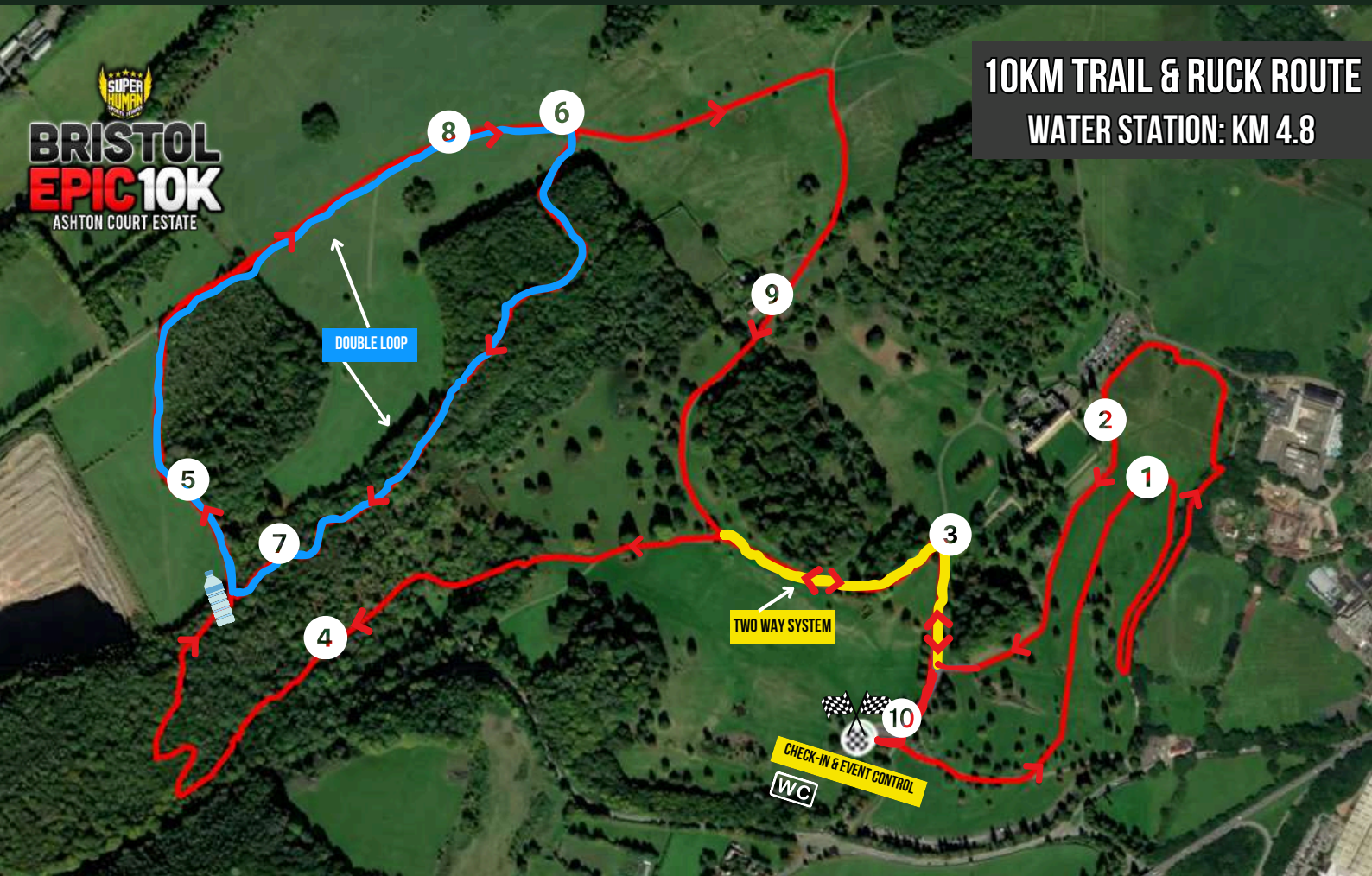


RACE DAY ATHLETE PACK



SUNDAY 13TH OCTOBER

EVENT SITE MAP



RACE DAY SCHEDULE

10.00am: Registration & event area opens

11.00am: Heats begin

11.15am: Final heat to start

11.45am: First runner estimated to cross the finish line.

1.00pm: Final runner expected to cross the finish line

1.30/2.00pm: Event Ends

PARKING

We have worked closely with the Estate for this year's event and they have agreed to allow us the use of the Church Lodge car park for the event.

Those wanting to use the car park must pay for parking on arrival via the pay & display machines or via the RingGo App. If you plan on using the RingGo App, please download it before arriving at the event.

The location of the car park is:

**Church Lodge Car Park,
National Cycle Rte 33, Long Ashton, Bristol BS41 9LX**

(The car park is located on a left turn into the Estate just before the Ashton Pub)

What 3 Words for car park entrance: give.cute.muddy

Other bits:

- 1) Where you can, please share lifts....we understand that this may not be possible for those running individually, but if you are taking part in a group, please do try and share lifts so as to reduce the number of cars heading to the same location.**
- 2) If you live locally or plan on using public transport or cycling to the event, you of course do not need to pay for parking on arrival.**
- 3) Unfortunately, we are not allowed the exclusive use of the car park during the event. Therefore, in the highly unlikely event that Church Lodge Car Park fills up during the event, please be aware that there are 2 other car parks in the Estate which can be used. The closest being The Mansion House Car Park & then The Clifton Lodge Car Park.**

GET RACE READY

BEFORE THE DAY

Clothing

Please make sure that you have packed appropriate clothing and footwear for the event. The event is mixed terrain so a sturdy pair of trail running shoes are ideal!

