

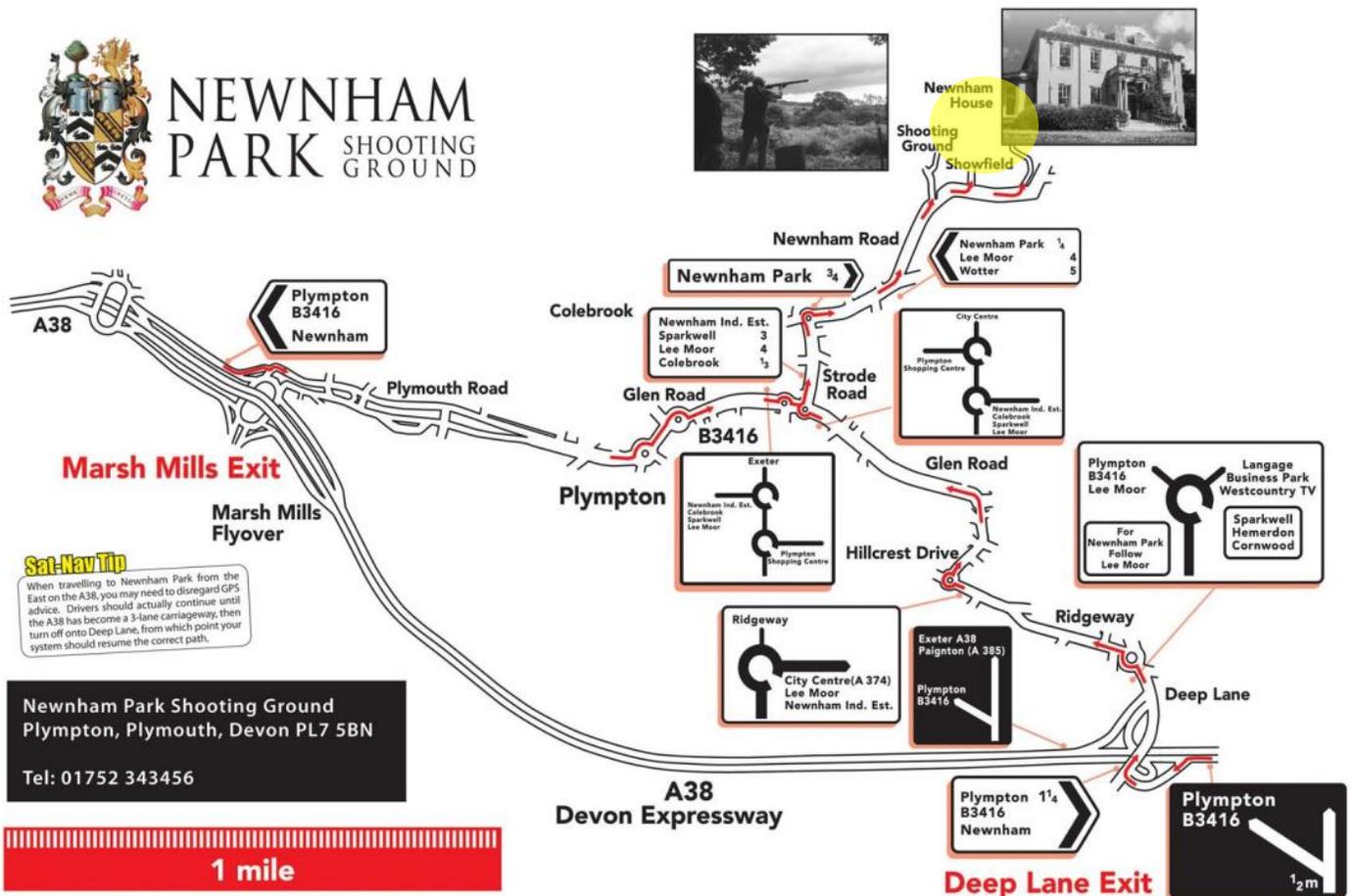


## Information and Race Day Instructions

Saturday 21<sup>st</sup> September starting from 15:00 at Newnham Park, Plympton

Plymouth Harriers and all of our sponsors would like to thank you for entering Tory Brook Trails and we trust that you will have an enjoyable day.

**Getting there** – The event will take place on the Showfield (marked below)



**Race number pickup** - Numbers will be available to pick up from 14:00 from the pre-entries tent. Please ensure you arrive in plenty of time to pick up your number. Entries will be accepted on the day from the registration tent. If we reach our race limit, we will be unable to accept any further entries. If you are a canicross runner please let the registrations tent know so we can mark your number accordingly and ensure you received the correct race time.

