



Thank you for entering the Cliffe Woods 5 Mile! We do appreciate your support and thanks for choosing us. As race day is getting very close we are sending you all the information you need for the day.

PLEASE NOTE: AS IT IS PREDICTED TO BE HOT ON SUNDAY PLEASE MAKE SURE YOU ADEQUATELY HYDRATE THE EVENING BEFORE AND ON THE MORNING OF THE EVENT.

Race HQ

The event is based at Cliffe Woods Primary School. Race HQ will be open from 9:00am on Sunday 8th July. 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.

Timing Chips & Race Numbers

Both your timing chip and number are issued on the day as explained above. You must securely attach your timing chip to your shoe using the cable ties provided. Do not attach the chip anywhere else. Failure to return your chip at the end of the race will result in a £10 charge payable by the runner on the day. You must also securely attach your race number to your front NOT your back or your leg. Thanks for your help with this.

Parking

There is free parking at the School (on the field). Please follow directions of marshals upon arrival. The postcode for the School is ME3 8UQ.

Water Station

There is a water station approximately mid-way around the course. Bottles of water will be available at this. You will also be given water at the finish.

Refreshments & Other activities

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

Changing Rooms & Toilets

There are toilets available but unfortunately no changing facilities.

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.

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Results

We will have LIVE results on the day, so when you cross the line your result will automatically upload on the website. You can scan the QR code at the finish to access these on the spot! You can also access these 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.

First Aid

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

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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