

# SUNDERLAND CITY10K

Supported by **active Sunderland**

## FINAL RACE INFORMATION

SUNDAY 8TH  
MAY 2022

START TIME:  
10:00AM



# ARE YOU FEELING 2022?

## SUNDERLANDCITY10K.COM

Sunderland  
City Council

**active  
Sunderland**

everyone  
ACTIVE  
Feel better for it



University of  
Sunderland




RED SKY FOUNDATION

Sunderland.Live

BBC  
NEWCASTLE

ACTIVE  
ROOT

# SUNDERLAND CITY10K THE ROUTE

-  10KM Route
-  Water Station
-  10 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** 24th April you will be receiving your race number in the post. If your number has not arrived by Thursday 5th May please email [info@eventsofthenorth.com](mailto:info@eventsofthenorth.com) and we can arrange a replacement.

If you entered **AFTER** 24th April you can collect your race number from City Hall on Saturday 7th May from 10:30am until 3.00pm, OR from race information located in Keel Square from 8am on race day.

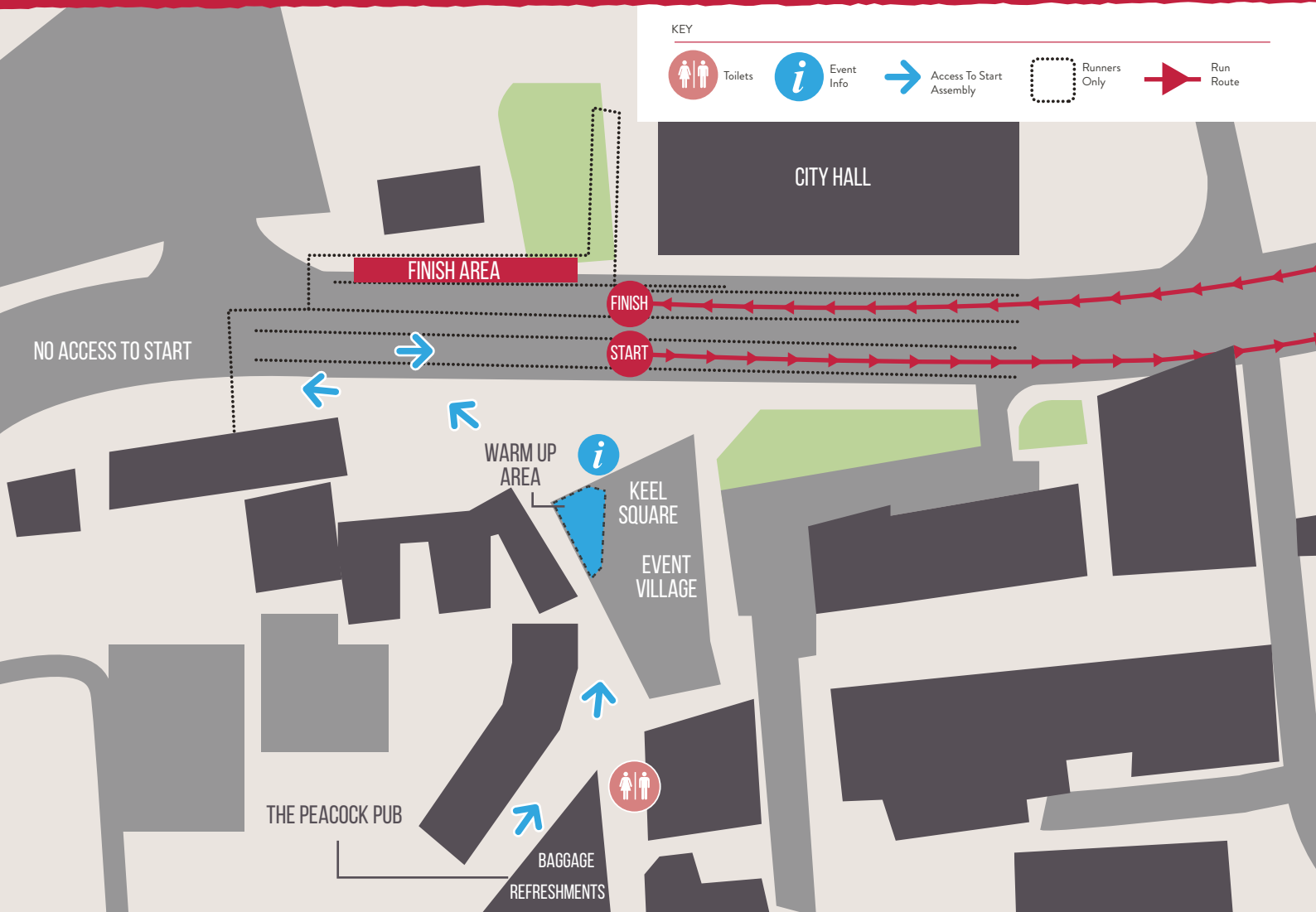


# RACE ASSEMBLY

**ASSEMBLY TIME: 9:45AM**

**START TIME: 10:00AM**

The race will start and finish on St Mary's Way, next to Keel Square. The assembly area and Start System will be located on St Mary's Way and Livingstone Road, and will extend to further streets towards High Street West and Minster Park.



# 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 baggage facilities available upstairs in The Peacock from 08:30am until 1:30pm. Please note that all belongings are left at the participants own risk.

## ON COURSE

There will be water and isotonic stations on the course indicated on the course map, and at the finish. Water and isotonic will be provided in pre-sealed containers. You will need to pick up the water and isotonic from the table at water stations and at the finish, 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

St Mary's Way will be closed to traffic from 6am for the event, and Wearmouth Bridge from 8:30. A rolling road closure programme will be in operation around Sunderland from 08:30 until 15:30. Please allow more time than usual to arrive, park and make your way to the assembly area.

## PARKING

There is limited parking on the Sunderland University City campus which is free. There are a number of car parks within a mile of the start; the Bridges Shopping Centre car park (charges apply), and Sunnyside car park (£2 all day fee).

## TRAVEL

There are two Metro Stations within a few minutes walk of the start: St Peters' Way and Sunderland. Please be aware Nexus are carrying out improvement works on the Metro; there will be no trains running between Pelaw and South Hylton.

## THE ROUTE

We have clear signage and a big team of Race Marshals to ensure you follow the correct course. We have mile and 5km markers on the Half Marathon and km markers on the 10k route so you will know exactly where you are. Timing mats will be in place at the turnaround point on Ryhope Road in the Half Marathon.





