

Invicta East Kent Athletics Club



Canterbury 10 mile road race Sunday 23rd January 2022 – 9.00am 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 7.15am. Access before 7.15am is for Race Officials only.

Parking: There is no parking at the Race HQ, but limited parking is available at nearby Canterbury College & UCA which are situated on New Dover Road, CT1 3AJ. Once parked, follow the signs to the Start of the race. Some parking is also available 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 8.40am. 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. **Please note that ID will be required.** Queuing in the wrong queue will slow down the process for you & others. Race Officials will be on hand to help you. Please also read the separate **Covid-19 protocols** that we have put in place.

Baggage Area: The baggage area is located within the main hall. Please fill in a tag with your race number and tie to the bag (no extra large bags/hold-alls please) 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 Christ Church Sports Hall and will be clearly signed. There are some changing areas, although you would best arrive ready changed to run. Refreshments, hot & cold drinks and snacks will be on sale outside the race HQ.

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 2021. 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 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. Only bone conducting headphones are allowed. Conventional earphones are not allowed and users may be disqualified. Please keep a copy of this document. Good Luck in the race

Results : Your race time will be available with live results from www.chiptiminguk.co.uk.