

Invicta East Kent Athletics Club



Canterbury 10 mile road race Sunday 21st January 2018 – 10.00am start

Pre-Race Instructions

Your entry has been received. This email provides all the pre-race instructions.

**ALL NUMBERS AND CHIPS ARE TO BE COLLECTED ON THE DAY
FROM OUR RACE HEADQUARTERS.**



Christ Church University Sports Centre

**Pilgrims Way, Canterbury,
Kent CT1 1PH**



Gates open at 8.00am. Access before 8.00am is for Race Officials only.

Parking: There is no parking at the Race HQ, but parking is available on the nearby Christ Church University North Holmes Road campus. This is marked on a campus map available on the event website. We otherwise recommend parking on surrounding roads and walking to the Race HQ.

Do not park in Spring Lane, Pilgrims Road or Pilgrims Way as these form part of the race route & Start and Finish. Parking in these streets will delay the race.

Vehicles and their contents are left entirely at owners risk.

Collecting your number and **CHIPTIMINGUK timing chip:**

Please arrive in plenty of time & collect your running number & timing chips by 9.30am. Timing chips & numbers will be distributed in **alphabetical order** by **surname**. **CHIP COLLECTION** signs at race HQ will indicate which queue you should be in. Queuing in the wrong queue will slow down the process for you & other competitors. Race Officials will be on hand to help you.

Baggage Area: The baggage area is located within the main hall. Please show your race number to the baggage collector prior to handing over your bag and allow plenty of time. All items are left entirely at the owner's risk

Facilities and Refreshments: Toilets are situated in two locations and will be clearly signed. There are some changing & showering areas, although you would best arrive ready changed to run. Refreshments, hot & cold drinks and snacks will be on sale by the Sports Centre entrance.

Free Massage: There will be free pre & post race massages

Race Start & Finish: These are situated close to the race HQ in Spring Lane & will be explained by Race Officials. The course is the same as in 2017. A course map is available from the event website www.canterbury10.co.uk.

Prizes: All finishers will receive a quality medal + FREE photographic downloads. There are cash prizes and sports lab sessions to the first 3 male/female competitors + trophies for these and first vets (Male 40+, 50+, 60+, 70+, Female 35+, 45+, 55+, 65+) and first Team, Male (4) & Female (3).

Please Note: The course is not suitable for wheelchair competitors. Earphones & devices to play music are not allowed. Please keep a copy of this document for your records. Good Luck with your training and in the race.