

# **Race Day Info for 'The Bure Valley 10' on Sunday 1<sup>st</sup> October 2017 at 9.30am**

**Race HQ** Banningham Village Hall. The Sat Nav postcode is NR11 7DY

## **Car Parking**

Please park in the designated car park as instructed by the marshals. **Please car share if possible.**

## **Race numbers & timing chips**

Your number & timing chip will be ready for collection from 8.00am on race day. Your race number must be pinned to the front of your top.

You must not cut, fold or mutilate your race number in any way. Please add any medical details and an emergency contact on the reverse of the number.

**IMPORTANT** - Race numbers must not be transferred or sold to another runner and we are unable to offer refunds.

Your timing chip must be fastened to your shoe as instructed. Please make sure that you collect your race number and timing chip by 9am at the latest. The race will start promptly at 9.30am.

## **Facilities**

There are toilets but no changing facilities so come ready to run. Baggage may be left in the village hall but this will be at your own risk.

The W. I. ladies of Banningham Village will be on hand to provide tea, coffee, cakes and hot soup.

## **Devices with headphones or earbuds**

For safety reasons, so you can hear approaching traffic and the marshalls instructions, the use of devices with headphones or earbuds is prohibited.

If you are seen wearing a device with headphones or earbuds during the race, then you will be disqualified.

## **Afterwards**

When you have finished the race please make sure you have your timing chip removed by a member of staff.

The presentation of prizes will be made in the village hall at approx 12 noon.

But most of all - Enjoy the race and have a good run.

Chairman Martin Adcock 07824 599 006