



Thank you for entering The Island Run 10k & 5k! We do appreciate your support and thanks for choosing us. As it is just a few days away from race day we are sending you all the information you need for the day.

### **Race HQ**

Race HQ is located inside the blue marquee on the green adjacent to the Beach Street car park (and also adjacent to McDonald's and Tesco Sheerness). Race HQ will be open from 9:00am on Sunday 6<sup>th</sup> May. You will need to collect your number and timing chip. 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. Both the 10k & 5k start at 10:45am.

### **Timing Chips**

PLEASE NOTE: The timing chip you are issued with must be returned to us at the end of your race, just after you finish. Unfortunately missing or lost chips will incur a £10 charge. Thank you for your assistance with this.

### **Refreshments**

We will have some great tasting coffees, teas and other refreshments with some snacks which will be provided by Café2u. Caking Mad Bakery will also be offering their great range of cakes.

### **Changing Rooms & Toilets**

There are toilets but unfortunately no changing facilities at this event.

### **Parking**

There is limited parking at the venue and we would encourage car sharing where possible. The post code for your sat nav if travelling by car is ME12 1HH.

### **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 unique medal specially commissioned for the event. There will be prizes and a presentation at approximately 11:45 near to the race finish line. There are prizes in the 10k for 1st/2nd/3rd Male and Female, 1st Vet 40, 50 and 60 Male and Female and 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> Male and Female in the 5k. Please do stay for this and cheer on everyone's successes.

### **Results**

Results will be streamed LIVE to our website and can also be accessed by scanning the QR code at Race HQ. A full copy will also be published on our website later in the day. This can be accessed 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.

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**First Aid**

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

**MP3/Music Devices**

In line with UK Athletics rules runners are not permitted to wear MP3/Music devices 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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