

Finding Us

Aldridge is situated close to Junction 10 M6 motorway and the A38 and is well signposted from Walsall. Detailed instructions are available from the Aldridge website.

Sat Nav & Autoroute Location

Use postcode search WS9 8QP

Parking

There are plenty of free parking sites in the immediate area of the start/finish of the race.

Please do not park on The Green or in front of the Church.

Sunday Worship will be taking place and we would ask that this area is left for the use of Parishioners only. Please respect this request.

Contacts

Race Organiser

Karen Waple

k.waple@btinternet.com

07971 016865 (dedicated mobile for enquiries)

Chief Marshall

Chris Sprules

chris.sprules@talktalk.net

Aldridge Running Club

10K

Trophies will be awarded to First, Second & Third

Age categories will be awarded to:

First Male

40-44 45-49 50-54 55-59 60-64 65-69 & 70+

Second Male

40-44 45-49 50-54 55-59 60-64 65-69 & 70+

First Female

35-39 40-44 45-49 50-54 55-59 & 60+

Second Female

35-39 40-44 45-49 50-54 55-59 & 60+

4.3K

First, Second & Third Male-Female.

No chip no prize

Please be aware that all runners must wear their time chip and return them after the race.

Visit our website:



Event Information 2011

Aldridge Running Club would like to thank their sponsors

The co-operative



Aldridge Running Club
Presents

Their 20th Road Race

Fun Run 10.30 am

Aldridge 10K 10.45 am

&

Children's runs on the day
from 9.30 am Sunday, 12th June 2011

Memento to
all finishers.

UP & RUNNING

 **realbuzz**
runbritain.com

Race Day Timetable

9.30 A.M. Children's Events

There are 3 children's races...

Race 1 (for under 6yrs) distance approx. 300 metres

Race 2 (7 and 8 years old) distance approx. 600 metres

Race 3 (9-11 years) distance approx. 1200 metres

All finishers in the Children's races will receive a medal & 1st, 2nd and 3rd winners of each race will receive a trophy.

10.15 A.M. Start of the 4.3K Race

10.30 A.M. 10K Road Race Start

(minimum age 15 yrs)

12.30 A.M. Prize Presentation - will take place on the finishing field.

Please note

15 minutes prior to the start of the 10K, runners will be called to assemble in Portland Road. Assembly point is The Green opposite the Church. Marshals will lead you to the start line.

We request that runners should not run with headsets or any form of ear phones.

Please do not assemble on the start line until called by Race Marshals.

Course Information

Late Entries for the 10K Race

Time chip entries will close at 9.30am. Run without a time chip entries will be accepted on the day up to 10.00 am. (*No chip no prize*)

Race results at www.aldridgerunningclub.co.uk

Course

A challenging, undulating run, mainly on road with a picturesque second half and a sting in the tail ...

Most of the course is a left handed circuit, with one right handed turn after The Green, please take care.

Marshals will be on hand to cross you over the road.

A race map is available via the Aldridge website.

Drink Station

There will be a drink station on The Green, also water will be available at the finish area.

Please try to keep left when collecting a drink, trying not to impede other runners. Slow down gently as you approach the water station as a sudden stop may result in an accident if the runner behind runs in to you.

Mid June can be very warm, top up before the run and don't get too de-hydrated.

Finish

After the 9K marker you will turn left into Noddy Park Road, through the gate into the cricket pitch where you will have 3-400 metres approx to the finish, please pass down the funnel to which you are guided for your position to be recorded.

Facilities

Changing/Showers

Facilities will be made available at Aldridge Cricket and Hockey Club.

Baggage Storage

Supervised baggage storage is available.

Refreshments

Food and bar facilities available.

Medical

If you are injured or become ill during the event please report to the nearest Marshals who will call for any assistance you may require.

(ICE) Please fill in the back of your running number.

St John's Ambulance first aiders will be in attendance within the start/finish area as well as around the course.

The club also has several qualified first aiders who will be on hand to assist.

