

# Invicta East Kent Athletic Club



## Canterbury 10 mile road race Sunday 26<sup>th</sup> January 2020 – 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 some parking is available on the nearby Christ Church University North Holmes Road campus. Other parking is currently being arranged, although there is also parking on surrounding roads in walking distance 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 owner's risk.

**Collecting your number and  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. There will be a tag with your race number on it, in the envelope with your number Tie this to the bag prior to handing over to the baggage collector and allow extra time to do this. 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 in the sports hall.

**Free Massage :** There will be free pre & post-race massages in the sports hall.

**Race Start & Finish:** These are situated close to the race HQ in Spring Lane & there will be a race briefing by Race Officials. The course is the same as in 2019. A course map is available from the event website [www.canterbury10.co.uk](http://www.canterbury10.co.uk).

**Prizes:** All finishers will receive a quality medal + FREE photographic downloads. There are cash and other prizes to the first 3 male/female competitors + trophies for these plus 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. Good Luck in the race

**Results :** Your race time will be texted 30min after you finish. Full results [www.chiptiminguk.co.uk](http://www.chiptiminguk.co.uk).