



Race Briefing

- Race packs

Most of you should have received your race pack by now, although if it doesn't arrive by Thursday then please collect a replacement on the day.

If you're coming to the venue for any reason (apart from finishing the race of course), please wear a face mask.

- Tiny course diversion

Just before you reach the Cattle Creep tunnel there will be a slight diversion to the route (less than 200m). The diversion will be clearly marked and unless you know the route like the back of your hand, you probably won't even notice the difference!

- Signage

You will be following black on yellow signs and the course is well marshalled.

- COVID-19 procedures

Please make sure you are keeping to the government guidelines and following social distancing measures.

If you decide to eat at the pub after your race (either inside or outside), it's very important that you scan the Track and Trace QR code for the venue. This is now a legal requirement. We will have codes available at the venue for you to scan.

- Start Line - Watermill Lane

Watermill Lane is right next door to the Wolverton Stonehouse and easily visible from Stratford Road, but we'll make sure to sign-post it too so you can find it on the day.

Please arrive promptly for your wave and you can begin straight away in a rolling start. If you've received your race pack already, you can head straight there. Our race director will be at the start line if you have any questions on the day too.



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- 18:15 and 19:00 wave starters

If you're in the first or last wave there is the slight possibility that there will be an overlap of those coming in to finish and those leaving to start. Please keep to the right-hand side if you happen to be in this scenario.

- No bag drop

We will not have a bag drop at the event. Please leave all your belongings in your vehicle.

- Be careful of other people on the route.

You don't necessarily have right of way so please be mindful of those around you. Cover your face with a mask or buff or simply turn away if you're running past any vulnerable individuals. Make sure you keep a wide berth wherever possible.

- Headphones

You can wear bone conduction headphones if you have them, otherwise we advise you not to wear headphones for this event.

- Water stations

There will be no water stations on route. There will be a re-fill station at the start/finish line where you can fill your water bottles.

- Cattle Creep tunnel

The Cattle Creep tunnel is very low so make sure that you 'mind your head' as you pass – keep your hands on your head and duck as you pass through.

We'll have marshals and medics either end of the tunnel and they may hold you at one end if there are walkers passing through the other way. They'll also be making sure that social distancing is taking place and so you may have to wait a few seconds after the runner in front of you before entering the tunnel.



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You can always bring a mask with you too and run with it at various points in the course.

- Parking

There is limited parking at the venue so please do not park there. A list of parking venues has been provided in the Athlete Information Pack.

When arriving/leaving in your vehicle be careful of other runners on course.

- Gates

There will be many gates on route, and we will have our awesome marshals holding them open for you. In the event that one of our marshals needs to leave, once you're through the gate, please close it behind you.

- If you can't complete the 10K course and need to pull out of the race, please let a marshal or member of the crew aware.