## CALL OF NATURE

Toilets will be provided at the start/finish area and on course. 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.

## EVENT VILLAGE

The event village will be based in Keel Square and will be open from 8:00am. Refreshments will also be available at The Peacock. They will be offering free tea & coffee to runners and breakfast buns will be available to purchase. Brew & Bake located on the ground floor of City Hall will be open 8:30am – 2:00pm.

## 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. Road and mobile paramedics will be covering the route. In addition there are mountain rescue personnel on site.

## THE FINISHING STRAIGHT

All races finish on St Mary's Way adjacent to the Start line 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.

## PRESENTATIONS

Prize presentations will be held in Keel Square on the day. If you have won a prize, congratulations! You will be contacted the week after the event by our team via email if you are a Vet prize winner.

## 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.

## GOOD CAUSES

Our Charity Partner for 2022 is Red Sky Foundation. Many of you will be raising funds for many valuable causes but if you are yet to choose a charity Red Sky Foundation 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 EVENT POLICY

While you're no longer legally required to self-isolate if you have COVID-19, if you are attending this event we ask you undertake a self-assessment for COVID-19 symptoms. We ask you not to attend the event if you:

- Have any symptoms of COVID-19, and have a high temperature or you do not feel well enough to go to work or do normal activities
- Have tested positive for COVID-19
- Please follow the NHS and PHE guidelines and help to avoid passing on the virus.

# HALF PRICE HI-RES PHOTOS WHEN YOU PRE-ORDER!

- Min. 3 photos GUARANTEED or your money back
- Pre-order your Hi-Res digital photo Bundle for just £10
- Bundle price rises to £20 after the event
- Buy BEFORE event Day to get the HALF PRICE deal
- Medium Resolution (800px) images from this event will be FREE

## HOW IT WORKS

You will get ALL of your Hi-Res Tagged Digital Images from the event (a minimum of three - guaranteed or your money back, no questions asked).

You must complete the event to qualify for the refund.

This offer is only available before the event. On event day, the bundle price increases so we recommend you get in early and save - this is the best deal you'll get, full stop.

**PRE-ORDER NOW**

**AWOL**



**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**

**FOLLOW US**

**ON TWITTER, FACEBOOK AND INSTAGRAM FOR LIVE EVENT UPDATES:**



@EVENTSOTN



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