

## RACE INSTRUCTIONS

**EXETER CITY COMMUNITY TRUST**

*Making Greater Exeter Greater*

<b>Race HQ &amp; Registration</b>	<p>Registration will be between 07.30- 08.30 from the Start HQ at Exeter City Football Club, St James Park, EX4 6PX.</p> <p><a href="http://www.exetercityfc.co.uk/club/getting-here/">http://www.exetercityfc.co.uk/club/getting-here/</a></p> <p>There will be an information desk at both the start and finish area.</p>
<b>Race Number</b>	<p>Please pick up your race number on the day while registering.</p> <p>It would greatly help us if you would familiarise yourself with your allocated number as shown on the starting list.</p> <p>Please fill in your emergency contact /medical details on the reverse with your number &amp; pin to the front of your running top with 4 safety pins. The entire number must be visible.</p>
<b>Start &amp; Finish</b>	<p>Start time : 0900</p> <p>Runners to assemble 10 minutes before the race start time at Stadium Way entrance, St James Park EX4 6PX</p> <p>Finish: Piazza Terracina, Haven Road, EX2 8GT</p>
<b>On day entries</b>	<p>There will be no on the day entries.</p>
<b>Minimum age</b>	<p>18 years</p>
<b>Water Station</b>	<p>There will be drinks stations on the course, located on the map.</p> <p>At approx. miles 3,6,8,12,14,16,18,21 &amp; 23</p> <p>Please DO NOT throw water cups / energy gels, onto the path. Please dispose of these items at the drink stations.</p>
<b>Toilets</b>	<p>These will be available at the start &amp; finish area with public toilets are various points along the course as marked on the route map.</p>
<b>Baggage</b>	<p>We will transport your bags from the start to the finish if required. A luggage label will be provided for you at registration, please add your race number to the tag and place on your bag. All baggage is left at the owner's risk. The</p>

	organisers cannot be responsible for any loss or damage caused by the use of these facilities.
<b>Showers</b>	There will be showers at the finish area and limited changing.
<b>Prizes</b>	First 3 overall Male & Female prizes awarded.
<b>At the finish</b>	Medals, T shirts & goodies will be awarded to all finishers
<b>UKA Licence No:</b>	
<b>First Aid</b>	<p>First aid stations will also be available on the courses and at the race HQ finish area. Please ensure you have advised us via your entry form of any medical conditions to be aware of. Any significant changes need to be advised at number collection.</p> <p><i>Please notify a marshal or race HQ if you withdraw during the race.</i></p>
<b>Car Parking</b>	<p>No runners parking available on site at Exeter City FC</p> <p>Council Pay &amp; Display car parks are close by and we suggest</p> <p>Visiting Exeter City Council website for further details - <a href="http://www.exeter.gov.uk">http://www.exeter.gov.uk</a></p> <p>Finish area for spectators - Haven Banks Car Park, Michael Browning Way, Exeter, EX2 8DP or Cathedral and Quay Car Park, Lower Coombe Street, Exeter, EX1 1DX</p>
<b>Contacting Us</b>	If you should have any queries then please contact us at <a href="mailto:fitc.admin@ecfc.co.uk">fitc.admin@ecfc.co.uk</a> Mon – Fri 9.00 -4.00pm
<b>Headphones</b>	We would prefer it if you did not wear headphones.
<b>Weather</b>	<p><a href="https://www.metoffice.gov.uk/public/weather/forecast/gcj2x8gt4">https://www.metoffice.gov.uk/public/weather/forecast/gcj2x8gt4</a></p> <p>Please ensure you are prepared for all weather conditions.</p>
<b>Are you prepared?</b>	Runners are asked to ensure they are well prepared prior to starting any race. If you have any concerns, or your training hasn't gone to plan, don't run, we are happy to offer a voucher towards a future ECCT race.
<b>Route Info</b>	<p>The first section will be on closed roads, then continuing onto shared foot &amp; cycle paths along the beautiful riverside valley park &amp; quay area. Please be mindful that this is a shared space with other public users. Lead &amp; rear bikes will be on hand along with our friendly marshals to direct you throughout.</p> <p>Marshals &amp; drinks stations will stand down after 5hrs 30 mins.</p>

