



Thank you for entering the Cranbrook 10k & 5k! 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.

### **Race HQ**

The event is based at High Weald Academy. Race HQ will be open from 9:00am on Sunday 15<sup>th</sup> 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 TN17 2PJ.

### **Refreshments & Other activities**

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

### **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.

### **Changing Rooms & Toilets**

There are toilets and changing facilities available.

### **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) in the 10k and 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female in the 5k. Please do stay for this and cheer on everyone's successes.

### **Kids Races**

There are three kids races, 5 year old and 6-8 years old and 9-11 year olds. The cost is £3 per child with registration on the day. These will take place at 10am with **last entries at 9:45am**.

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Company Registration no. 9802305

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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](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  
Race Director

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