

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, pick up race numbers and find out any race information in the school playground. If it is raining, we may be located inside the school. **Race numbers for postal and online entries and your memento (if applicable) will be available for pickup at Registration. Please arrive at the registration desk in enough time to collect your number.** The registration desk will be open from 4.30pm.

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

FUN RUN- The race is fully marshalled to ensure everyone knows the correct route.

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 Community Academy 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 sweep runner running behind the very last runner.

FINISH – At the finish your number must be visible. Your time will be recorded by the official time keepers. There will be drinks available near the finish. The race clock will also be located by the Finish.

FACILITIES - There are limited changing facilities at the school. There will be a baggage storage area and toilets. The baggage area will be manned at all times. 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 on our website (www.plymstockroadrunners.co.uk) within a few days of the race.

PRESENTATIONS - Presentations will hopefully take place in the playing field from approximately 7pm.

MEDICAL – There will be a First Aid provider present at the race. Please do not run if you have a temperature or are unwell. If you have a medical condition please write all on the reverse of your number.

Finally, may I thank you on behalf of Plymstock Road Runners and all 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