



Event Licence

Event Name

Harwich Runners Wix5 Road Race

Event Licence Number

#29809

Event Start Date

2025-10-19

Event End Date

2025-10-19

Licence Type

Road Race

Event Venue

Wix Village Hall, Wix, CO11 2

Start Time

10:30

Maximum Number of Competitors

200

Licence Issued Date

2025-06-11

RacesHarwich Runners Wix 5 Road 2025-10-19
(Max Entries 200)

This is to certify that the above race has been approved as a Race that will be held under UK Athletics Rules for Competition and in accordance with the Licence Requirements.

This licence, in conjunction with your governing body affiliation, includes Third Party Liability Insurance cover (Limit of Liability £50,000,000 any one accident or occurrence). For further details please contact England Athletics, Athletics House, Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2BE. Telephone 0121 347 6543

The licence number must be quoted on all race advertising and correspondence

Race Finish : Wix Village Hall Wix

Race Headquarters : Wix Village Hall

Race Start Time : 1030 am

Registration Opens : 0900 am

Race Rules : -

Any audio devices, including bone-conduction headphones, are not permitted.

The Wix 5 operates under UKA rules of competition.

Competitors must be aged 15 or over.

Breaking the rules will result in disqualification.

Health and Safety

Wearing any audio device or similar is prohibited; competitors have a "duty of care" to other road users and the public. In addition, you must be able to hear and abide by marshalling instructions at all times.

Failing to comply with marshals instructions or to wear any audio device or similar equipment may lead to disqualification.

The race is on open road so please be aware of road traffic and look out for each other's safety

EAS Medical are providing first Aid for Wix 5

Race Numbers

Race numbers will be available to collect from from Wix Village Hall

Your timing chip is stuck to the back of your race number. Your race number must NOT be folded, or mutilated in any way. Your race number should be pinned to the front of your vest/t-shirt. Your number must be visible when crossing the finish line. Please, when stopping your watch keep your arms clear of your number to help with reading your timing chip. Please don't return to the finish line once you have finished, this could result in the timing chip being read for a second time and giving you a slower finish time.

Please aim to arrive at the Race HQ at least 90 minutes before the start to allow plenty of time for race number collection and pre race briefing.

Medical Information

You must write your details on the reverse of your race number, including your emergency contact number. If you have a medical condition please specify full details on the back of the race number and also put a cross on the top right corner of your number on the front.

Car Parking will be at the following locations:-

Wix Primary School 15 spaces

Waggon and Horses Pub 12 spaces

Wix Village Hall 45

Royal British Legion 12

Total Spaces 84 spaces

Race Participants are strongly encouraged to car share to optimise the car parking spaces available for use

Wix Primary School 15 spaces. Colchester Road Wix Manningtree Essex CO11 2RS



Wagon and Horses Pub. *Clacton Road, Wix, Essex CO11 2RU*

Wix Village Hall / Royal British Legion *Harwich Road Wix CO11 2RY*

Cycle Storage

Secure cycle storage will be available at the back of the Village Hall on the right hand side. This will be marshalled during the event.

Changing Facilities and Bag Drop

Limited changing is available at Wix Village Hall.
Bag Drop within the Village Hall is available

Toilets

Toilets are available outside the village hall , and entrants are encouraged to use these rather than the ones inside the hall.

The Course

This five-mile road course is a single, anti-clockwise lap through Wix, Stones Green and passing Great Oakley. It is predominantly flat and has great PB potential.

Full chip-timed race results will be provided.

Please note all timing is gun to chip.

Results will be available online after the event.

The results will be available to view on Harwich Runners website under Wix5

www.harwichrunners.co.uk

Prize Categories

Prize Categories 1ST/2nd/3rd OPEN, 1st Team Male /1st Team Female and age groups as follows.

Male: - Age 15-17 M40-75 in 5-year groups. Female: - Age 15-17 F35-70 in 5-year groups.

Category winners will be awarded a free entry into next years race.

Mementoes

Medals

Start Countdown

- 1015** Runners should congregate in front of the Village Hall
- 1015** Race Briefing
- 1020** Runners should make their way to the start on Harwich Road
- 1030** Race Start

The Course



Race Contact Information:

Race Director: Matt Doran mattdoran@btinternet.com

Race Referee: Peter Gooding.

Race Adjudicator: Michael Ball