

COMPETITOR UPDATE

IT'S A PIECE OF CAKE 10K



Dear Runners,

Thank you for entering the 2022 edition of It's a Piece of Cake 10K! This email intends to provide you with all the necessary information for race day.

The race will be held on Saturday 30th April at Boggart Hole Clough, Charlestown Road, Blackley, Manchester, M9 7DH and will start at 10:30.

Race HQ and the start and finish will be situated at the cafe at the bottom of the main driveway. Exact location can be found at <https://www.racespace.com/gb/race-director/it-s-a-piece-of-cake-10km-2022>

NOTE ON COVID-19 PROTOCOLS:

We're very pleased to be welcoming you back to the "It's a Piece of Cake 10K" this Saturday after a two-year break. That said, since we all know covid hasn't gone away completely, we'd like you to take note of the following regarding the virus.

1. If you've tested positive and/or are showing covid symptoms, please don't turn up. If you can't make it due to covid (or any other ailment for that matter), please contact us so that we can transfer your place to next year's race.
2. To continue to promote good hand hygiene, we will be providing hand sanitiser at various points.
3. As some people may not be as comfortable in large crowds as others, please try to respect each other's personal space.
4. Face masks are not obligatory, but feel free to wear one if you wish to.

Transport:

Boggart Hole Clough can be accessed by a number of buses. Details can be obtained from www.tfgm.com. The most convenient stop is on Charlestown Road.

If you arrive by car, limited parking available at the Charlestown Road entrance car park. On street parking may be found nearby at the following postcodes, all of which are for residential areas adjacent to the park: M9 7AL, M9 7DG, M9 4EU and M40 9PN. Please ensure you observe local bylaws and park with consideration for local residents.

IMPORTANT No vehicles may be parked on the main drive leading down to the Cafe/Race HQ; it is reserved for Emergency access only.

Race Numbers:

Race numbers will be available to collect at Race HQ from approximately 09:00. You will receive an envelope containing your number and timing chip. The timing chip should be attached to your shoe following the instructions provided, and given back at the end of the race. Safety pins will also be provided. Please arrive in good time to collect your number.

Toilets:

The main toilets for the race are situated at the athletics track, which you will pass when entering the park from Charlestown Road on your way to Race HQ. Our marshals will be there to direct you, so please make use of this facility when you arrive.

Bag Drop:

A free, secure bag store for runners will be available from approximately 09:00 in front of the main cafe building. You will need your race number to drop off and pick up your bag.

Main warm up:

The main warm up, led by Kate from Witness the Fitness, will be at approximately 10:15 so please ensure you have your race number, have dropped your bags off and have been to the loo (again) by this time.

Witness the Fitness is a Manchester based team of trainers putting the fun back into working out whether on a 1:1 or group basis. Kate will be amping up the warmup, supporting you all round the course and hosting a stand at the post run event.

Look for WitnessTheFitness999 on

Facebook: <https://www.facebook.com/witnessthefitness999/>

Instagram: https://www.instagram.com/witness_the_fitness_/

YouTube: https://www.youtube.com/channel/UChdPgna2PAFYC_h104JEZow

Website: <https://www.witnessthefitness.uk/>

Competitor Briefing:

The pre-race briefing for all competitors will be at 10:25, please ensure you are at the start line and listening.

Race Start:

10:30.

Clothing and weather:

The weather forecast for the weekend is for dry mild conditions however, Manchester is Manchester so please bring additional layers and a waterproof top layer as a precaution. The entire race is held on concrete paths therefore, standard road running shoes will suffice.

Refreshments:

The [Lakeside Cafe](#) will be open for the sale of hot and cold beverages. Please support this fantastic local business!

There is a water station on the course and water will be available at the finish. You may also want to consider bringing your own water for before and after.

Most importantly: CAKE!

We have a cake sale at the end of the race. All proceeds go to support the vital work of The George House Trust. Please bring a little change with you and indulge in some delicious home baked cake at the end. There are also awards for the best cakes, so if you're a keen baker as well as a runner, why not donate a cake too?

Thank you and we look forward to seeing all of you on Saturday.

