

TOTNES 10K – SUNDAY 7th AUGUST

INFORMATION FOR COMPETITORS

Thank you for participating in this year's Totnes 10K; below are some information points that might be of use to you on the day:-

VENUE – Totnes Leisure Centre, Borough Park Rd, Totnes **TQ9 5XW**.

TIMES – The 1 mile Fun Run starts at 10.25 and the 10K starts at 11.00.

PARKING – is available immediately adjacent to the Sports Centre. This is a 'paid for' car park; the machines only take **CASH (no cards)** 2 hours - £2.00; 3 hours - £2.80; 4 hours £3.50. There is also a **Ringo** contact number; site number is 3479. If the car park is full there is an industrial estate very nearby which can be accessed from Babbage Road (from the roundabout where you also access the Sports Centre). Follow this road into the industrial estate until the double and single yellow lines come to an end. On the left between 'Foundry & Fabrication (Totnes) Ltd' and 'Southfield Windows' there is a foot path which leads directly to the Sports Centre.

REGISTRATION – is in the sports hall in the Sports Centre and will open at 9am.

BAGGAGE – there is a baggage drop point in the sports hall which will be manned at all times.

TOILETS – are available in the Sports Centre and there are also 5 portable toilets.

THE START – for both races is on the playing fields immediately adjacent to the Sports Centre.

NUMBERS – Please complete the details on the back of your race number in case of emergencies and ensure that when you pin your number to your vest the number will be clearly visible at all times. If you do not wear your number you will not receive a time. If you stop during the race and will not be able to finish, please take your number off and give it to the nearest marshal.

*N.B If you can no longer take part in the 10K, you can transfer your number to someone else. **This can only be done on race day at Race HQ**. The new entrant must complete a transfer form and pay the £3 admin fee (which goes to charity).*

SPECIAL PRIZES – this year is a very special year for the Tones 10K; firstly because we shall pass the £25,000.00 mark for donations to our charity Totnes Caring; the 140th runner to finish will, theoretically, be the person who sees the total donated pass the £25,000.00 mark. That 140th person will receive a special memento.

Then, in the 21 Totnes 10K races to date, 9,733 runners have crossed the finishing line. So, the 267th runner to cross the finish line this year will be the 10,000th finisher; this person will also receive a special memento.

WATER – there are 2 drinks stations on the course as well as at the finish.

FIRST AID – will be available at the start/finish area as well as at about half-way around the course.

PRIZE GIVING – will take place as soon as possible after the races. Prizes will be laid out on a table; winners will be announced and should come to the presentation area/table and take their prize from that table.

BBQ, BEER TENT AND CAKE STALL – will all be available near to the start/finish area. **CASH** will be required for all 3 outlets – **credit/debit cards cannot be accepted**.

REFUSE – please do not leave any refuse lying on the ground but use the rubbish bins which are provided for that purpose.

COVID – we are of course mindful of this all the time and would ask everyone to be mindful as well; should there be any changes in the situation we will react to those changes.