**STORMFORCE 10 - SUNDAY 19TH JANUARY 2020 Start 10:30am**

Dear All

Race day is nearly here and I just wanted to share a few important things before the big day.

**Registration**

**Registration is open from 8:30am – 9:45am**

If you have pre-registered for the race you will need to pick up you race number and top yourself from the registration desks. These will be split A-G, H-P and R-Z. There will be no club desks.

If you are registering on the day, there is a separate desk for you to complete your entry form and pay. There are a few tops available for on the day entrants but it will be first come first served so don’t delay!

If you are taking another runners place, you will need to collect their number and top and then take it to the on the day desk to register your details. You will only be able to swap size tops if there is one available.

Please register early so as not to delay the start of the race and the road closure.

**Start of the Race**

Note that the start, (top of Barripper Road, same location as in previous years), is about 10-15min walk from the school, please allow plenty of time to walk to the start.

There will be the usual baggage facilities at the school and there will be a baggage van at the start, to transport further items (warm up clothing etc) back to the School (for collection from the baggage area).

There are no toilet facilities at the start, go before leaving the school!

**Refreshments**

This year we will be serving tea/coffee and biscuits before the race for competitors and supporters in the Sports Hall for 50p each, which will go to our chosen charities, Invictus Trust and FinnsArmy.

After the race we will have our legendary refreshment table with sweet and savoury snacks. All we ask is for you to donate to our charities, Invictus Trust and FinnsArmy, in the buckets provided.

**Post-Race Massage**

We will have massage therapists in the Sports Hall after the race who are kindly providing their time to support us and our charities so please give generously.

**Whirlwind Sports Selfie Frame Giveaway**

This year Whirlwind Sports are supporting our race and have a competition running.

Either pre or post run do drop by and see them to have your picture taken in the Whirlwind Sports Selfie frame.

They will be selecting a winner each day for the 4 days starting from 20/1/19. Each daily winner will win a £50 voucher to spend in any of the Whirlwind Sports stores or on [www.whirlwindsports.com](http://www.whirlwindsports.com/)

All pictures taken on the day will be available on the Whirlwind Sports Facebook page for you to view/share, follow the Link below.

<https://m.facebook.com/WhirlwindSportsHQ/?locale2=en_GB>

Each daily winner will be announced on the Whirlwind Sports website.

Good luck to one and all for the race and we look forward to seeing you on the 19/1/20.

Finally we would like to thanks our Sponsors, Glow Warm, RG Kellow, West Country Tiles and Whirlwind Sports for their generous donations to the race.

Good Luck to all of you and see you on Race Day!

Jo

Race Director- Stormforce

Carn Runners