

# Race Info - Trowse 10k, Sunday 8 April 2012

## Car parking

The official race car park is at County Hall, Martineau Lane, Norwich, NR1 2DH. It will be open from 7am on race day. It's a ten minute walk from County Hall to the Race HQ at the Norfolk Snowsports Club in Whittingham Lane so please give yourself plenty of time to get parked.

To reach the race car park, please leave the A47 at its junction with the A146 and then follow the signs to County Hall to park as directed by our marshals.

Please note that there will be no competitor parking available at the Race HQ (except for Blue Badge holders) as we will be using the car park there for the Finish area.

Extensive "no parking" measures will be in place along the entire length of Whittingham Lane on race day so please drive directly to County Hall in the interests of everyone's safety. Bicycles may be left at the Race HQ.

## Race packs

These will be ready for collection from 7.30am on race day; please follow the signs to the first floor of the Race HQ. Your race pack will contain your race number, timing chip and safety pins.

Your race number must be pinned to the front of your top, using a pin in each corner please. You must not cut, fold or mutilate your race number in any way. Please complete the requested medical details on the reverse of your race number using with the pens provided.

Your timing chip must be fastened to your shoe in accordance with the instructions displayed on the day.

Please make sure that you collect your race pack by 8.45am at the latest; the race will start promptly at 9am.

## At the Race HQ

As in previous years, the ladies changing room will be upstairs while the men's changing room will be on the ground floor. There are no showers in service at these premises.

Please use the baggage facility to store your belongings during the race - this will be supervised throughout the race but please note that you use this facility at your own risk.

Complimentary tea & coffee will be available from the City of Norwich AC tent before, during and after the race.

## iPods, MP3 players etc

In the interests of everyone's safety, the use of iPods, MP3 players and the like is prohibited during all road races organised by City of Norwich AC. You will be running on the left hand side of the road during this event and we want you to be alert and aware of everything that is going on around you, especially when traffic is approaching from behind. It is also very important that you are able to hear clearly any verbal instructions that the police and our race marshals may need to give you.

If you are seen wearing an iPod or similar during the race you will be disqualified and not credited with an official time.

## Afterwards

After you have crossed the finish line, please allow us to remove your timing chip from your shoe and then collect your commemorative medal and goody bag. A charge will be incurred for any chips not returned.

The presentation of individual prizes will be made just as soon as we can work out who's won what. Full results will be posted at [www.conac.org.uk](http://www.conac.org.uk) during the afternoon of race day.