

WYVERN 10K - INFORMATION SHEET

YOUR HEALTH AND SAFETY

It really matters to us that you are safe throughout your training and the event. We have some tips and instructions which hopefully will make sure you reach the finish line – possibly a little tired and emotional - but fighting fit otherwise.

TRAINING

- Running a 10K – which is 6.25 miles – is not an easy undertaking and we would urge everyone to make sure they are prepared for the day.
- Do you need some ideas of training programmes for a 10K? The following links will hopefully provide you with some inspiration:
 - Very Well Beginner Runners 10K Training Schedule <https://www.verywell.com/beginner-runners-10k-training-schedule-2911611>
 - BUPA have a plan that might suit your needs <http://www.bupa.co.uk/health-information/directory/r/running-programme-10km>.
 - Race for Life 10K plan <https://raceforlife.cancerresearchuk.org/prepare-for-your-event/training-plans/10k>

EVENT DAY

- **Ignoring the advice of our marshals could lead to disqualification or worse, an accident** – pay particular attention if you here a whistle.
- You **must not wear personal music devices** – ipods, mp3 player etc – during the race. You need to be able to hear our marshals and any upcoming runners. We reserve the right to stop any runner that does not comply.
- **Please listen to the safety briefing** before the race where we will update you with course conditions.
- Please **complete the medical info and emergency contact info on the reverse of your number** – there will be some pens and tables in the registration area.
- **Listen to our marshals at all times** and follow their instructions
- Runners should be prepared for the amount of physical effort required to run a 10k road race. **If you feel unwell before the event do not participate.**
- Runners must take responsibility for being appropriately attired for the weather conditions - not forgetting sunscreen and sun hats for warm conditions.
- The course is run mainly over tarmac roads but runners need to be aware of unevenness - even on this surface. There is a section at the beginning and end of the course that goes across grass and we would ask runners to be careful especially if the weather has been wet in the days preceding the race
- We provide adequate assembly areas for the field, so please respect your fellow runners and give them space. This is the best way to cut down on jostling.
- We all want this to be a safe and enjoyable event for everyone. **It is vital that you comply promptly with marshal instructions.** When on the public highway, keep to the left-hand side of the road, unless instructed by the marshals to do otherwise.
- If you feel unwell during the event, stop and seek help from a marshal who will be able to contact Saint John's volunteers who will be in attendance.
- **Drink sufficient fluids before and during the event** - there are water stations on course, at 5Km and 8km and drinks are available at the finish.
- We would like all runners to note that our road orders mean that we have to start re-opening roads from 11.30 onwards and therefore we would not expect any entrant to walk the whole length of the course. Of course we want everyone to finish but we might have to ask you to move onto the pavements to complete your run safely.

GOOD LUCK WITH YOUR TRAINING AND BE SAFE