Registration opens at 8.30am on Sunday 7th June in the function room at BARNSTAPLE RUGBY CLUB, and closes at 9.30am.

At registration you will receive your race number, timing chip and running top (if you entered before 20th May).

There is limited free parking at the rugby club, with a small overflow car park behind it. We recommend car sharing and parking at Fair View car park.

There will be a cloakroom to store your bags on the day. Items are left at your own risk.

The race will start at 10am sharp. Please listen to the final instructions before the race starts - there is work going on in Rock Park, so you will need to be careful of this as you run round the park.

We are trying hard to make our event as plastic free as possible. Please bring your own water bottle, which can be refilled at our water station. Water will be available at the start, the water station and the finish. We have purchased recyclable paper cups, which will also be available at the water stations. Please only take one cup and refill it if necessary.

The race will be followed by prize-giving presentations to the fastest runners in each age category, fastest female and male overall and fastest team. Prize-giving is expected to start at 11.30am.

We will have a stall selling tea, coffee and cakes. If you would like to donate a cake that would be brilliant, just bring it along on the morning. The more cake you eat, the more it helps our fundraising efforts! We will also have a raffle which will be drawn on the day. Prizes include running classes with Leanne Avery Personal Training, surf lessons, sauna and breakfast courtesy of Croyde Bay Surfing and a massage from Therapy Works! We'll be able to take card payments, so you don't need to carry cash.

Here's a link to the route and a description of the course:

The race starts at Barnstaple Rugby Club. You will do a lap of Bridge Field before exiting the rugby club through the side gates onto the Tarka Trail in the direction of Pottington. Along the Tarka Trail you are guided right into Pottington and out again, onto and over the New Bridge. At the other side you drop back onto the Tarka Trail and run in the direction of Fremington, turning at the cone and heading back to the Anchorwood gate. At Anchorwood they turn left onto the path that runs behind ASDA and along the riverfront, before turning left onto the Old Bridge. You will then turn left at the Strand, running around the back of Bridge Buildings, under the subway and past the museum, where there will be a water station. You will run along Taw Vale towards Rock Park. On entering the park keep right, running along the riverside to the end of the park and then left, along the back of the park. You will then be directed to the right, heading down Lovers' Walk, at the end of which you will turn left, heading up Pill Lane. Turning left at the top, you will then take another left down towards the Park & Ride. The course will re-enter Rock Park and continue around the park back down to the war memorial and exiting the park onto Taw Vale and back under the

subway behind the museum. Continue along the riverside, through Riverside Gardens at Castle Quay and along the Tarka Trail back to the rugby club, and the finish line!

For more information, please see our website and facebook page. You can also contact us at admin@careforkidsnorthdevon.org.uk.

Note: Race transfers are possible until midnight on Wednesday 3 June. New runners will be able to enter on the day from 8:30-9:30am. There will be no transfers on the day.

Thank you for your support and for helping Care for Kids to care for a child close to you.

Best wishes

The Care For Kids North Devon team

The Barnstaple 10K 2026 is sponsored by Brewer, Harding & Rowe, Advanced Pallet Systems Ltd, Leo Workwear, TDK Lambda, BluGem, Travel Chapter, Barnstaple Round Table and Simpkins Edwards. The trophies are donated by Atlas Packaging and the race arch loaned to us by dryrobe.