



Thank you for entering The Sandwich 10k! We do appreciate your support and thanks for choosing us. As race day is very close we are sending you all the information you need for the day.

Race HQ

The event is based at Sandwich Sports Centre. Race HQ will be open from 9:00am on Sunday 24th June. You will need to collect your number and timing chip from here. Inside the Race HQ you will find several desks for collections – please select the desk appropriate to your SURNAME for collection, NOT your first name or club/company name. Please make sure you allow enough time to collect these. The race starts at 10:30am.

Parking

There is free parking at the Sports Centre (on the field). Please follow directions of marshals upon arrival. The postcode for the Sports Centre is CT13 0FA. The Sports Centre is adjacent to Sandwich Technology School.

Refreshments & Other activities

We will have some great tasting coffees, teas and cakes.

Changing Rooms & Toilets

There are toilets and some changing facilities available with showers.

Baggage Drop

We will have a baggage drop. You **must bring your race number** with you to show when depositing your bags and belongings. Please note bags and belongings are stored at your own risk.

Prizes & Presentation

Every finisher will receive a medal. There will also be prizes and a presentation at approximately 11:45. There are prizes for 1st/2nd/3rd Male and Female, 1st Vet 40, 50 and 60 Male and Female and 1st Team (first 3 finishers to score from each team). Please do stay for this and cheer on everyone's successes.

Results

We will be displaying results near the event HQ on the day and these will also be published on our website later in the day. This can be accessed via www.sportingeventsuk.com, and a link also posted to our facebook page www.facebook.com/sportingeventsuk and twitter feed www.twitter.com/sportseventsuk. You can also keep up to date with our latest news via our facebook and twitter.

Water Station

There is a water station at approx. 5k and at the finish.

First Aid

First Aid will be provided by SE Medical Services, and we thank them for their involvement.

Unit 5, Marshwood Close, Marshwood Business Centre, Canterbury, Kent, CT1 1DX
Tel: +44 1227 788912
Company Registration no. 9802305

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**Headphones**

In line with UK Athletics rules runners are not permitted to wear headphones during the race. This is for your own safety and well-being. The only exception to this is bone-conducting headphones which are allowed under UKA rules.

License/Certification

We can confirm that the race is licensed by runbritain. As such we operate the race using UK Athletics/runbritain rules.

I think that covers everything you need to know, but if you do have any questions please let me know.

All that remains is to thank you again for choosing us and we look forward to seeing you on Sunday.

Barry Hopkins
Race Director

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