



Thank you for entering The Wingham 10k & 5k! We do appreciate your support and thanks for choosing us. This is the 31st year of the event, and we have had a record number of entries – we increased the race limit and sold out earlier than last year – so an even bigger thanks is due! As race day is getting very close we are sending you all the information you need for the day.

Race HQ

The event is based at the Wingham Recreation Ground. Race HQ will be open from 9:00am on Sunday 9th September, and can be found located at the Pavilion at the Recreation Ground. 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 bring your ticket confirmation with you. Please make sure you allow enough time to collect these. The race starts at 10:30am.

NOTE: If you are not attending the event and are offering your place to another runner WE MUST be given ALL the information. We do need to know who is actually running at the event. If we are not informed, in the event of an emergency, we may be looking for someone who is not actually there – thanks for your co-operation with this.

Parking

There is free parking at the event. Please follow directions of marshals upon arrival. The postcode for the Recreation Ground is CT3 1BU. **DO NOT PARK in Goodnestone Road** as this forms part of the route and you may delay the start whilst we get you to move your car. Thanks for your co-operation with this.

Refreshments & Other activities

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

Changing Rooms & Toilets

There are toilets available but unfortunately no showers or changing facility at this venue.

FREE Massages

We will be offering FREE massages both pre and post-race. This is provided by Hope Spinal Wellness. You can find out more about their services at www.hopespinalwellness.co.uk.

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 special medal handmade by Canterbury Pottery. 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 in the 10k and 1st, 2nd and 3rd Male and Female in the 5k. Please do stay for this and cheer on everyone's successes.

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**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.

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. The only exception to this are bone-conducting headphones. Headphones that sit on the ear or in the ear and not permitted. This is for your own safety and well-being.

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.

Kind regards,

Barry Hopkins
Race Director