

## Finding Us

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Aldridge can be accessed via jun 7 or 10 exits on the M6, From the A38 follow signs for Walsall A452 or Sutton Coldfield A453 then follow signs for Aldridge.

Detailed instructions are available at [www.aldridgerunningclub.co.uk](http://www.aldridgerunningclub.co.uk)

### Sat Nav & Autoroute Location

Use postcode search WS9 8QP

### Parking

There is plenty of free parking sites within Aldridge - follow the car parking signs

### 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

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### Race Organiser

#### Karen Waple

k.waple@btinternet.com

**07971016865** (dedicated mobile for enquiries)

### Chief Marshall

#### Chris Sprules

chris.sprules@talktalk.net

## Aldridge Running Club

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### 10K Road Race

All runners will receive a medal.

Trophies and a cash prize will be awarded to First, Second & Third Male and Female.

Age categories will be awarded in the 10k 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 Road Race

All runners will receive a medal.

Trophies and a cash prize will be awarded to First, Second & Third Male and Female.

Visit our website

[www.aldridgerunningclub.co.uk](http://www.aldridgerunningclub.co.uk)

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

## Event Information 2010

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Aldridge Running Club would like to thank their sponsors

# The co-operative



## Aldridge

**10k** 10.45 am & **4.3K** 10.30 am

Children's runs on the day from 9.30 am Sunday 13th June 2010

Medal for all finishers



## Race Day Timetable

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### 9.30 A.M. Children's Events

There are 3 children's races...

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

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

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

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

### 10.30 Start of the 4.3k Race

### 10.45 A.M. 10K Road Race Start

(*minimum age 15 yrs*)

### 1.00 P.M. Prize Presentation (*HQ Carpark*)

#### **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

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### Late Entries for the 10K Race

Entries will be accepted on the day up to 10 am.  
Race results at [www.aldridgerunningclub.co.uk](http://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.

This course is not suitable for wheelchair users.

### 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 approximately 400mtrs to the finish, where your time will be registered.

### Changing/Showers

Limited facilities will be made available at Aldridge cricket and hockey club.

## Facilities

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### Baggage Storage

Supervised baggage storage is available, a marshal will be on hand to assist with luggage collection.

### 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.

Ensure you are fit to run prior to the race.  
**[www.runnersmedicalresource.com](http://www.runnersmedicalresource.com)**

### In case of Emergency

Please fill in the back of your running number. St John's Ambulance and 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.

