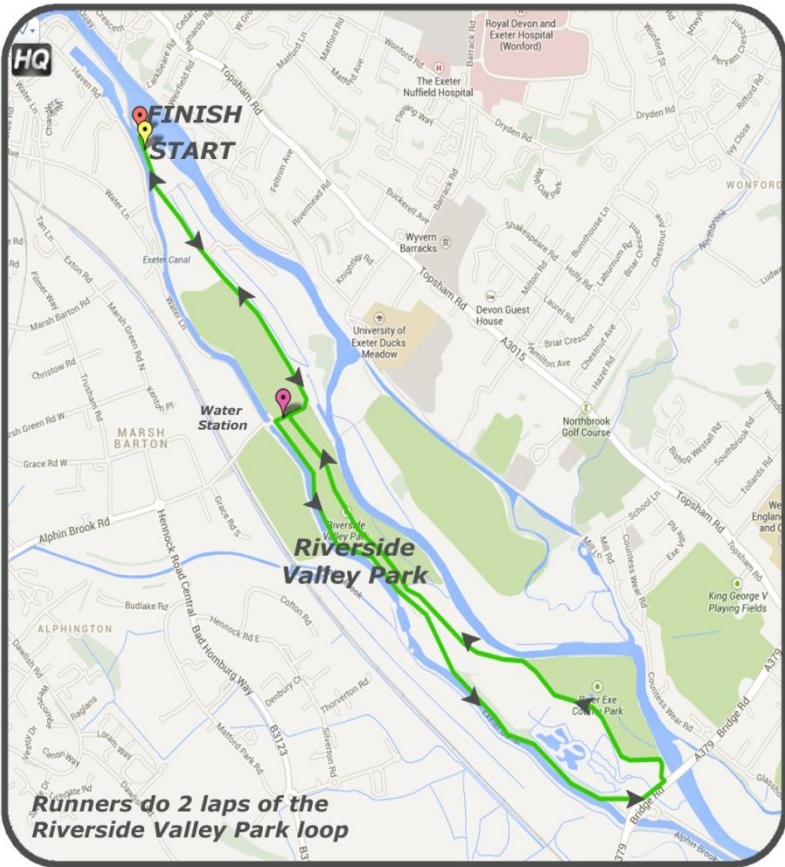




THE BUY WITH CONFIDENCE EXETER 10k



WEDNESDAY 20th JULY 2016, 7.00pm

RACE INSTRUCTIONS

Race HQ	The Quay Climbing Centre, Haven Rd, Exeter EX2 8AX NOT Sea Scouts building as previously advertised.
Race Number	YOU DO NOT NEED TO SIGN IN ON THE DAY EVERYTHING YOU NEED I.E. RACE NUMBER SHOULD BE WITHIN THIS PACK. 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 map.
Course	 <p>Runners do 2 laps of the Riverside Valley Park loop</p> <p>Officially Measured at 10,000m See race website for a more detailed view</p>
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 will also be 4 portable loos close to the start finish area. There are also public toilets on the Quay (opposite side to

	hq).
Baggage	A limited baggage store will be available at the Race HQ. This is entirely at your own risk.
Showers	There will be showers at Race HQ
Timing & Results	The race will be manually timed, therefore no need for a timing chip, there will be a large finish clock. Results will be posted on website asap after the race and times will be eligible for Power10 and Run Britain Rankings
Prizes	On the day: Prizes will only be awarded for first 3 male & female finisher. Posted out after race: first veteran male & female in each category. *Only one prize per competitor.
Rewards	All finishers will receive a medal and some other goodies at the finish.
UKA Licence No	2016-22793
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 mail@city-runs.co.uk
Race Website	We will keep the race website up-to-date with all the latest information so please keep an eye on it!
Social Media	Please follow us on our social media channels – we will make updates here regularly before, during and after the race!!  @cityruns  www.facebook.com/cityruns10



#RunExe5k
MONTHLY
APRIL UNTIL SEPT
TUESDAY EVENINGS AT
EXWICK PLAYING FIELDS
EXETER
WWW.CITY-RUNS.CO.UK

Exeter's
great west run
Sunday 16th October 2016
Sign up now!