

# **39<sup>th</sup> Silverstone Grand Prix 10K, 1st May 2024**

## **Information for Runners**

### **Access**

Circuit car parks will open at 5:30pm. Please allow sufficient time to collect your race number from Race HQ in the pit garages.

### **Race Time Limit**

Any athlete who has not completed the first 5K (one lap) by 8:15pm (45 mins after the start) will be asked to stop. Anyone still running at 9:00pm will be picked up by the sweeper car. This is a safety measure to ensure no athletes remain on the circuit in the dark.

### **Competitors Changing Facilities**

There are female and male changing facilities in the pit garages next to Race HQ. There are no secure baggage storage facilities.

### **Food & Drink**

The Pitstop Café will be open from 5:30 – 9:00pm

### **Toilets**

Public toilets are situated between the Pitstop Café and the Petrol Station.

### **Earphones**

Although the race is run on closed roads, we do not permit competitors to run wearing earphones. This is because the race is run over two laps and the Lead Vehicle and wheelchair athletes, on their second lap, will be overtaking competitors still on their first lap.

Marshals will report competitors running with headphones and they will be excluded from the final results.

### **Animals**

No animals are allowed anywhere at Silverstone so please do not bring any dogs.

### **Spectators**

Spectators are welcome but must remain in the pit lane area, which gives a fabulous view of the start/finish straight.

We ask that spectators DO NOT cross the pit lane in front of runners at the Finish.

### **Water Stations**

Water will be available at 5K (on the pit straight) and at the finish.

### **First Aid**

There are ambulances with Silverstone paramedic staff. An ambulance will be based in the pit lane, next to the "Race Control" building, Circuit marshals will be in contact with the Race Director if medical help is required.

### **Prize Giving**

Prize giving will take place in the Race HQ pit after the race at about 9.00pm.

Thank you for entering. I hope you enjoy the evening.

Brian Keers

**Race Director**

