



SPINNEYS FAMILY RUN

RUN BRIEFING



INTRODUCTION

Thank you for joining us for this exciting Spinneys Family Run.

A reminder to all runners that this is a community-based event focusing on allowing individuals, families, clubs and groups of runners to experience a run environment in a social yet competitive atmosphere.

GOOD LUCK TO YOU ALL!





PARKING

At the respective venue's car parking facilities which are close to the start line.

RUN DAY PROGRAM

Be checked in at least 20 – 30 minutes before the start of the run.

07h30 – Run Check In Opens

07h50 – Run Check In Closes for all distances

07h55 – Run Briefing

08h00 – Run Starts

09h00 – Run Finishes / Collect Snack / Depart Venue

THERE IS NO BAG DROP!





RUN CHECK IN

- Run Check In opens at 7.30am near the start line on Run Day.
- This is where you collect your T-Shirt and can ask any questions regarding the run.
- Once you know your Registration Number, proceed directly to your respective collection desk and collect your T-Shirt.

RUN RULES

- Your upper body must be covered at all times on the run.
- Shoes are compulsory.

RUN BIBS

- Bibs must be worn on your upper body with the number facing outward.
- Safety pins are in the envelope.



Spinneys



START PROCEDURES

- 5 minutes before the race starts the race director will instruct you to line up at the starting chute.
- A briefing will be given explaining the route for the two distances
- Runners to self-seed themselves with the first 5 rows for the faster experienced runners.
- Once the start siren goes, all rows will slowly jog toward the start line and only when you reach the start line will you be allowed to start running.

END-OF-RUN PROCEDURES

- When crossing the finish line, please keep moving through the finish chute.
- Collect your finisher medal
- Collect your snack.



SPINNEYS SHIRT

- You can collect your shirt when Checking In on run day.
- Every registered runner receives a shirt at every Spinneys run.

FINISHER MEDALS

- Once participants have completed their chosen distance, they will receive a finisher medal.

RUN CERTIFICATE

- Downloadable certificate will be available after the run.
- Timings on the certificate are not relative but have to be there in order to produce the certificate. These times cannot be amended!



COMPLIMENTARY SNACK

- Enjoy a complimentary snack after the run.

ATHLETE REFRESHMENTS

- There will be 1 x water station on course. 1 at the finish line – so remember to rehydrate as you run and finish.

PHOTOS

- When you see the cameramen, remember to give them a smile or a thumbs up, especially when you cross the finish line.
- Photos can be found on Facebook Spinneys Family Run.
- Photos will be available 48 hours after the run has finished



Spinneys



**GOOD LUCK &
THANK YOU
FOR PARTICIPATING**