

**PLEASE, FOR Safety reasons DO NOT wear MP3 PLAYERS,
or similar, DURING THIS RACE**

2010 TEIGNBRIDGE TEN

COURSE: This years race will start on the field at TEIGN SCHOOL, Kingsteignton, at 10.30 am prompt. The route will follow approximately 1.6 miles around the upper end of Kingsteignton, followed by 2 slightly undulating rural laps through Sandygate, Fosterville, then via Preston Manor and back to Kingsteignton. The finish will be on the field at TEIGN SCHOOL. Maps are enclosed.

The course will be manned by marshals, and/or the Police, at every major junction. **Please follow the instructions of the marshals/police when out on the course. Unless otherwise instructed run on the left-hand side of the road at all times.**

There will be two drinks station along the course, the first at approx. 4 miles and the second, at approx. 7 miles. Drinks will also be available at the finish.

Dogs are NOT ALLOWED to accompany runners on the course. Any wheelchair entrants are to notify the Race Director at the earliest opportunity, so that adequate provision can be made for their safe participation.

RACE NUMBER: Your race number is enclosed with this information. It MUST BE WORN on the FRONT of your VEST/SHIRT. It must not be mutilated, folded or cut down.

FACILITIES: Changing facilities, toilets and showers for competitors are available at TEIGN SCHOOL.

First-aid personnel (St.John Ambulance) will be situated along the route and at the finish

Bag storage will be available, at Owner's Risk, at Race Headquarters. Please do not leave valuables in your bag.

Refreshments will be on sale, before, during and after the race.

PARKING: Car parking is available at TEIGN SCHOOL. Our marshals will be in position from 0900h to direct you, **please follow their instructions**

PRESENTATION: Will take place at approx. 12.30 pm. Trophy for the first Man & Lady.

There will be prizes in the following categories

FIRST 5 MEN & LADIES

FIRST 2: M35, M40, M45, M50, M55, M60 & FIRST 2: F35, F40, F45, F45, F50, F60

FIRST 3 MALE TEAMs (6 to count) & FIRST 3 FEMALE TEAMs (4 to count). One prize per team per category.

MEMENTOS: Every finisher will receive a memento, to mark their achievement.

RESULTS: Printed copies of the official results will be sent to anyone completing their name and address on one of the envelopes provided at the special desk at race headquarters.

The results will also be available on www.teignbridgetrotters.co.uk from Sunday evening.

THANK-YOU: The organisers would to take this opportunity to thank our sponsors:

**IRONBRIDGE RUNNER,
HILL'S MOTORS & VIRIDOR WASTE MANAGEMENT Ltd.**

all the race marshals, the Police, St.John Ambulance and Teign School.

A special thank-you to the Race Directors' Mum & Dad (Mr. & Mrs. Caunter) for kindly donating the trophies.

Finally, THANK-YOU, for entering our race. We look forward to seeing you on March 28th and hope that you have an enjoyable and memorable run and will want to return on 27th March 2011 along with your friends.