

# WE'RE BACK UP AND RUNNING

## FINAL RACE INFORMATION

### SUNDERLAND CITY 5K SAT 19TH JUNE - START 6.15PM



## SUNDERLAND CITY 5K

Supported by

**activeSunderland**

# SUNDERLANDCITY10K.COM

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City Council



St. Benedict's Hospice  
& Centre for Specialist  
Palliative Care



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SUNDERLAND

# ROUTE MAP



—+— 5KM Route

5 KM Markers



# RACE INFORMATION

We are delighted that we are finally able to look forward to welcoming you to the Sunderland City 5K as part of the Sunderland City Runs weekend, supported by Active Sunderland.

If you entered **BEFORE** 11th June you will be receiving your race number in the post. If your number has not arrived by Thursday 17th June please email [info@eventsofthenorth.com](mailto:info@eventsofthenorth.com) and we can arrange a replacement.

If you entered **AFTER** 11th June you can collect your race number from outside the Beam (SR1 3AD) on Saturday 19th June from 10:30am until 3pm OR from race information next to the start from 5pm.



**PLEASE NOTE**  
The Active Sunderland Big 3K will take place prior to the 5K.

# RACE ASSEMBLY

The race will start and finish on the SOUTH side of the Northern Spire Bridge. The assembly area and start system will be located on the A1231 approaching the start line at the bridge.

Please arrive at your sector on the attached plan at your designated time, which is linked to your number/wave colour. You will progress forward

towards the actual Start line and we anticipate this will be approximately a 5 minute walk but is a great way to warm up! Please follow the instructions of the Race Staff and please be ready to enter the Start system promptly at the times listed below. Please **DO NOT** go directly to the Start line even if you are late.



# RACE START - WAVE ARRIVAL

## YOU MUST ARRIVE AT YOUR ALLOCATED SECTOR PROMPTLY AT 6PM

Please see below your allocated sector corresponding with your bib number and colour. Please arrive at your assembly sector ready to run and be as self sufficient as possible. Due to COVID-19 restrictions the start will be staggered. Gun time will not be recorded and all results will taken from chip times, so please be patient when approaching the start line.

<b>NUMBER 101-300</b>	<b>(GREEN)</b>	-	<b>SECTOR ONE</b>
<b>NUMBER 301-500</b>	<b>(ORANGE)</b>	-	<b>SECTOR TWO</b>
<b>NUMBER 501-700</b>	<b>(YELLOW)</b>	-	<b>SECTOR THREE</b>
<b>NUMBER 701-800</b>	<b>(WHITE)</b>	-	<b>SECTOR THREE</b>

## GENERAL INFORMATION

### DON'T FORGET YOUR KIT AND RACE NUMBER

Especially safety pins and a bin bag in case it's raining! Make sure to pin your number to the FRONT of your t-shirt and think about writing your name on your race number or vest, commentators will then be able to give you a shout out.

### YOUR RACE NUMBER

Your timing chip is already affixed to your race bib. When storing your race number please take care not to fold or bend the chip as this can damage it and reduce its effectiveness. Please make no attempt to remove it or swap it as this will invariably result in damage. When you put your bib on, please make sure it is fully visible on the front of your body, and take care not to pierce the chip with your safety pins.

Do not pass your number to another runner before or during the race. This is very important for health and safety and is a serious breach of UK athletics rules. It will result in disqualification and exclusion from the event.

### BAGGAGE

There will be no baggage or changing facilities provided, please arrive at race assembly ready to run. Please leave all belongings in your vehicle or with the person who has travelled to the event with you.

### ON COURSE

There will be no on course water or drinks stations, and all toilets will be located at the start area which runners pass twice on course. Water will be available in pre-sealed containers at the finish, you will need to pick up the water from the table, marshals will not hand it to you. To minimise contact for our marshals please make an effort to place litter in the bins provided.

### ROAD CLOSURES

Please be aware that Queen Alexandra Bridge will be closed Southbound to all traffic over the event weekend due to ongoing roadworks. The Northern Spire Bridge will be closed to traffic from approximately 4-8pm. Please allow more time than usual to arrive, park and make your way to the assembly area.

### TRAVEL

Where possible please travel to the event alone, or with other participants from your household only. Do not share cars with other households. If you require someone to drive you to the event, please ensure they do not gather at the start/finish area, they will be moved away from this area by marshals. Pallion Metro Station is a short walk from the start.



## PARKING

There is parking available at Sainsbury's on the North side of the Northern Spire Bridge. Please be mindful that this is not an official event car park and parking restrictions for this site will apply.

## THE ROUTE

There will be clear signage and a team of race marshals to ensure you follow the correct course. Km markers along the route will tell you exactly where you are and how far you have left.

