



## “Wray Trail” 10k – Sunday 19<sup>th</sup> May -9.30am

Please take a moment to read through this Event Information in full, we hope it will answer any questions you have, if you do need to contact us please email [brian@windingpaths.uk](mailto:brian@windingpaths.uk)

### Event Information

The “Wray Trail” 10k starts at 9.30am at Mill Marsh Park, Bovey Tracey.

**Race HQ** – Race HQ opens at 8.45am and closes at 9.20am

**Race Numbers** - Race numbers and safety pins will be given to you on the day at the Race HQ, please make sure your race number is always visible and worn on your chest.

**Cupless** – All our events are cupless, you will need your own water bottle or cup to have any water or squash at the aid stations and finish.

**Shoe Choice** – Road Shoes all the way, the route is tarmac and hard packed gravel.

**Race HQ** - Race HQ will open at 8.45am, please arrive in plenty of time to register and pick up your race number. It is situated in Mill Marsh Park, Bovey Tracey, TQ13 9AL, the HQ is near the entrance to the park, opposite Station Road, Car Park.

**Baggage** - Sorry but there is no bag drop at this event.

**Race Parking** -The closest car park is Station Road, Car Park, Bovey Tracey, postcode is TQ13 9AL

This is a pay and display/ Ringo car park, but is usually £1 all day parking on a sunday.

**Toilets** -There are toilets in the car park, attached to the Library, **please wait** (if possible) until **8.45am** to use the toilets, as the Half Marathon runners will be using them and they start earlier.



**There is a 2hr cut off for the event! (11.30am)**

**Cut off at Turn Point is 1hr (10.30am)**

**The Route** – The route is an out and back on the “Wray Trail” route, you follow the path in the park and will go under an underpass after approx. quarter of a mile, the underpass is narrow and has a low ceiling, marshals will be here to warn you, if you are racing the event, make sure you start up front at the start line to avoid any possible congestion here.

Now you are in Parke and a marshal sends you to your right, you follow this path for approx. 1.5 miles, no turns at all, you now join a country lane section for a mile to Lustleigh, again you follow the road you are on no turns, at Lustleigh marshals will send you off the road and back onto a tarmac/hard packed gravel path, it is here the first aid station is located, approx. mile 2.8, after the aid station you now follow this pathway for approx. a third of a mile, where a Marshal will be standing, this is your turn point, it is very important that your race number is visible, as they will be telling all 10k runners to turn – **remember the Aid Station is NOT the turn point!**

**Route Markings** – There are marshals along the route at any change of direction and at the turn point, there will also be yellow arrow signs, but the main thing to remember is stay on the path you are on, unless a sign or marshal tells you differently, the route is also on the “Wray Trail” path and has its own signs as well.

**Headphones** - Headphones are NOT allowed at the Race due to our insurance, except bone conducting headphones. Please do not listen to music on the road section, even if you are wearing bone conduction headphones.

**Aid Stations** – All our events are cupless, you will need your own water bottle or cup to have any water or squash at the aid stations, there will also be sweet treats available.

Lustleigh – Mile 2.8 and Mile 3.4

**First Aid** - We have a professional Medical Team from Peninsula Medics in attendance at the event, please ask them for any assistance required. They will be based at Race HQ and at the Mortenhampstead Aid Station.

**Results** - The event will be manually timed and results will be published on our website and on our Facebook page as soon as possible after the event, we are aiming for Sunday evening.

**Awards** - There awards for the top 3 finishers in Male and Female category.

**Photos** - We have a photographer on the route and photos will be free to download, tag and share after the event.

**Recommended Kit** - We are a cupless event, so carrying a soft cup, flask or bottle or wearing a hydration pack is recommended.

Don't forget at the finish as well as your medal, there is a cupcake for you to enjoy.

*Best Wishes*

*Brian Lewis*

*Event Director*

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