



Immortal Wimbleball 10k | Saturday 22<sup>nd</sup> June 2019 | 10am

## *Athlete Information*

### *Location and Venue*

Wimbleball Lake and Activity Centre is located on the edge of Exmoor National Park in Somerset. Please use postcode TA22 9NU and once you are near the location, you'll pick up directional arrows - it is best to follow these to the venue.

There is a café on site, close to the parking area, which will be serving hot and cold food and drinks throughout the event.

### *Car Parking*

Car parking will be available on site and will be clearly marked as you drive into Wimbleball Activities Centre. There will be no charge for parking.

### *Registration*

Registration will be open from 0900 until 0945. This will be a short walk from the parking area and will be in a clearly marked gazebo. At registration you'll be asked for your name and will be handed your race bib. Safety pins will be available if required. Please make sure you complete the medical section on the reverse.

### *Medics and Marshals*

St John Ambulance will be on site should there be a need for medical assistance.

We are lucky to have an incredible team of marshals at Immortal Sport, without whom our events would not be the same. Please give them a smile and a thank you if you can!

### *Toilets*

There will be portable toilets available near the registration gazebo.

### *Left Luggage*

There is no left luggage area as cars will be parked very close to registration.

### *Race Start and Briefing*

The start line for the race is a very short walk from Registration and will be clearly marked. The race will be timed gun to chip. A short race briefing will be given approximately 5 mins before the race start (which is at 10am)

### *Race Route*

The Immortal Stourhead 10K is licensed by the ARC and has been permitted accordingly with permit number 19/113

The run route map can be viewed here:

<https://www.google.com/maps/d/viewer?mid=1j27wRRbre0xIb3zzIbNd3pumMN4XMjnW&usp=sharing>

After approximately 1km within the Wimbleball grounds the route will take you onto a short section of public highway on Steep Lane, before running across the dam at Wimbleball Lake and up onto Haddon Hill. Once this loop of the Hill has been completed you will cross the dam once more and follow the lake back to the finish line. **Due to the nature of the course and the section on public highway, we will not allow the use of headphones (including bone conduction types) on any part of the course. Users will be excluded from the results.**

### *Drink station*

There will be one drink station once you have crossed the dam, which you will then revisit once the loop of Haddon Hill has been completed 2.6km and 7.7km. This will have water in biodegradable cups. Please ensure empty cups end up in the waste bins provided. This is a National Park, and we must do our best to maintain it. **Any athlete seen deliberately littering will be excluded from the results.**

### *Awards*

There will be trophies awarded to the top three male and top three female finishers. These will be presented once the top three have finished, at the podium near the finish line adjacent to the café.

Good luck with you training, and we look forward to seeing you on the 22<sup>nd</sup> June.