

## **Muddy Duck 10km and 3km Fun Run Information**

Thank you for entering the Muddy Duck races. Plymstock Road Runners hope you have an enjoyable race.

**START** - The Muddy Duck 10km race will start at 6.00pm prompt. The 3km fun run will take place at 5.15pm. For those who have children running in the Fun Run, it is a good warm up for the main race! The Finish is at the same location as the Start.

**RACE NUMBER and REGISTRATION** - You will be able to register (Fun Run), pick up race numbers (10k) and find out any race information in the school playground.

**Race numbers for postal and online entries will be available for pickup at the Information Desk. Please arrive at the Information desk in enough time to collect your number.** The Information desk will be open from 4.30pm.

**PARKING** - Car parking is extremely limited around the school so we strongly suggest that you park in the Morrison car park near Billacombe Roundabout and follow the signs to the start of the race.

**THE COURSE** - The race is being held off road in Radford Park therefore we request that you adhere to the Country Code when running. The race will start and finish at Oreston School playing fields. This will also be the race HQ. As the race is mainly off road and along an undulating surface it is not safe for wheelchair bound persons to take part in the race. There will be a member of the club running behind the very last runner. It is a tough course!

**FINISH** – At the finish your number must be visible. Your race number will be scanned by the official timekeepers. There will be water available near the finish. The race clock will also be located by the Finish.

**FACILITIES** - There are no changing facilities at the school. There will be a manned baggage storage area and toilets. We welcome children at Race HQ and there is a small public playground for children to play in if they wish. Be aware that it can get busy!

**DOGS AND CYCLISTS** - Dogs are not permitted on the race course. Runners should not be accompanied or followed by cyclists.

**RESULTS** - Provisional race results will be posted soon after the race has finished. The full set of results will be available on the club website ([www.plymstockroadrunners.co.uk](http://www.plymstockroadrunners.co.uk)) within a few days of the race. We ask that you are patient whilst waiting to see the results. You are politely asked to keep out of the room where the results team are working so they are not distracted.

**PRESENTATIONS** - Presentations of the medals for the 3k Fun Run will be at the Finish line. Age category prizes for the 10k will also be presented on or near the Finish line.

**MEDICAL** – Real First Aid will be present at the race. Please do not run if you are unwell. If you have a medical condition, please write details on the reverse of your number.

Finally, may I thank you on behalf of Plymstock Road Runners and our sponsors for taking part and I wish you good luck for the race.

Steve Rose  
Race Director  
Muddy Duck 10km and 3km Fun Run  
Plymstock Road Runners