



## Back to Black 10K & 5K

LEIGH COURT, LEIGH WOODS, BRISTOL, AVON, BS8 3RA  
Sat 23rd Feb, 7.00pm (registration opens at 4.30pm)

### Parking at Leigh Court

We have 170 parking spaces at Leigh Court but please car share as much as you can! Google maps or a Satnav should take you straight there with the post code but follow this link if you need more detailed directions - <https://visitbristol.co.uk/conferences/leigh-court-p75551>

### Start times and race schedule

**4.30pm** Registration opens (and will stay open until 6.55pm for pre-entries) If you haven't pre-entered please arrive at least one hour before the race.

**5.55pm** Race Briefing for 1km and 2km kids races

**6.00pm** Kids 1Km and 2Km races start together (new course map coming soon)

**6.30pm** Kids presentation by the Gazebo at Registration.

**6.55pm** Race briefing for 10K and 5K races

**7.00pm** Mass start for 10K and 5K races

**7.25pm** Approx First 5K finishers expected

**7.40pm** Approx first 10k finisher expected

**9.00pm** prize presentation. Please stay for the prize presentation as we don't post out uncollected prizes. To avoid people waiting around in the dark and cold we've booked the large back room at the *The Anchor Ham Green Pub, 60 Ham Green, Bristol BS20 0HB, 01275 372253* for our presentation. It's about 7 minutes drive from Leigh Court. They have a range of reasonably priced food including a Children's menu.

The presentation is a little later than usual to allow everyone to finish the 10K but we hope waiting in a warm pub won't be too arduous! If you need a lift to the Pub let us know and we'll try and sort one out for you.



### Chips & timing

We are using NFC chip timing for these races. Please put your chip bracelet on your right wrist and your race number on the front of your clothing. We are re-using chips SO PLEASE DON'T FORGET TO RETURN YOUR CHIPS WHEN YOU FINISH!



### Course marking



Both races will be marked out with reflective arrows, snow poles and flashing lights. The 10K / 5K split will have a marshal and be marked with arrows like the ones shown above.

### Kit List for all runners (compulsory)

- Head torch with fresh batteries (and spare batteries depending on your type of torch)
- Hi-viz or brightly coloured clothing (waterproof with reflective strips also acceptable)
- Suitable running shoes (trail shoes recommended but road shoes should be OK)
- Long-fingered gloves
- Hat or buff
- Long-sleeved waterproof jacket



And don't forget to bring plenty of warm clothing to change into after the race!

### **Baggage**

We do not have an official baggage drop as we expect most people to use their cars. However you are welcome to leave bags in the back of our transit van (which will be left open) if you are coming on bike or foot.

### **Wild Night Run T-shirts**

If you ordered a t-shirt in advance you can collect your t-shirt on the night. We also have some for sale for £12 each

### **Food & drink**

The 10K has one water station with jelly babies etc just past halfway. If you don't think this won't be sufficient please carry your own drink and/or gels. There will also be a bottle of water for everybody waiting for them at the finish line.

### **Medals, Prizes and results**

Every finisher will get one of our special hand made wooden medals.

You can also can download the free Webscorer app (search for Webscorer on your iphone or Android) to your phone and view the results there.

### **Facebook & Strava**

If you haven't already done so, please like our Facebook page for the latest race news.

[www.facebook.com/wildnightrun](http://www.facebook.com/wildnightrun)

We now have a Strava club on Facebook. If you join it and record your run on Strava you'll be eligible for our spot prize competition drawn in the week after the race.

[www.strava.com/clubs/wildnightrun](http://www.strava.com/clubs/wildnightrun)

### **Emergency contact Numbers**

**Event Emergency Number** 07434 979 538

Ben Tisdall 07866 567 894

Ceri Rees 07773 560 335

Kay First Aid 0773 706 4960



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