



POWER RUN | RACE INSTRUCTIONS

SATURDAY 6TH APRIL 2024, STARTS 10.30AM

[Powderham Estate, Exeter EX6 8JQ](#)

Race HQ

Toilets will be available in the castle courtyard. By the start finish.

Race numbers will be available to pick up from 9am.

Race Number

Your number **MUST** be pinned to the front of your running top with 4 safety pins.

Number Swaps

PLEASE DO NOT GIVE YOUR NUMBER TO SOMEBODY ELSE – these causes major health and safety risks. If you can't run please see website for transfer details.

More detailed route map is available on [website](#)

Course

This is a multi terrain course with a mix of fields, trails, woodland paths and a short tarmac section. The toughest climb is in the opening mile but well rewarded with a great view at the top. Unless we experience very heavy rain in the lead up to race day, a hybrid trail shoe will be fine. If it's been dry in the weeks leading to race day, a standard road shoe will be suitable but there will be little benefit from a carbon soled shoe.

Water Station

There will be 1 water station on the route that runners will pass 2 times each lap – the station will provide water in compostable cups. Please throw cups into bins provided.

Baggage

There will be no formal baggage store – we will have a very limited amount of space to store belongings at our Race HQ, if you can't leave in your car or with another person.

RACE HQ

EVENT INFORMATION



Timing & Results

The race will be manually timed, there will be a large finish clock at the finish. Finish times will be produced in accordance to UK Athletics rules, rounding all times up to the nearest whole second.

Results will be posted on website asap after the race and times will be eligible for Run Britain Rankings.

Prizes

Prizes will be awarded to the First 3 Male & Female runners overall. Winners of each Age Category will be emailed their prize after the event.

UKA Licence No

UKA licence number: 2024-47696

First Aid

This will be provided by Devon EMS

Powderham Estate & Spectators

The Powderham Estate is closed to the public on the day of the event. Spectators are welcome to come and support for FREE. Please note that once we have packed down the event you must leave the private areas of the estate.

We encourage participants to car share where possible or look at public transport options if possible, see details below.

PLEASE FOLLOW MARSHAL DIRECTIONS WHEN PARKING AND EXITING THE ESTATE.

Travel & Parking

By Bus - Take the No 2 Stagecoach bus from Exeter/Newton Abbot. The bus stop is right outside the entrance at the top of the drive. For latest timetables please visit www.stagecoachbus.com

By Rail - There is a direct service from Exeter St David's to Starcross. Powderham Castle is less than 2 miles from Starcross You have the option of catching the bus from here. It would take about 30minutes to walk.

We are working at ways to make our event more sustainable, here are some of the things we are implementing...

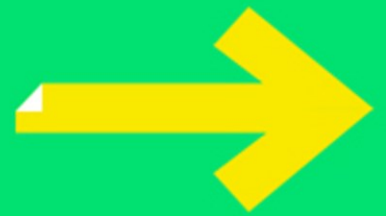
Sustainability

- Race pack pick up on the day.
- Water station using compostable cups (that we will compost ourselves).
- We encourage participants to recycle their race bib numbers
- Travel see above.

IF YOU HAVE A BODY, YOU ARE AN ATHLETE.

RACE HQ

EVENT INFORMATION



Contacting Us

If you should have any queries, then please contact via mail@city-runs.co.uk

Race Website

We will keep the website up to date with all the latest information so please keep an eye on it!

<https://www.city-runs.co.uk/power-run>

Charity



SUPPORTING FORCE CANCER CHARITY | SET UP JUST GIVING

Catering – Force will be providing refreshments on the day, please bring some cash for this.

A big Thank You to our event partners:

Event Partners



IF YOU HAVE A BODY, YOU ARE AN ATHLETE.