



# The Wessex 10k

Running comes to the Ancient Capital of Wessex

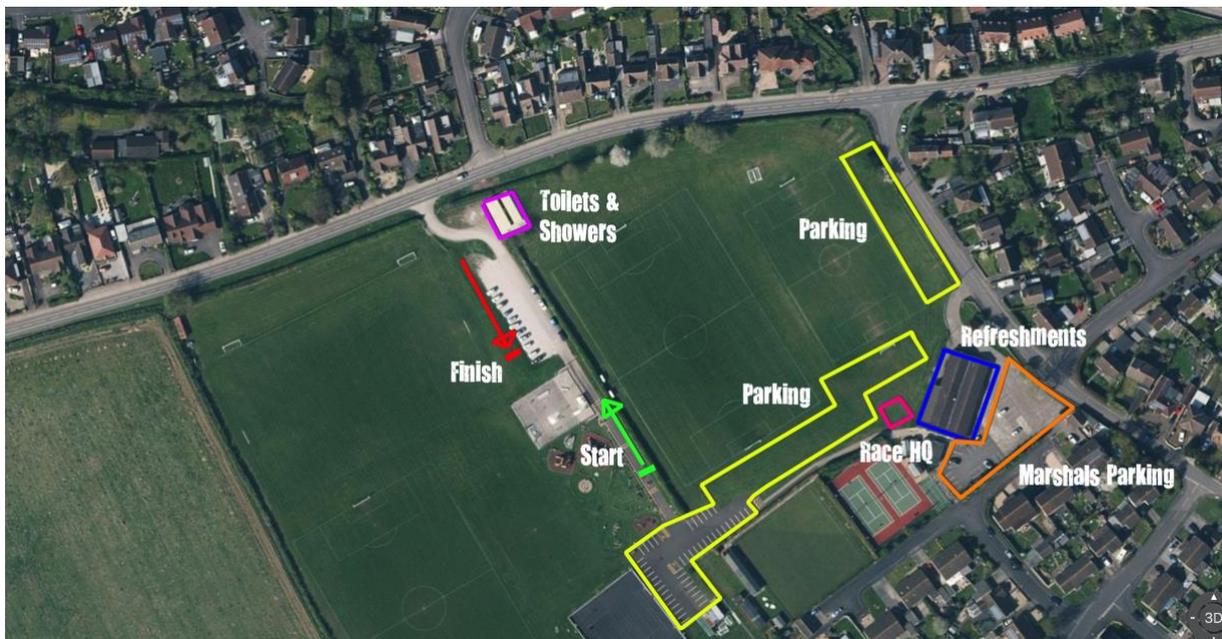
Congratulations on securing your place in the 2019 Wessex 10k.

The 10k route is mainly on road with a few sections on some of the beautiful Somerset drives. There is one small climb at about 8k, apart from that the route is pretty flat - you can find a link to the route here <https://www.strava.com/routes/13776732>

## Somerton Recreation Ground

We are very fortunate to have the support of Somerton Recreation Ground who have allowed us to host the race from their wonderful facility. Please be aware we do not have exclusive use and there may be other activities taking place.

## Event Layout



Immortal Sport Ltd  
01935 315470 | [info@immortalsport.com](mailto:info@immortalsport.com)



## **Parking**

There will be parking available on site. Please park considerately and make sure that no valuables are left in your vehicle. If you are local, please cycle or walk and where possible car share. Please make sure you have left the car park by 10pm as the gates are locked then until 7:30am the following day.

## **Race Numbers, Registration, Timing & Results**

Race numbers will be posted to the address we have on file for the entrant. We will have some safety pins available, but please bring your own.

Please make sure you complete the medical details on the back of your number.

Your number must be clearly visible on the front of your torso.

**DO NOT** fold, deface or pin your number anywhere else other than your torso. Doing so may result in no official time being recorded.

The race will be chip timed and results will be available online after the race.

## **Facilities**

Male and female toilets, changing and shower facilities are available from 5:30pm until approximately 9pm. Additional toilets can be found in the Sports Club.

There will be an ice cream van on site.

There are post-race refreshments available from 7:30pm in the Sports Club including a full range of drinks and food.

## **Race Details**

The race will start at 7pm prompt.

Due to the entire route being on open public roads, the wearing of any music listening devices or headphones is strictly prohibited. This includes bone conducting headphones.

Any runner reported wearing these will be excluded from the results.

Please run on the left side of the road unless instructed by a marshal or sign.

A sweep runner or cyclist will accompany the final runner.

The route will be clearly marked by black arrows on a yellow background.

There will be many marshals lining the route. Please be polite and courteous to our volunteers who make the event possible. Any abusive behaviour will not be tolerated.

There is one drink station at 5k where water will be available in biodegradable cups.

Please help keep the local area tidy, by placing your empty biodegradable cups in the bins provided.

Water will also be available at the finish in biodegradable cups.

An awesome medal will be presented to all finishers.

Awards will be made to the top three male and female finishers and age group winners as soon as possible around 8:30pm at Race HQ.