



Back to Black 10K & 5K

LEIGH COURT, LEIGH WOODS, BRISTOL, AVON, BS8 3RA
Sat 22rd 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 or even better come by bike! 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>

View course maps at the link below

www.wildnightrun.co.uk/back-to-black-course-maps/

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 your race start time.

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

6.00pm Kids 1Km and 2Km races start together

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

7.50pm 5K prize presentation. Please stay for the prize presentation as we don't post out uncollected prizes.

8.10pm 10K prize presentation

8.35pm Final finishers expected & event wrap up.



Chips & timing

We have upgraded to RFID chip timing for our races this year.. Please put your chip on the neoprene strap which is provided and attach it to your right ankle. **IMPORTANT: Make sure you don't cover your chip with the neoprene strap or with other clothing such as long socks or a tracksuit as it may mean your chip does not get read! Please make sure you return your chip at the end of the race.**



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 at £12. Buffs will also be for sale at £5.00. Card & cash accepted.

Course marking



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



Kit List for all runners (to bring with you)

- 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 (not compulsory)
- Hat or buff (not compulsory)
- Long-sleeved waterproof jacket (not compulsory)

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. However we can not take responsibility for people's gear.

Wild Night Run T-shirts

If you ordered a t-shirt in advance you can collect your t-shirt on the night.

Food & drink

The 10K has one water station with jelly babies etc at marshal point 12. This only applies to the 10k route. If you don't think this will be sufficient please carry your own drink and/or gels. There will also be a catering van parked opposite Leigh Court, serving hot drinks and warm food. We will be providing cake, fruit & other snacks for all finishers.

Medals, Prizes and results

Every finisher will get one of our special hand made wooden medals. This year they have a custom ribbon.

You can also 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

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

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