

Race Details

License Number 2023-46838

Course Measurement Number 23/408

Race Start Harwich Road Wix

Race Finish Wix Village Hall Wix

Race Headquarters Wix Village Hall

Race Start Time 1030

Registration Opens 830am

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 is providing first Aid for Wix 5

Race Number

Race numbers will be available to collect from 830am 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 and 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 45 minutes before the start to allow plenty of time for race number collection.

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 that may affect your participation in the race, please also put a cross on the top right corner of your number.

Car Parking will be at the following location

Wix Equestrian Centre, Clacton Rd, Wix, Near Manningtree, C011 2RU

It is a short walk to Race HQ from the Equestrian centre

Runners are encouraged to car share to reduce the environmental impact of the race.

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.

Mementoes

A range of mementoes will be available at the finish including

Pinless Bib Number fasteners

Bufs

Medals

Runners are encouraged to select one item.

Race Contact Information

Race Director Matt Doran mattdorant@btinternet.com

Race Referee Peter Gooding

Race Adjudicator Michael Ball

The Course

