

To Runners

We hope you are all looking forward to running the Ottery 10K race next Sunday at 10am. We already have over 300 entries this year so lets hope for good weather. Here are a few things to note:

- If you feel unwell or have flu/covid symptoms on the day please don't attend and if you let me know I can defer your entry to next year.
- Please try to car share as parking is limited, follow the marshalls instructions on where to park which is **not** at the cricket club but on the nearby industrial estate (see map on web site) what3words: kingpin.swim.momentous which is a few minutes walk to Hq. Please don't park in front of any businesses that are open on Sunday which includes the Gym and Vintage Trading. If this area is full the marshalls will direct you to the free Caanan Way car park (resorting.grain.snore) which is a 10 minute walk to the Cricket Club HQ (upon.entertainer.performed). A map is on the website (link below).
- You will pick your race numbers up at the Hq (Club house) so please arrive in good time. Fun run entries can be made on the day. Note we can only take cash this year.
- There will be a warm up 15 mins before the race led by Positiveenerje.
- A map of the 10K route is now posted on the web site (see link below). Note the loop. There are arrows and km markers around the course.
- The Fun run will start 5 mins after the main race at 10:05 and is about a mile off road with every child getting a memento.
- There is a water station at 5km and the finish. We are aiming to make this a cup less event in common with other races so please try and bring your own cup or hydration if possible.
- There is one busy road to cross towards the end of the race, please obey the stop-go sign of the marshalls there.
- As this is an England Athletics race no in ear headphones are allowed during the race for safety as you will share the roads with other vehicles.
- There are tech vests for all finishers who requested them in 3 sizes with several other goodies as well.
- There will be trophies for the winners and main age category winners.
- Free showers are available at the nearby sports leisure centre if required after the race
- Tea, coffee, cakes and a bar will all be available in the club house and a BBQ. This year we can only take cash for payment.
- If there is more heavy rain this coming week the cricket pitch may be water logged in which case we will have to start in Strawberry Lane. We will advise all runners on the day.

The web site is at: <http://www.honitonrc.com/ottery-10k-may.html>

If for any reason we have to cancel I will post on web site and FB page and to this email list.

Look forward to seeing you all next Sunday
Roger Saunders
Honiton Running Club