

Dear Runner,

Thank you for entering the Ivybridge 10K Road Race.

If you entered the event, but have now transferred your number, please forward this message on. Do not allow someone to run with your number, **this causes problems with prizes and more importantly in a medical emergency**. A race number transfer form can be found on our website http://www.ernevalleyharriers.co.uk/?page_id=83. This is free of charge.

Please car share where possible as parking is limited. Follow direction signs to car parks and take notice of marshal instructions. Once car parks are full you will be given alternative parking directions.

Collect your race number from Race HQ (Ivybridge Rugby Club). This will be open from 1700hrs. Number collection is at the rear of the clubhouse and grouped alphabetically. This will be clearly signed.

There are portable toilets situated in Ivybridge Station car park and outside Race HQ. There are further toilets in and around Race HQ. These will all be marked as Male or Female. Please look for the directional signs.

We have a large Customer Care Team working around the car parks and Race HQ who will gladly give direction or answer any questions.

If you have any race queries or last minute number swaps, again the race information desk is located at the rear of the clubhouse.

The race starts at 1830hrs prompt. It will not wait. During the race obey Marshals instructions as to which side of the road you should run on and beware of traffic. Cross roads only when directed.

Important note: In line with UK Athletic guidelines for an event held on open roads, the wearing of Portable audio equipment is prohibited and you will be disqualified.

Once you have passed through the finish, you will be encouraged to move through the finish funnel to prevent blockage. There will be drinks and race memento T-shirts in the finish area. From here you will be directed around the rugby pitch to timing chip removal (we have people on hand to help with this and you will be able to keep your number) baggage collection, post race massage and showers/changing facilities.

There will be photographers at the event, so remember to keep smiling (<http://www.charleswhittonphotography.com/ivybridge-10k-7516>)

Join us for prize giving from 1945hrs as we have a substantial prize list across a number of categories. Club vests must be worn to qualify for team awards.

Please keep checking our 10K website, or Facebook page, for any last minute information.

Please enjoy the event and be safe.

Kind Regards,

Ian Crossley

(Ivybridge 10K Race Director)

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On behalf of Erme Valley Harriers