**Race number/Emergency details** - You must provide information of any current medical conditions and any allergy information that the emergency services may find useful in the event of an incident. Please write this in the space provided on the back of your race number. Do not swap race numbers as wearing the incorrect number will lead to disqualification. Your race number must be clearly displayed on the front of your running top and not be cut, folded or in any way altered.

**Baggage/changing** - Baggage may be left in the baggage tent and must be marked with your race number on a tag which will be available. Bags are left entirely at the owner's risk. There are no dedicated changing facilities but a number of tents are available to provide shelter should the weather take a turn for the worse!

**Start Times & Course Information** –

2k wave one 15:00 – double runners and single race runners over the age of 14

2k wave two 15:05 – ages 4-14 and accompanying adults

10k canicross wave 15:50

10k mass start 16:00

Please ensure you assemble at least 5 mins prior to your start time in order to receive last minute instructions and safety information.

Both courses are one lap over and through a variety of terrain including the infamous river crossings. Please be prepared for wet feet! As this race includes some farmland, you may be lucky enough to encounter some local wildlife. These animals are beyond our control; should they wander onto the course, please carefully run around them if it is safe to do so. If it is not safe, please wait for them to move on and then continue on your way.

**Canicross runners** – Please note that we allow one dog per person. Dogs are to be on a harness, line and belt, collar and lead will not be acceptable, and you will be stopped from participating with your dog. Dogs are not to be left in vehicles at any point. It goes without saying you are responsible for your dog at all times and must clear up any mess the dog may produce!

**Toilets** - These will be available near the start/finish area.

**Personal music players** - For safety we need runners to be able to hear instructions from marshals. You may not be able to hear instructions if you are wearing on or in ear headphones. Please consider only using one earpiece throughout the race and certainly remove completely when approaching any marshals as you may need to hear and understand their instructions.

**Drink stations** - There will be 1 drink station providing water that you pass twice. Their approximate location will be illustrated on the race map near to where you will pick up your race numbers. If you must discard your cup or bottle please do so in the area provided around the water station. Otherwise please carry the container with you. Please do not litter Newnham Park. Apart from spoiling the natural beauty, we may be prevented from using these facilities in the future.

**Weather Advice** – The forecast for Saturday appears to be temperatures of around 17-19 degrees during the race. However, we still recommend the following (as per UKA guidance)

- Dress appropriately for the weather
- Drink to thirst
- Keep in the shade where possible
- Ask for medical help if you feel unwell
- Do not take part if you have been unwell recently

**Medical support** – Role 1 Medical Ltd will be in attendance throughout. If you fall ill or injure yourself, please advise one of the marshals who will summon assistance if necessary. In the event of an emergency, contact details on the reverse of your number will be used. If at any point during the event you feel you need to stop and withdraw due to medical reasons please make your way to a marshal who will arrange for you to be collected (where possible)

**Results** - Will be available on Plymouth Harriers website as soon as they are confirmed.

**Finisher memento** – Each finisher of the 2k (paid entry with a number) will receive a medal. Each finisher of the 10k will receive a medal and neck scarf.

**Presentations and prize winning categories** - Presentations will start at approximately 1730 near the number pick up tent. First 3 Men and first 3 ladies will be presented with Run Venture vouchers. Age category prizes (Run Venture vouchers) will be presented to 1<sup>st</sup> MV 40, 45, 50, 55, 60, 65 & FV 35, 40, 45, 50, 55, 60, 65 (one prize per athlete). 1st mixed affiliated team (6 to count, at least 1 must be female). Please note current prize categories are for unassisted runners only. First three canicross finishers will be presented with a prize.

**Refreshments** - There will be tea, coffee and our famous cakes available to purchase near the start/finish area. We also have a fish and chip van in attendance so fill your boots! You've worked for it!

**Race Charity** – This year Plymouth Harriers have chosen to support Woodside Animal Shelter. This local charity has been going since 1977 and houses a variety of animals with the aim to rehome those that are able. The charity will have a tent and volunteers attending on race day – please consider bringing your spare change to donate. Or you can do so online at [https://www.woodsidesanctuary.org.uk/category.php?cat\\_id=22](https://www.woodsidesanctuary.org.uk/category.php?cat_id=22)

**We would like to acknowledge the following sponsors and organisations for their invaluable support:**

**Westcountry Seafoods, Armoric Freight International, Run Venture & PCS**

Please feel free to leave a review or offer feedback (positive or negative) at [racedirector@plymouthharriers.net](mailto:racedirector@plymouthharriers.net)