



OTTERY 10K RACE 2017

Race Information

The Ottery 10k Race on Sunday 14th May 2017 is run under UK Athletics Rules, Licence 2017-26484. The race begins at 10.00am and will start and finish at the Cricket Club on Strawberry Lane, Ottery St Mary EX11 1RG.

Car Parking

You cannot park at the cricket club. The main option for car parking is in the The Finnimore Industrial Estate as indicated on the map below, it's a 5 min walk to the start. The businesses are closed on Sunday morning but please don't park in front of roller doors or obstruct any entrances. Alternative parking is close to the town centre at Land of Canaan or at the Sports Centre by Kings School (see map below). Allow time to walk to the start from these car parks (10 minutes). For the safety of you and other runners please do not park between the Kings School and Salston Cross or on Strawberry lane but in the designated car parks.

Registration

The race registration desk is at the race HQ in the Cricket Club where you collect your race number if you have entered on-line or by post. Runners will be able to register on the day (for an additional £2) subject to the race limit of 300 not being exceeded. You can pass your number on to another runner, providing you notify us in advance by email and the new runner completes a registration form. Baggage can be left at the Cricket Club. All kit and personal effects are left at their owner's risk. Showers are available nearby at the Sports Centre.

The Race Route

The course follows a roughly circular route, running in an anti-clockwise direction through the town, past the church and nurseries to Pattesons Cross towards Fairmile left (**for one small loop**) through Gosford back to Pattesons Cross then Fairmile, Cadhay Lane, along minor roads towards Ottery St Mary. It is not traffic free so please watch out for any vehicles on the route and give way if necessary. Distance markers will be displayed at each 1km point of the course. Runners must obey the marshals instructions. There are water stations at the halfway 5km point, and at the end of the race. Route marshals will be positioned at each road junction/crossing point and other points. **Personal headphones** of any sort are NOT allowed in the race. Marshals on the course will be checking compliance with this rule and anyone seen wearing headphones will be disqualified and their time excluded from the results.

Refreshments

There will be cakes, bar and barbeque (weather permitting) at the finish. Each goody bag will have a banana and a race T-shirt.

After the Race

There will be race prizes for: first 3 Males & Females overall and first Male and Female in each of the following age categories: FV35, MV40, FV45, MV50, FV55 & MV60. Only

one prize per competitor. Results will be displayed at the finish and will be posted on the Honiton Running Club web site www.honitonrc.com later in the day. For those in Instep Devon clubs their result will be included in the Instep Devon championships results. Proceeds from the race will go to Ottery Cricket Club and Ottery St Mary Carnival Committee.

Fun Run

There will also be a run for juniors which is 1 mile in distance starting 5 minutes after the main race from the cricket club. Any juniors under 9 **MUST BE ACCOMPANIED BY A PARENT**. There will be a memento for all finishers.

Directions to the race:

From Exeter: take the A30 towards Honiton, exiting at the Ottery St Mary turn. The Car Parks are past the Kings School which is on the left just before the town.

From Honiton, take the A30 towards Exeter turning off at the Daisymount roundabout junction, follow signs for Ottery St Mary. The Car Parks are past the Kings School which is on the left just before the town.

From Seaton, take the A3052, turning right at The Bowd Inn after leaving Sidford. Follow the road signs for Ottery St Mary. Pass through the town (one way) towards Exeter; the car park is past on the right just past the St Saviours bridge.

See below for **Map of Race HQ and Start/Finish – Ottery St Mary Cricket Club, Strawberry Lane, OSM EX11 1RG**

