

## WEEKEND VENUES AND EVENTS

### **RACE Headquarters**

Seaton Town Hall - known as "The Gateway". Here you will find the info desk for any race queries and number issues (no number changes after 10.00 a.m. on race day). There will also be a stall selling Grizzly merchandise (hoodies, snoods, beanies, reusable cups and car stickers) The Gateway cafe open for tea/coffee and cold snacks from 10.00 a.m. on Saturday 16<sup>th</sup> and from 8.00 a.m. on Sunday 17<sup>th</sup>. See below for further details.

**Note** that this year, entries on the Saturday for the Junior races will be from a van/mobile horse box located near the Hook & Parrot on Seaton Esplanade from 10:00 up until 13.45.

### **GRIZQUIZ-**

We will be running the popular Grizquiz again in 2024. To be held on the evening of Saturday 16<sup>th</sup> March at The Gateway, Seaton Town Hall, 7.00 for 7.30pm. Teams of 6 max, licensed bar (including bar snacks), prizes for winning team.

## WEEKEND TIMETABLE

<b>Saturday 16<sup>th</sup> March</b>	
09:00	Seaton parkrun at the Esplanade (5k run) <a href="https://www.parkrun.org.uk/seaton/">https://www.parkrun.org.uk/seaton/</a>
09:00 – 16:00	Information desk, AVR sales and running shop open in The Gateway. (Seaton Town Hall)
10:00 – 16:00	Gateway Cafe open for Tea/coffee and snacks
10:00 – 13:45	Entry desk open on Seaton Esplanade (van/mobile horse box Nr. Hook & Parrot) for Fun Run, Junior Cub and Junior Grizzly.
14:00	4K Junior Grizzly (for Over 11s) start/finish on the Esplanade (outside Hook & Parrot). Entries on the day on Seaton Esplanade.
14:30	2K Junior Cub (for Over 8s) start/finish on the Esplanade (outside Hook & Parrot). Entries on the day on Seaton Esplanade.
15:00	2K Fun Run (for Under 8s) start/finish on the Esplanade (outside Hook & Parrot). Entries on the day on Seaton

	Esplanade.
19:00 for 19:30	<p><b>Grizquiz</b></p> <p>Location: The Gateway, Seaton Town Hall –</p> <p>Tickets from the Gateway Box Office (Tel: 01297 625699).</p> <p><a href="#">Link to The Gateway Theatre</a></p>
1830	<p>Grizzly Supper Club with Ultra Runner and author Adharanand FIN.</p> <p>Location: Seaton Tramway</p> <p>Organiser: Unique Boutique Events, Seaton Chamber &amp; Owl and Pyramid Book shop</p> <p><a href="#">Link To Event</a></p>
<p><b>Sunday 17<sup>th</sup> March</b></p>	
08:00	Grizzly Cafe open for tea/coffee and snacks at The Gateway (Seaton Town Hall).
08:30 – 15:30	Information desk, AVR sales and running shop open in The Gateway.
08:30 -18:00	Baggage store opens at Axe Yacht Club. Please ensure all belongings are collected before 18:00
10:30 - 1700	Grizzly and Cub start together on Esplanade; finish in same place.
12:30 - finish	Post-race massage available near the start/finish line, courtesy of East Devon Physical Therapy.
17:00	Race HQ closes