



# Invicta East Kent Athletics Club Les Golding Herne Bay 10K Race



## Sunday 17<sup>th</sup> July 2022 – 9:00am Race Start

# Pre-Race Instructions

**ALL NUMBERS AND CHIPS ARE TO BE COLLECTED ON THE DAY**

**FROM OUR RACE HEADQUARTERS.**

**Hampton Pier Recreation Ground, Swalecliffe Ave, Herne Bay CT6 8EJ**

**Race HQ opens at 7.30am. Access before 7.30am is for Race Officials only.**

**Parking:** There is limited pay and display parking at two public car parks, **Swalecliffe Avenue Car Park**, Herne Bay CT6 8EJ and **Hampton Pier Car Park**, Hampton Pier, Herne Bay CT6 8DL. There is also on street parking nearby in Hampton Pier Avenue and surrounding roads in walking distance to the Race HQ and start. Vehicles and their contents are left entirely at owner's risk. **Note:** Please do not park on Swalecliffe Avenue, this is a private road and must be kept clear at all times.

**Race HQ – Start/Finish:** Please arrive in plenty of time to collect your race number & timing chips. Timing chips & numbers will be distributed in alphabetical order by **SURNAME**. Signs at race HQ will indicate which queue you should be in. Please note that ID will be required. **You must attach your number to your front, using the pins provided and your timing chip to your shoe using the cable ties provided.**

**Facilities:** Public Toilets are situated close to the race HQ/Start. There are also further public toilets along the course. Unfortunately, there are no changing facilities so we recommend you arrive ready to run. A water station is situated close to the 5K race marker.

**Refreshments:** Hot & cold drinks and snacks will be on sale outside the race HQ.

**Race Start & Finish:** These are situated close to the race HQ on the green close to Hampton Pier Recreation Ground. There will be a race briefing by Race Officials just prior to the race start. There is a new course for 2022 and a course map is available from the event website [hernebay10k.co.uk](http://hernebay10k.co.uk)

**Prizes & Presentation:** All finishers will receive a quality medal. A presentation of Trophies will be held at 11am at Race HQ and will be awarded to the first 3 male/female competitors + first vets (Male 40+, 50+, 60+, 70+, Female 35+, 45+, 55+, 65+) and first Team, Male (4) & Female (3).

**Results:** We will have live race result via [www.racetimeresult.co.uk](http://www.racetimeresult.co.uk), with a full lists of results being published on our race website [hernebay10k.co.uk](http://hernebay10k.co.uk) following the race.

**Headphones:** In line with UK Athletics rules runners are not permitted to wear headphones/earphones during the race. This is for your own safety and well-being. The only exception to this is bone-conducting headphones which are allowed under UKA rules.

**License/Certification:** The race is licensed by RunBritain, with the course measured and certified as accurate. As such we operate the race using UK Athletics/RunBritain rules.

Please keep a copy of this document and Good Luck in the race 🍀

