



Thank you for entering the University of Kent Canterbury 10k! 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 the Pavilion at the University of Kent. Race HQ will be open from 9:00am on Sunday 20th May. 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.

Refreshments

We will have some great tasting coffees, teas and cakes and a wide range of snacks/light lunches available. There is also a licensed bar.

Changing Rooms & Toilets

There are lots of toilets and showers available both on the ground and first floors of the Pavilion.

FREE Massages

We will be offering FREE pre and post race massages provided by Kent Sport Physiotherapy.

Kids Races

We will have kids races at this event. You sign up for these on the day at the fun run desk at £3 per child. The kids races start at 10am.

Parking

We have FREE CAR PARKING available, some immediately outside the Pavilion and further car parking at the Nursery car park. There will be signage and marshals directing you to the appropriate areas to park. The postcode for the car park is CT2 7SR. Please follow the signs to the car park and the instructions of the marshals on arrival.

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 race. There will be prizes and a presentation at approximately 11:45 in the village hall. There are prizes for 1st/2nd/3rd Male and Female, 1st Vet 40, 50 and 60 Male and Female, 1st Team (first 3 finishers to score from each team). Please do stay for this and cheer on everyone's successes.

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

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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 Blue Light First Aid 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.

Kind regards,

Barry Hopkins
Race Director

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