

# THE GREAT WEST RUN

# WARM UP

## RACE SERIES

# RACE INFORMATION

an IRONBRIDGE RUNNER promotion

<b>Race HQ</b>	<p>Ironbridge Runner, 15 Bartholomew Street, Exeter, EX4 3ET THIS WILL BE OPEN FROM 8AM - PLEASE NOTE IT IS A 10MIN JOG FROM HQ TO THE START</p> <p><b>A member of the IBR Events people will lead people down to the start at from the HQ at 9.10am.</b></p> <p>Runners are free to make their own way down to the start also.</p>
<b>Race Number Pick Up</b>	All runners must collect there race number from the Race HQ
<b>Race Car Park</b>	Mary Archers Multi Storey Car Park - Next door to HQ
<b>Start Time</b>	9.30 AM
<b>Start / Finish Area</b>	Millers Crossing Bridge by Mill on the Exe pub
<b>Toilets</b>	Unfortunately please be warned toilets are limited, there will be a toilet available at the Race HQ, along with the public toilets in the City Centre, there is also public toilets on the far side of the course
<b>Showers/Changing/Baggage</b>	Unfortunately showers and changing are not available, runners can leave baggage at the Race HQ, entirely at their own risk - this will be locked during the race.
<b>Prizes</b>	Prizes will only be awarded for the series overall (i.e for people who do all 3 events) - First 3 overall male & female, First veteran male & female in each cat, *Only one prize per competitor.
<b>Numbers</b>	Please note your number is for the whole series – so if you intend to do any further races in the series you need to keep hold of it!
<b>Results</b>	Results will be available via <a href="http://www.ironbridgerunner.co.uk">www.ironbridgerunner.co.uk</a> and <a href="http://www.thegreatwestrun.co.uk">www.thegreatwestrun.co.uk</a> after the race.
<b>Course</b>	5km - 2 Lap route 10km – 4 Lap route
<b>Course Map</b>	<a href="http://www.thegreatwestrun.co.uk/warmup_series">http://www.thegreatwestrun.co.uk/warmup_series</a>
<b>UKA Permit Number</b>	101287
<b>Prize Presentation</b>	Race HQ – Only on final round in March

<b>Course Measurement</b>	Both the 5km and 10km course have been accurately measured
<b>First Aid</b>	This will be provided by MET Services
<b>On The Day Entries</b>	These will be taken at the Race HQ until 9am
<b>Contacting Us</b>	If you should have any queries then please contact us via <a href="mailto:ibr.events@btinternet.com">ibr.events@btinternet.com</a> or 01392 493800