## CALL OF NATURE

Toilets will be provided at the start/finish area, please ensure you are keeping to social distancing guidelines at all times if queuing. If there are any non-participants attending with you please ask them to keep toilets clear for the use of event participants, staff and volunteers.

## SPECTATORS

To ensure the safety of everyone, we are encouraging no spectators at the event. There will be no runner village and no prize presentations on the day.

## RACE MARSHALS

Our race marshals ensure that the event is safe for YOU! During the race please follow all instructions given by the official race marshals. Don't forget to give them a cheer and a thank you, they have all given up their time for free to make this event happen, we couldn't do it without them!

## MEDICAL ASSISTANCE

Our medical staff will attend to anyone requiring medical help or first aid. The medical area is immediately adjacent to the finish line.

## THE FINISHING STRAIGHT

All races finish through the same gantry as the Start, where you will be directed to secondary finish. Water and a goody bag with your medal and t-shirt pre-packed will be laid out for you to collect on finishing – please follow marshals instructions, you will be guided to a table based on the t-shirt size you ordered on registering.

## YOUR RACE TIME

Keep your race number and chip as a memento of your day! A link to the race results will be available at [www.sunderlandcity10k.com](http://www.sunderlandcity10k.com) as well as [www.chiptiming.co.uk](http://www.chiptiming.co.uk) shortly after the event. If you have provided us with a mobile number, your official time and finishing position will be sent to you via text soon after you've finished.

***Don't forget to smile for the camera!  
Your FREE to download event photos can be found at [awoladventure.com](http://awoladventure.com)***

## WHERE NOW?

Don't just stop, keep on moving. Edible items will be provided in your goody bag, please dispose of all containers safely and as cleanly as possible. Keep walking and exit the finish area.

When you finish please make an effort to leave the event area as soon as possible. If you do need to meet someone please agree a point away from the event site in advance.

## GOOD CAUSES

Our Charity Partner for 2021 is St Benedict's Hospice. Many of you will be raising funds for many valuable causes but if you are yet to choose a charity St Benedict's Hospice would love to have you on board. It's not too late, please email [info@eventsofthenorth.com](mailto:info@eventsofthenorth.com) to request a fundraising pack.

# COVID 19 PARTICIPANT CODE OF CONDUCT

Please see the participant code of conduct for protocols regarding Covid-19.

Outdoor activities and outdoor sport are consistently shown to be low risk from a COVID-19 perspective and running events play an important role in improving the health of the nation. If you observe and respect the event rules, social distancing and hygiene measures put in place by the event organiser risks to you and others will be kept to a minimum.

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- You must undertake a self-assessment for COVID-19 symptoms. Do not travel to the event if you are showing any symptoms of COVID-19. No-one should leave home to participate in sport if they, or someone they live with, has symptoms of COVID-19 currently recognised as any of the following:
  - A high temperature
  - A new, continuous cough
  - A loss of, or change to, their sense of smell or taste. Should you report or demonstrate any such symptoms, you must follow NHS and PHE guidance on self-isolation
- Please consider taking a self-administered Covid test at home twice next week. Test on Monday or Tuesday before the runs, take another test on run day itself, or if you can't do that then the day before, and then follow up with one the following Wednesday or Thursday.
- Please consider wearing a face covering pre and post-race (i.e. before and after entering the field of competition)
- Do your homework – make sure you are aware of and understand the pre-race briefing information
- Come ready to run - minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible
- Under no circumstances swap your number or give your place to another participant
- Be respectful to volunteers and participants
- Observe social distancing wherever possible
- Carefully consider your travel plans, avoiding public transport if at all possible
- Leave more time than you normally would to get to and from the event
- Be self-sufficient - be prepared to bring your own water, food and carry it with you during the race and please dispose of rubbish responsibly
- Be aware of your personal hygiene e.g. avoid spitting and nasal clearance
- Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public. Don't run with or carry children in the race
- Bring your own hand sanitizer
- If you experience COVID-19 symptoms soon after the event, then please make this known through the government's test & trace system

**EVENTS  
OF THE NORTH**

**THANK YOU FROM ALL THE TEAM  
AT EVENTS OF THE NORTH  
WE CAN'T WAIT TO GET  
BACK UP AND RUNNING!**

The 200 strong volunteer team over the weekend is integral to the event and we really appreciate the time they give up for your enjoyment. Please say thank you as you run round the course!

**PLEASE MAKE SURE TO CHECK THE EVENT WEBSITE  
FOR THE MOST UP TO DATE INFORMATION**

**SUNDERLANDCITY10K.COM**

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