

WYVERN 10K 2017

THE “WHAT YOU REALLY NEED TO KNOW” SHEET

We are really looking forward to seeing you all on Sunday the 9th of July.

Our website has been updated with all the latest information about the event day – please take some time to look through it.

Meanwhile this sheet presents the edited highlights – the most important bits you need to know.

- **PARKING** – please follow the advice that we supply on the website. If you can ditch the car, please do
- Registration – were you collect your **RACE PACK** - will open from 8.15. Look for the queue that is serving the first letter of your surname.
- **DOGS** – unless a guide dog – are not allowed on the school site but are welcome to support anywhere else on the course.
- If you have a **TRANSFER** place you need to know the name of the runner you got your place from.
- **TOILETS** – we have lots of nice toilets but they are about 3-5min walk form the start. Please make sure you leave yourself time to go.
- Make sure you drink and eat well before you arrive. Whilst we will supply water during and after – pre-hydration is up to you.
- The **T SHIRTS and BAGGAGE** tent – will be open from 9.00. Please make sure you collect your race pack first as you’ll need your number.
- **The race will start at 10 AM**. Only issues on the road course would cause a delay and would let you know about this.
- **Please listen out for announcements from the PA** – especially the Safety Briefing. If you want to enjoy our exclusive Lego© Safety Brief go to <https://www.youtube.com/watch?v=Q1qJAV6BvhE>
- Whilst we love music we have a strict **NO HEADPHONES** policy. We cannot risk runners not being able to hear our marshals – critically out on the roads where we still might have vehicles on the course (residents have access rights).
- **WATER** – we will have three water stations. The finish station will have at least one bottle of water per runner, hopefully more, but please just take one at first.
- **RUNNERS VILLAGE** – you can find the layout of the village on our website.

Serious points done we do have some great services on offer.

- **Massage Service** (donations to our charity Dwarf Sports Association) provide by Total Care Clinic from Botley.
- **Warm up** provided by Marie from M’powered Fitness
- **Running/Sports supplies** from Up and Running
- **Mini Tennis** – Wyvern Tennis Club
- **Legal advice** from QualitySolicitors Knight Polson
- **Music** from Wyvern Steelpans
- **Coffee, Teas and Sausage** Rolls from Café2U
- **Ice Cream** – Marucci’s
- **BBQ Burgers and Sausages**– Hursley High Class Butchers.
- **BEER!** Yes, beer – “Fields of Gold” from Upham Brewery (£1.50/£2.50 a half pint/pint)

So bring cash and enjoy your day!