

BVH 10 Mile Race Day Information

Sunday September 24th 2023 9.30am

Race HQ

Banningham & Colby Hall, Banningham Village. The Sat Nav postcode is NR11 7DY. What3Words are share.waltzes.risk

Start Time

09.30am Sharp.

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

Car Parking

The best directions to the car park are along the A140, turn right if coming from Aylsham and left if coming from the Cromer direction into Banningham Road. The car park is the first field on the left. What3Words are tend.unframed.sweated or See attached map.

It is an 800m walk to the village hall so allow enough time for number collection etc.

Please do not park at the Village Hall, The Banningham Crown pub car park or around the village green.

Race numbers

Please collect your number on race day. Number collection will open at **8am and close at 9.15am**. Your 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. Once you have collected your number please move to the main hall and do not leave any belongings in the number collection room as this will be locked once the race has started.

IMPORTANT

Race numbers must not be transferred or sold to another runner

The race has a cut off time of 2 hours

The race takes place on open public roads. Please keep left at all times and follow the marshal's instructions

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.

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.

The water stations on the course are at approx. 3.5 & 7 miles and at the finish.

The Banningham Bowls club will be providing the usual mix of sweet and savoury, plus gluten free, dairy free, vegetarian and vegan.

It is Cash only

Afterwards

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

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