There will be a secure bag drop zone where you can store your things when taking part in the event.

If you'd like to use the bag drop zone, please tear off the additional tag attached to your bib and attach it to your bag before leaving it in the designated area.

Heat Times

Your exact heat time will be sent to you on the week of the event.

Provisionally, all heats will set off between 11am-11.15am.

Please keep an eye out for an email from us with this information. If you have not received your heat information by Saturday 12th October please email events@superhumansports.com.

Where possible, anyone that has registered with the same team name will be running in the same heat. If you are not in the same team as someone but you still wish to be in the same heat as them, you should have specified this in the 'special request' section when signing up.

If you have not done so, you can still add any requests to be in the same heat as others via your account on the platform you signed up on.

Please note: we will not be able to fulfil any requests made after Wednesday 9th October.

GET RACE READY ON THE DAY

Arriving at the venue

We advise arriving one hour before your heat is set to start, this will ensure that you have enough time to park, get to the event area, pick up your registration pack and get yourself ready to go!

The address of the event site is:

Ashton Court Estate
Primary entrance via Church Lodge Car Park,
National Cycle Rte 33, Long Ashton, Bristol BS41 9LX

What 3 Words for car park entrance: give.cute.muddy

Registration:

Once you have arrived at the event site, please head to our registration tent where you will be given your registration pack. This will include your bib number & bag drop tag.

Your bib is your chip timer so please ensure that you attach it and it is visible when crossing the finish line. Please also try and remember your bib number. If your bib comes off during the race, please let the person at the finish line know your bib number as soon as you cross the line.

On-site facilities:

There will be toilets on-site, however, there will be no changing facilities at the event site.

There will also be a secure bag drop area. If you'd like to use it, please tear off the additional tag attached to your bib and attach it to your bag before leaving it in the designated area.

Cola's Coffee will also be there to fulfil all your caffeine needs and we will also have our Superhuman stand where you can buy our awesome Superhuman merch!

Heading to the start line:

Please head to the start line 10 minutes before your heat is set to start. There you will find your specific heat's starting pen. You will then be given any final briefs before being let loose on the course! 💪

GENERAL COURSE INFO

TRAIL RUN & RUCK RUN

The route

The route will be marked out using white and red tape, directional signs and stewards.

Please keep an eye out for these signs to ensure you are going in the right direction!



Please note: The 10k route includes a 1.5km segment that must be completed twice. This will be clearly signposted but please also listen to the stewards on the course.

Please also note: Some areas of the route will remain open to the public so please be aware of this when running.

Water stations

There will be 1 water station on the route located just before KM5.

You are free to take any of the drinks that are available at the station. However, you must dispose of all rubbish before exiting the water station zone as will be clearly marked.

Please do not drop rubbish on the floor at any point on the course!

GENERAL COURSE INFO

TRAIL RUN & RUCK RUN

Entry Categories - 'Competitive heats'

If you have chosen to run in the competitive heats, your bib is your chip timer so please ensure it is attached before the race begins.

All leaderboard links will be made available on the day via social media & our website.

When you finish the race, you will be able to see how you placed overall as well as in your specific age group. However, please be aware that there will only be prizes for overall winners and not IN EACH specific age group. Winners will be contacted after the event with more information on their prizes.

Competitive Heats - Age Groups

Individuals

Open age category: 35 or below

Masters age category: 36-42

Vets age category: 43+

Entry Categories - 'Just for fun' Heats

If you have entered the 'just for fun' category, please ensure your bib is attached & visible before the race starts.

You will also be able to see you finish time via the leaderboard link made available on the day via social media & our website.

Medals

All finishers will receive an awesome finisher's medal upon crossing the finish line!

GENERAL COURSE INFO

RUCK RUN ONLY

If you have entered the ruck run category, you will be provided with a rucksack to use for the event, this will be given to you when you pick up your registration pack.

weight for the men: 12kg
weight for the women: 8kg

Please note: you are allowed to use your own ruck, however, it must be weighed when you check-in to ensure it is the correct weight.

In addition, if you have a ruck but do not have the correct weight to put inside it, we can also provide this on the day.

In terms of rules for the ruck category, you are permitted to take the ruck off at any point during the event, for example, if you are stationary at the water station. However, you are not allowed to advance along the course without the ruck on. In other words, the ruck must be worn at all times when advancing along the 10km course.

FREQUENTLY ASKED QUESTIONS

Will there be a photographer on the day?

Of course - we'll have several throughout the route. Remember to smile!

Will there be water stations on the route?

Yes, they'll be a water station just before KM5 and we'll also have a water station at the finish line.

Can I run with my dog?

No, unfortunately not for this year's event.

Can I run with headphones?

Yes you can but there will be speakers and music pumping at the start/finish line.

What is the weight for the ruck?

12kg for the men, 8kg for the women. Please see the previous page for more information on the ruck category.

When will we find out our heat times?

We will send out exact heat times on the week of the event. Provisionally, all heats will begin between 11-11.15am.

What if I would like to change my category or team after I've signed up?

You are able to change any information with your booking up until Wednesday 9th October. In order to do so, just head to the platform where you booked your ticket (Let's Do This, Find A Race or Superhumansports.com) and follow the instructions on how to modify your entry. If you are unsure how to do so, please email events@superhumansports.com before midnight on Wednesday 9th October with your request and we can make any changes to your booking manually.

If I have any questions leading up to the event, who should I contact?

Just email events@superhumansports.com



BRISTOL
EPIC10K
ASHTON COURT ESTATE

SEE YOU THERE!

LET'S MAKE IT AN
EPIC EVENT!