



ALDRIDGE RUNNING FESTIVAL 10K, 5K AND CHILDRENS RACES - 9TH JUNE 2019

Entry Costs -

Race	Early Bird to 31 st Jan 2019		Standard Entry		On the day (if available)	
	Affiliated	Unaffiliated	Affiliated	Unaffiliated	Affiliated	Unaffiliated
10k	£13	£15	£15	£17	£17	£19
5k	£10	£12	£12	£14	£14	£16
Children's					£3	

Entries at

10k and 5k T shirt Sizes: S, M, L, XL

Race Day Schedule:

Registration opens for all events	08:00
Children's races 400m	09:30
Aldridge Mile	09:40 (or when 400m is finished)
5k Registration closes	10:00
5k Meet at muster point for race briefing and walk to start	10:15
5k Race start	10:30
10k Registration closes	10:30
Gather at 10k start for Race Briefing	10:50
10k Race Start	11:00 (2 hour cut off)
Awards	12:30

Course description:

- 10 & 5 K - Good undulating road surface, some closed roads but not all roads are traffic free.
 - Water at approx. 5k and finish + 7.5k if weather conditions dictate
- Children's races - All off road on Stick & Wicket club ground.

Prizes & Awards:

Trophies	5 & 10k	1 st , 2 nd & 3 rd Male and Female
	10k	Male and Female v40, v50, v55, v60, v65, v70 (1 trophy only)
	Children's	1 st , 2 nd & 3 rd Boy and Girl

Plus loads of Spot Prizes to be won

Mementoes:

Children's:	Medal & Drawstring Goody bag
5k:	Medal, Drawstring Goody bag & T-shirt
10k:	Medal (bespoke), Drawstring Goody bag, T-shirt & Beer Token (under 18s soft drink)

On site facilities

- Toilets, Showers and Changing Facilities available
- Hot & Cold refreshments
- Plentiful free parking a numerous local car parks