

FINAL RACE INFORMATION

SUNDERLAND CITY 5K

Supported by **active Sunderland**

SATURDAY
7TH MAY 2022

START TIME:
6:15PM



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

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** 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 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 next to the start from 5pm.

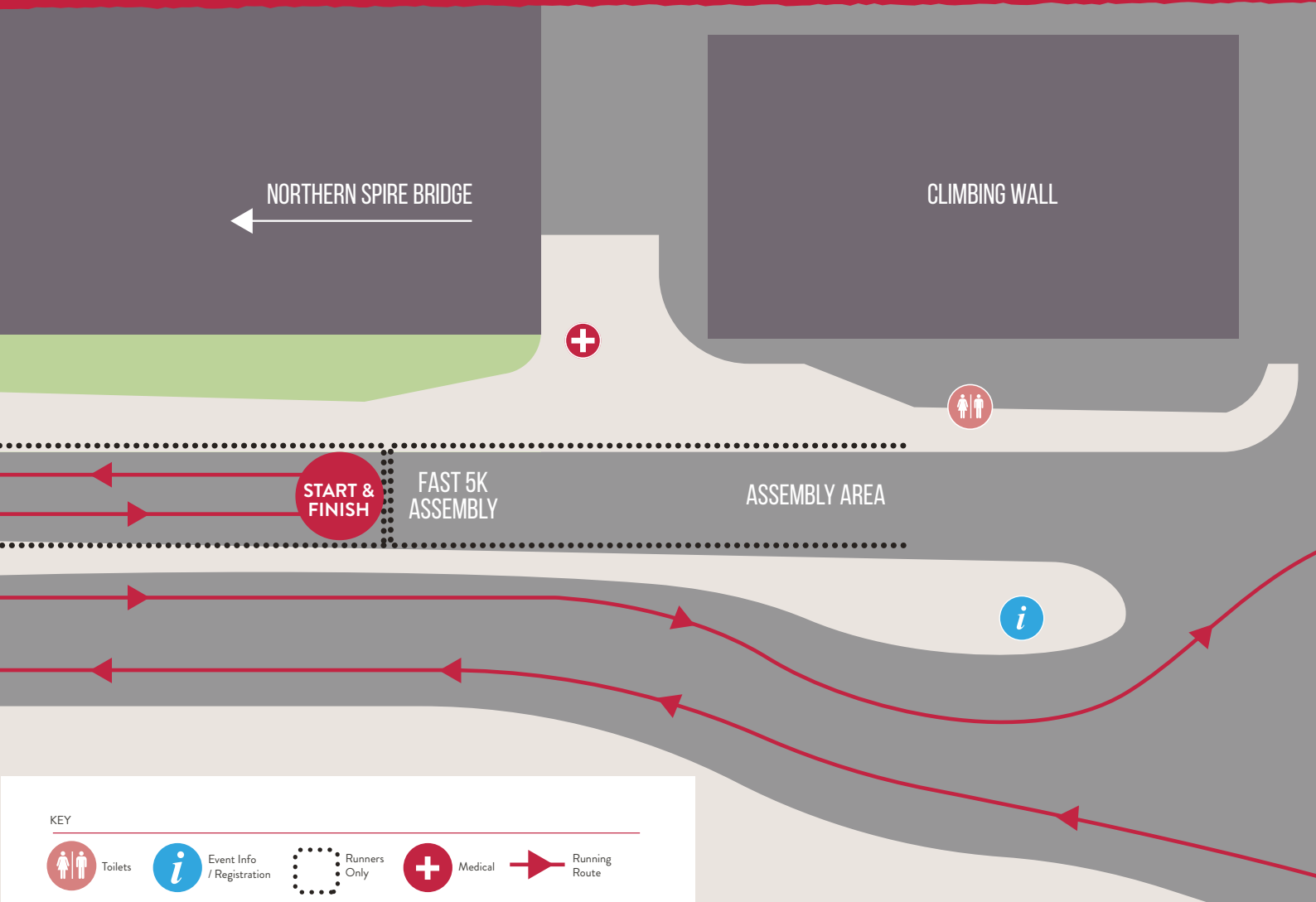


RACE ASSEMBLY

ASSEMBLY TIME: 6:00PM

START TIME: 6:15PM

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.



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

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

There is parking available at Sainsbury's on the North Side of the Northern Spire Bridge, and Pallion Retail Park on the South Side. Please be mindful that these are not official event car parks and parking restrictions for these sites will apply. We recommend travelling via public transport where possible. Please be aware Nexus are carrying out improvement works on the Metro; there will be no trains running between Pelaw and South Hylton.

fast5k

EOTN are delighted to be hosting fast5K alongside the Sunderland City 5K. An elite field of male and female athletes will be assembled at the front of the race identified by a FAST5K bib number. If you have been accepted into the fast5K field your race number will include this logo. Please assemble in front of the main field when called forward. We look forward to welcoming athletes to this fantastic racing opportunity.





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. 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.

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 as well as 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

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 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 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 LIVE EVENT UPDATES:



@EVENTSOTN



/SUNDERLANDCITYRUN



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