

Capel 5 and Fun Run

**Runner’s information:**

There will be a selection of cakes and savouries plus hot and cold drinks available at the pavilion located at Friars, Capel St mary, IP9 2XS. Also at the pavilion will be race number collection and check in, a secure baggage store area, toilets plus portaloos and information.

**Parking**

Parking is limited around the sports pavilion but there is plenty of parking at the Bypass Nurseries Garden Centre on London Road IP9 2JR (2 minute walk to the pavilion). Please follow the instructions of the car park marshals and park at the far end of the car park to leave space for the garden centre customers . There is also a small car park on the playing fields, entrance is on London Road opposite Bypass nurseries.

**First Aid**

St Johns Ambulance will be based at the pavilion in case of any medical problems. Please complete medical and contact information on the back of your race number.

**5 mile race**:

Race numbers are to be collected on the day from Race HQ between 8.30am and 10.00am.

The start line is a few minutes’ walk from Race HQ so please listen out for the call to proceed to the start line approximately 15 minutes before the **start of the race which will be at 10.30am.**

Water will be available at the end of the race, there is no drink station on the route. If, due to weather conditions and your personal circumstances, you feel you may need extra water, we would encourage you to bring some along and carry it with you during the race if necessary.

A photographer will be taking pictures along the route so don’t forget to smile if you can !

All runners will receive a medal at the finish and your race result will be available as soon as you finish.

Trophies and prizes will be awarded at about 11:45 at the pavilion.

Transfers are available if you have entered but are unable to run via the Capel Cheetahs facebook page [(1) Capel Cheetahs Running Club | Facebook](https://www.facebook.com/groups/313842825375624) , once you have found someone to transfer to you can follow the link on the email you received from your original entry to update us with the new runners details.

The race is run under UKA regulations so for safety reasons no in ear headphones are permitted, anyone wearing in ear headphones will be disqualified. Bone conducting headphones are allowed.

**Children’s Fun Run:**

The children’s Fun Run of approximately 1 mile **will start at 9.45 am**. Race number and timing chip can be collected from 8:30am at the pavilion.

The Fun Run takes place entirely on the playing field around a marked route. Children can run on their own but an adult may run with them if they so wish.

All runners will receive a medal and treat at the end of the race.

Prizes will be awarded for category winners at about 10:15 for 1st boy under 8, 1st girl under 8, 1st boy under 11, 1st girl under 11, 1st boy under 15 and 1st girl under 15.

A photographer will be taking pictures which you can download after the race. Please let photographer know if you do not want your child photographed.

**Important note:**

Taking part in the race means you agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, gender and age category.

We look forward to seeing you on the day.

Kind regards

John Dunnett

Race Director