

# **BVH 10 Race Day Information Sunday September 26<sup>th</sup> 2021**

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

**Start Time** 09.30am Sharp.

Please arrive at the start by 09.25am and follow marshal's guidance.

## **Car Parking**

Is on the field beside Banningham Church. Follow signage and marshal's directions.

## **Covid Information**

Please follow the attached guidance for competitors.

Marshals will be available to collect disposable face coverings if you wish to wear one on the start line and remove it after the race has started.

## **Race numbers**

These will be posted out the week before the race. If you enter after the 17<sup>th</sup> September numbers will be available for collection on race day from the village hall.

Your race number must be attached 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 to the reverse of your number.

## **IMPORTANT**

Race numbers must not be transferred or sold to another runner. The race takes place on public roads. Please keep left at all times and follow the marshal's instructions.

**The race has a cut off time of 2 hours**

## **Facilities**

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

There will be no refreshments available this year.

The water stations on the course are at approx. 5 & 7 miles and at the finish.

### **Devices with headphones or earbuds**

For safety reasons, so that you can hear approaching traffic and the marshal's 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 you will be disqualified.

### **Afterwards**

Please disperse as quickly and safely as possible.

There will be no presentation of prizes this year.

All cash prizes will be sent to the winners the week following the event.

BVH hopes you have an enjoyable run and we look forward to welcoming you on the day.