



TWILIGHT 5K FINAL INSTRUCTIONS

Dear Runner

Thank you for entering the 2019 Ipswich Building Society Twilight races on Saturday 11th May. We are pleased to confirm that this year the event incorporates the England Athletics 5k road championships.

This race final update includes information about the race, parking, facilities, presentation and results information. Please also check the website for any last-minute changes or announcements prior to race day.

<http://ipswichtwilightraces.com/5k-race/>

We regret that places cannot be transferred or refunded under any circumstances if you are no longer able to run.

WAVE Start Times

This event contains multiple waves. Please ensure you participate in the wave you entered and take note of the start time, which may be different to last year. Numbers are colour coded to distinguish between waves.

- | | |
|-------|---|
| 14:00 | The Daily Mile – this wave is for invited schools only |
| 14:30 | ABP Business Challenge (5km) |
| 15:30 | 30min and over Run Time limit of 1 hour to be applied to allow course to be cleared for next wave. |
| 17:00 | 800m ladies (invited athletes) |
| 17:15 | 800m men (invited athletes) |
| 17:40 | 20min to 30min Run Time limit of 35 minutes to be applied to allow course to be cleared for next wave. |
| 18:20 | Most Active County (MAC) Family 2km Run |
| 19:00 | Sub 20 min (including elite ladies) 5k Race |
| 19:30 | Sub 15 min - elite men's 5k race |

RACE HQ

The Race HQ is at University of Suffolk, Waterfront Building, 19 Neptune Quay, Ipswich IP4 1QJ. Please allow time to collect your number from here prior to the start of your wave.

PARKING & TRAVEL

Please note that the University of Suffolk car park on Long Street, Ipswich **cannot be used this year**



Please use one of the many pay and display car parks located near the Waterfront or in the Town Centre. The closest car parks are Athena Hall car park (IP3 0DT) which is situated beneath the student Halls of Residence on Duke Street and an open air RCP car park at Duke Orwell Quay, Duke Street IP3 0AQ, however there are several others situated nearby and within easy walking distance.

Further car parks can be found at the links below.

<https://www.ipswich.gov.uk/content/car-park-locations-and-tariffs>

http://www.waterfrontaction.co.uk/Car_Parking_Ipswich_Waterfront_Quayside.html

Local participants are encouraged to share lifts or use public transport, travel by bike, be dropped off and avoid bringing a car. Cycle racks are available around the waterfront and adjacent to the race HQ but are used at your own risk and the event organisers do not accept any responsibility for loss or damage.

NUMBER COLLECTION

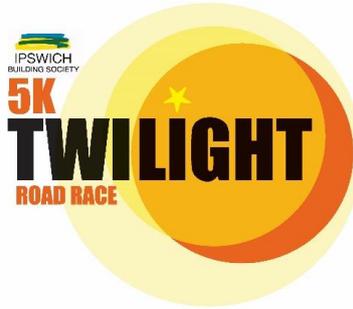
Race numbers will be available for collection from the foyer in the University Campus building on race day from **13:00**. Timing chips will be pre-attached to the back of the number (with the exception of the Daily Mile which is untimed).

Please note that for safety reasons **only the registered runner is allowed to take part**. The swapping of numbers is strictly forbidden and anyone found to be running in someone else's number will be disqualified and could be banned from future events.

Your number must be displayed on the front of your vest or top and should be visible at all times (bear this in mind if wearing layers.) Please do not bend or fold it in any way and take care not to put safety pins through the chip on the back. **Please ensure you fill in the medical and emergency contact information on the back.**

BAGGAGE

A 'self-service' baggage area will be located within the foyer and you are welcome to leave small bags in this area. The baggage area will be manned throughout the event, but baggage is left entirely at the competitor's own risk. Only runners will be allowed to collect or leave baggage and you will be required to show your race number to access this area, however we will be operating a self-service system rather than formal baggage collection. We advise labelling your bag or having some way of identifying it. Please ensure you take the right bag after the race! The race organisers will bear no responsibility for any loss or damage including contents. Please do not bring valuable items.



START and RACE

5k waves

The 5k waves all start from in front of Pizza Express on Regatta Quay. There will be a holding area nearby where you should congregate. The 5k route is approximately 2 and a half laps of the course, and finishes near the James Hehir building.

MAC 2k and The Daily Mile

The start for these waves will be at the 3k marker which is just past the finish line, near to Aurora and close to the junction with Pattison Road. The route is just under one lap, finishing near the James Hehir building.

All Waves

Please remember that there are multiple waves and there may be other races in progress before your own start. The race route will be barriered off, please do not enter the barriered area or cross the start line timing mats until the race is underway.

Please do not wear headphones or other such devices or use any form of portable music devices while you are running, this is for yours and your fellow competitor's safety. This includes 'bone conduction' headphones. Runners seen using any of the above will be disqualified by the race referee and their time will not count.

Please follow instructions from marshals and race officials or in the case of an emergency beyond race control, emergency services will be given priority over all.

Bottled water will be available at the finish. There are no further water stations on route.

If for some reason you need to retire from the race, please do not cross the finish line, but report to the finish area to collect water and your finish memento.

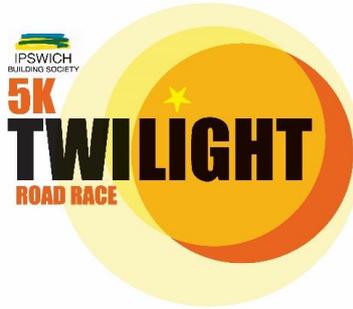
It is understood that by entering and running in any waves of the Ipswich Building Society Twilight event that you are declaring yourself medically fit to do so, and in no way do you hold the race organisers in anyway responsible in the event of illness or injury. The organisers in their part will do everything possible to make the race as safe as possible.

FINISH and RESULTS

When finished please move quickly through the finish area to avoid congestion as directed by volunteers and race officials. You will receive your medal and water. If you require medical assistance after you finish, please let a marshal or race official know.

Friends and family will not be permitted in to the finish area. This area is strictly for runners and event officials only. Spectators will be able to watch you finish from behind the barriers.

Results from all waves will be combined before prize winners are determined. A prize presentation will take place at approximately 19:50 outside Cult Bar on Orwell Quay. The England Athletics Championship presentations will take place at the same time. Results will be published online shortly after the race.



Race prizes are available for the first five male and female finishers, first male vet 40 and female vet 35 and first male and female affiliated teams.

Championship prizes are available for the first three male and female finishers, and the first male and female affiliated teams.

FACILITIES

Please note that there are **no changing facilities** available and you should arrive ready to run.

Toilets

Toilet facilities will be available on site. Please only use the toilets provided and be considerate to local residents and businesses.

Catering

There will be no event specific catering however there are numerous cafes, bars and restaurants along the waterfront for you to enjoy pre or post-race.

GENERAL INFORMATION

Photographs

Please be aware that photographs of spectators and participants in both races may be taken by event officials or event partners. These may be published on the internet or otherwise used for promotional purposes in relation to this event. Entry or attendance at any part of the event constitutes acceptance of this.

If any competitor or spectator has any concerns regarding photography or video recording they should report this to an event official.

Maps

The 2019 route map can be found [here](#).

And finally....

We hope you enjoy your day in Ipswich! If you are visiting for the weekend why not take the time to visit our parks, shopping facilities and local landmarks while you are here!

[All About Ipswich](#)

Yours faithfully,

Ipswich JAFFA Running Club

In conjunction with Ipswich Building Society

Kindly supported by Associated British Ports, University of Suffolk and Suffolk County Council