**WEEKEND VENUES AND EVENTS**

**RACE Headquarters**

Seaton Masonic Centre, Queen Street. Located behind John Wood estate agents. 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) Cash and cards can be taken.

Our merchandise supplier [Shipshape](https://www.shipshape.online/the-grizzly.html) will be in attendance, providing race T shirts and Grizzly related merchandise.

[Absolute 360](https://shop.absolute360.co.uk/) a sports clothing supplier, will also be in attendance this year.

**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**

Sadly, we are unable to organise the quiz this year.

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|  |  | **WEEKEND TIMETABLE** |
| **Saturday 8th March** |
| 09:00 | Seaton parkrun at the Esplanade (5k run) <https://www.parkrun.org.uk/seaton/> |
| 09:00 – 16:00 | Race HQ opens. Information desk, AVR sales and running shop open in The Masonic Centre) |
| 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. |
| **Sunday 9th March** |
| 08:30 – 15:30 | Information desk, AVR sales and running shop open in The Masonic Centre. |
| 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  |