

## TWILIGHT 10K FINAL INSTRUCTIONS

Thank you for entering the 2019 Ipswich Building Society Twilight 10k on **Friday 26<sup>th</sup> July**. The **race will start promptly at 19:30**.

### RACE HQ and TRAVEL

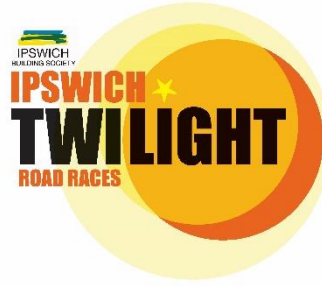
- Please note the new venue this year! Race HQ is now at **Ipswich Town Football Club, Portman Road, Ipswich, IP1 2DA**
- There is no dedicated participant parking. If travelling by car, please use one of the local pay and display car parks. Please take note of any fees due or time restrictions as the race cannot be held liable for any fines incurred.
- More information about travelling to Portman Road can be found on the ITFC website <https://www.itfc.co.uk/club/visit-us/>

### RACE NUMBER and REGISTRATION

- You will receive your race number in the post. If you have not received this by 23<sup>rd</sup> July, please contact us.
- Your number has your timing chip pre-attached and should be displayed on the front of your vest or top during the race. There is no need to register at the venue on the day.
- 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.**
- Please note that for safety reasons **only the registered runner is allowed to take part**. Anyone found to be running in someone else's number may be banned from future events as will the original registered runner.

### BAGGAGE

- Baggage drop facilities will be available at the race HQ. There will be a detachable label on your race number which you should fix to your baggage before dropping it off. You will need to show your race number to pick your bag up after the race.



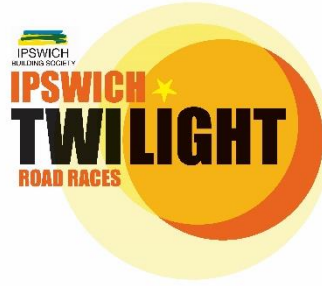
- Please note the baggage area will be manned throughout the event, but baggage is left entirely at the competitor's own risk. The race organisers will bear no responsibility for any loss or damage including contents. Please do not bring valuable items.

## **START and RACE**

- The start will be outside the stadium, on Constantine Road. The race finishes on the practice pitch within the stadium area.
- Please do not cross the start line timing mats until the race is underway.
- Headphones / earphones (including 'bone conduction') are not allowed and their usage will lead to disqualification. Please ensure you follow instructions from marshals and race officials and treat fellow competitors with respect.
- Bottled Water will be available on the course at the end of the first lap (5k) along with the finish.
- It is understood that by entering and running the Ipswich Building Society Twilight 10k 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.
- We would like to remind you that as per the race rules, the time limit for the race is 90 minutes, with a 45 minute time limit for completing the first lap. We try to be as flexible as possible with this cut off, but we are legally obliged to start opening the roads again at 9pm. We regret it may be necessary to retire you from the race if you do not finish the first lap within the cut-off time. In addition, runners are reminded that after 90 minutes the roads will be re-opened and marshals may be stood down. Runners choosing to continue after this point, do so at their own risk and will need to run on the pavements.

## **COURSE**

- The course consists of 2 laps from the football stadium and around Ipswich town centre.
- At the end of the 1<sup>st</sup> lap you will come into the practice pitch in the stadium and back out again to start your second lap. Please stay to the LEFT as you come into the stadium and be aware that finishing runners may be on your right.
- At the end of the 2<sup>nd</sup> lap, please stay to the RIGHT and ensure you cross the mats at the finish line.
- The town centre section contains several out and back stretches where runners will be on both sides. This means the course narrows considerably in both directions. Please stay to the left,



try not to run 2 or 3 abreast, be courteous to other competitors if you are overtaking or being overtaken and follow any instructions given by marshals.

- Please be aware that there will be runners on the course who are deaf or hard of hearing and may not hear you approach.
- Please pay attention to your surroundings and watch out for street furniture, in particular low items such as bins and bollards that may be hidden from your view by runners in front.

## **FINISH and RESULTS**

- Upon finishing you will receive your medal and water. Please keep moving through the finish funnel as directed. If you require medical assistance, please let a marshal or race official know.
- Prize presentations will be made at approximately 20:45. Prizes will be presented to the first 3 finishers, (male and female), first male and female unaffiliated runners and the affiliated team prizes. Age Category prizes are vouchers which will be posted after the event.
- Results will be available online shortly after the race and will be texted immediately after the race if we have a mobile phone number for you.

## **FACILITIES**

- There will be limited communal changing facilities available.
- Toilet blocks are available within the stadium.
- Massage will be provided by Allied Health Professionals (AHP).
- There will be various catering options available on site.

We hope you enjoy the race!

Yours faithfully,

Twilight Races race team

Ipswich Building Society and Ipswich JAFFA Running Club

In association with Ensors

Supporting Inspire Suffolk