

Race Day Info - Trowse 10k, Sunday 30 October 2016

<http://conac.org.uk/trowse-10k/>

Car parking - the postcode for your sat nav is NR1 2DH

The official race car park will be signposted from the County Hall roundabout on Martineau Lane, Norwich, NR1 2DH. We'll be open from 7.30am.

If approaching by car, please use the A47 and then leave at its junction with the A146. Follow the signs to the County Hall roundabout where our stewards will direct you. It's a ten minute walk to the Race HQ in Whitlingham Lane so please give yourself plenty of time to get parked.

Please note that - except for Blue Badge holders - there will be absolutely no competitor parking at the Race HQ as we will be using the car park there for the Finish area.

Extensive "no parking" measures will be in place along the entire length of Whitlingham Lane on race day so please drive directly to County Hall roundabout and follow the instructions of our stewards. Bicycles may be left at the Race HQ.

Race numbers & timing chips

Your race number & timing chip will be ready for collection from 7.45am on race day; please follow the signs to the first floor of the Race HQ. We will provide you with safety pins.

Your race number must be pinned to the front of your top, using a pin in each corner please. You must not cut, fold or mutilate your race number in any way. Please complete the requested medical details on the reverse of your race number using the pens that we will provide.

IMPORTANT - Race numbers may not be sold or transferred - if we discover that you have done this, you will be disqualified.

Your timing chip must be fastened to your shoe in accordance with the instructions that we will display on race day.

Please make sure that you collect your race number and timing chip by 8.45am at the latest. The race will start promptly at 9am.

At the Race HQ

Changing rooms & baggage - ladies on the first floor, men on the ground floor. There are no showers in service at these premises.

You will be very welcome to use the baggage facilities to store your belongings during the race - both will be supervised at all times but please note that you will be using these facilities at your own risk.

Volunteers from Macmillan Cancer Support will serve complimentary tea & coffee at the City of Norwich AC tent throughout the morning with lots of lovely cake available to purchase.

Devices with headphones or earbuds

In the interests of everyone's safety, the use of devices with headphones or earbuds is prohibited during this event.

We want you to be alert and aware of everything that is going on around you, especially when traffic is approaching from behind. It is also very important that you are able to hear clearly any verbal instructions that the police and our race marshals may need to give you.

If you are seen wearing a device with headphones or earbuds during the race then you will be disqualified.

Afterwards

After our staff have removed your timing chip, please collect your memento, goody bag and banana and then move away from the Finish area.

The presentation of individual prizes will be made at around 10.15am. Team prizes will be posted a few days later. We intend to make provisional results available at www.conac.org.uk during the afternoon of race day.