



RACE INSTRUCTIONS

Race HQ

The Pump & Pedal, Prewley Hub, Sourton Down, Devon, EX20 4HT (**what3words** –
///walnuts.stems.airbase)

Toilets will be available at the Race HQ.

Race Numbers

Race numbers will be available to pick up from Race HQ from 8:00-9:15am.

Your number **MUST** be clearly visible and pinned to the front of your running top with 4 safety pins.

Start Time

The race will start at 9:30am on the Granite Way between The Pump & Pedal and Prewley Moor, what3words - ///cans.ideals.devalued

Number Swaps

Number swaps/transfers are not available for this event.

PLEASE DO NOT GIVE YOUR NUMBER TO SOMEBODY ELSE – these causes major health and safety risks.

Course

More detailed route map is available on website.

The route is an out and back route along The Granite Way towards Okehampton, turning before the A30 underpass and finishing at the same point you start.

The route is fully traffic free and has been measured in accordance with England Athletics guidance.

Please ensure when on the course you **KEEP LEFT** at all times.

The route is open to members of the public, both cyclists and walkers, so please be considerate when passing them.

There will be marshals along the route, please follow their direction and any instructions they have.

Distance covered will be indicated by mile markers, the route is fully tarmacked and is largely flat with some slight undulation.



Water Station

There will be 1 water station on the route that runners will pass 2 times. This will be at approx. 1 and 4 miles into the race and we suggest it is only used on the return (mile 4). Please try to put used water cups\bottles in the bins provided.

Baggage

Due to the limited size of our HQ and the fact it is a working café\restaurant\shop there will be no baggage storage available. We recommend leaving belongings in your car or with another person.

Timing & Results

The race will be manually timed. Finish times will be produced in accordance to UK Athletics rules, rounding all times up to the nearest whole second.

We will aim to provide provisional results will within 30minutes of the last runner crossing the line, this is to ensure we can announce Prize\Category winners.

Full results will then be posted on website asap after the race and times will be eligible for Run Britain Rankings.

Prizes

Cash prizes and trophies will be awarded to the First 3 Male & Female runners overall.

Age Category prizes will be awarded for the top placed finisher in each age category. U18, Senior, VO40, VO45, VO50, VO55, VO60, VO65, VO70, both male and female.

All prize winners will also gain free entry into the next event.

UKA Licence No

UKA licence number: #28561

First Aid

A number of marshals on the route are qualified first aiders, with the first aid hub at the Start\Finish line, with the head first aider.

Travel & Parking

We encourage participants to car share where they can or look at public transport options if possible.

Parking is available at the Pump and Pedal. If this car park becomes full there will be additional parking available along the road leading up to The Pump and Pedal and also on Prewley Moor (**what3words** - ///barstool.kebabs.building - [LINK](#)) which is a short walk from the Race HQ and Start Line.





Sustainability

This is our first race and we are conscious of our sustainability actions, in this race and then in the future we will be working to make our event more sustainable. Here is how we have started...

- Race pack pick up on the day.
- Water station using recyclable cups (that we will recycle ourselves after the race).
- We encourage participants to recycle their race bib numbers
- Travel see above.

Contacting Us

If you should have any queries, then please contact us at runfitrunfast@gmail.com

Race Website

For more information please check out our race website

<https://www.runfitrunfast.co.uk/run-fit-run-5/>

Event Partners (click logos to follow links)

A big THANK YOU to all of our volunteers on the day, especially all of our event partners:

James Armstrong Physio – our headline sponsor.



The Pump and Pedal – for allowing us to use their premises as the Race HQ.



RGB Building Suppliers – Plymouth – for supplying us with additional prizes of wine\chocolates





Charity

We proudly support the Devon Air Ambulance. They provide a truly essential service to our county so if you would also like to support them to you can via our JustGiving Page below.

[RunFit RunFast is fundraising for Devon Air Ambulance Trust](#)

We also have some exciting plans with them next year so be sure to keep your eyes out on our socials after the race.

