



IRONBRIDGE RUNNER EVENTS

10 Lower North Street, Exeter, EX4 3ET, 01392 493800, lbr.events@btinternet.com

www.thegreatwestrun.co.uk

RACE DAY CHECKLIST

- Directions to Race Car Park
- Race Instructions
- Race Number (This has your timing chip attached) – 4 Safety Pins
- Kit Bag – With baggage label
- Spare Warm Clothing
- Drink Bottles
- Toilet Paper
- Sun Cream
- Vaseline (to prevent chafing)
- Comfortable shorts/trousers
- Comfortable t-shirt/top
- Comfortable socks
- Comfortable Running Shoes
- Sunglasses
- Cap
- Towel
- Watch
- Some food for after the race
- A smile!!!