



Thank you for entering the West Worthing 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 two marquees on the green off Marine Crescent in Goring, near to the Sea Lane Café. Race HQ will be open from 9:00am on Sunday 11<sup>th</sup> March. 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 5k & 10k races start at 10:30am.

THERE ARE NO ON THE DAY ENTRIES AS THE EVENT IS FULLY SUBSCRIBED.

### **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 £40 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. There will also be homemade cakes for sale.

### **Changing Rooms & Toilets**

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

### **Parking**

There are small car parks located at either end of the green adjacent to the event which are free of charge. The post code for your sat nav if travelling by car is BN12 4HR.

### **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 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, 1st Team (first 3 finishers to score from each team) and in the 5k prizes for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female. 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](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

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[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 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  
Race Director

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