



Thank you for entering the Ashford & District 5 and 10 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.

**\*\*NOTE: The clocks go back 1 hour at 2am on Sunday morning. If you miss this you will be an hour early!\*\***

### **Race HQ**

The event is based at the Towers School & Sixth Form Centre, Ashford. The postcode for the school is TN24 9AL. Race HQ will be open from 8:30am on Sunday 28<sup>th</sup> October, and can be found located inside the main building at the school. You will need to collect your number and timing chip from here. At 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 10:00am.

### **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 event on site. The parking areas are located across the school's site so please follow directions of marshals upon arrival. The postcode is TN24 9AL.

### **Refreshments & Other activities**

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

### **Water Station**

There are three water stations located approximately every 5k (3.1 miles) around the course. You will also be given water at the finish.

### **Changing Rooms & Toilets**

There are toilets, changing rooms and showers available for your use at this venue.

### **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.

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

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### **Prizes & Presentation**

Every finisher will receive a unique finishers medal. There will also be prizes and a presentation at approximately 11:45. There are prizes for 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> Male and Female, 1st Vet 40, 50 and 60 Male and Female in the 10 mile and 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> Male and Female in the 5 Mile. Please do stay for this and cheer on everyone's successes.

We will also have a special prize for the best or scariest Halloween costume for those of you that have decided to dress up – this optional so feel free to dress up as a runner!!

### **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](http://www.sportingeventsuk.com), and a link also posted to our facebook page [www.facebook.com/sportingeventsuk](http://www.facebook.com/sportingeventsuk) and twitter feed [www.twitter.com/sportseventsuk](http://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  
Sporting Events UK

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