

**Race Start : Harwich Road Wix**

**Race Finish : Wix Village Hall Wix**

**Race Headquarters : Wix Village Hall**

**Race Start Time : 1105 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 always hear and abide by marshals instructions. 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 8:30am 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 put a cross on the top right corner of your number on the front.

### **Car Parking - Wix Equestrian Centre, Clacton Rd, Wix, 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.

## 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

[https://www.harwichrunners.co.uk/1\\_wix5/wix5.php](https://www.harwichrunners.co.uk/1_wix5/wix5.php)

## 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 for all finishers

Trophies will be awarded to the Male/Female V55 category only in memory of Gary.

## Start Countdown

**1030** Runners should congregate in front of the Village Hall

**1035** Race Briefing and MANUP? Introduction

**1045** Runners should make their way to the start on Harwich to congregate for a minutes silence at 11am

**1100** A minutes silence in Respect of Remembrance Sunday

**1105** Race Start

## The Course



### Race Contact Information

Race Director Matt Doran [mattdoran@btinternet.com](mailto:mattdoran@btinternet.com)

Race Referee Peter Gooding

Race Adjudicator Michael Ball