

Aldridge 10K, 5K and Children's Races - 12th June 2022

Timetable of Events:

8:00 Registration Opens
9:00 Final Registration – Children's Races
9:30 Children's Races
Followed by Presentation of Trophies
10:00 Entries close for 5k race
10:15 Meet at Muster point to walk to 5k start
10:30 5k Race start
Registration Close for 10k race
10:45 Runners make way to start of 10k on Portland Road
11:00 10k Race start
12:30 Presentations for 5k and 10k races

Race HQ:

Stick & Wicket, Aldridge, WS9 8NH. The start of the 10k is a short walk away on Portland Rd and the 5k on Hobs Hole Lane. Both Races finish on the Stick & Wicket grounds.

No parking is available on site but there is plentiful parking in the area, please see map for details.

Headphones

In line with UKA rule 240 S5 Runners are not permitted to wear headphones (except bone conductive types). Runners wishing to wear headphones, in order to avoid disqualification, must register these at the information tent

Safety

Marshals, Water Stations & First Aid

All races will be fully marshalled and first aid cover is available around the course and at the finish. A full communications network will be in place along the 10k course. Please observe the following points in the interests of safety:

- Keep to the left side of the road (or use pavement) unless a marshal directs otherwise;
- Observe normal road safety precautions;
- Obey all instructions from the marshals;

There will be a water station on 'The Croft' at the mid-way point of the 10k - this will be in cups not bottles. Sponges will also be available – the water from these is not for consumption. Depending upon weather conditions there may also be water at around 7.5k before you turn left into Hobs Hole lane. Bottles of water will be provided to all runners at the finish.

Toilets/Changing/Showers

There are limited male and female toilet and shower facilities in the Stick & Wicket Clubhouse and portaloos are provided outside as you enter race HQ.

Awards & Prizes

There are Trophies for the 1st, 2nd and 3rd Male and Female finishers in both the 5k & 10k (Gun Time)

For the 10k the first Male and Female finishers (Chip Time) the categories V40, V45, V50, V55, V60 V65 and V70 will be awarded a trophy.

One individual prize per runner

The Team trophy will be presented to the affiliated team for which the most runners have completed the 10k. In the case of a tie, finisher's positions will be taken into account.

Medals, T-shirts and Goody bags will be awarded to all finishers as they cross the finish line.

Results will be published via Stuwweb and a link available from the Aldridge Running Club web site on the 10k race page.

For the Children's races, Trophies awarded to 1st, 2nd, 3rd Boy and Girl in each race. Each child will receive a medal and goody bag.

Timing Chips

The race is chip timed. Your timing chip is attached to the back of the race number. Do not remove any part of the chip or foam protection.

The Course

Roads will be either fully closed to traffic, part closed or with suitable traffic restrictions to ensure runners' safety at all times.

On open roads please be aware of traffic, cyclists and pedestrians.

For safety reasons, we do not permit running with and, due to the end of the course being off road, none of the races are suitable for wheelchairs or buggies.

The routes are accurately measure with 1k markers throughout.

The 10k race starts in Portland Road, turns left onto Walsall Road and left into Bosty Lane. The route continues on to Barr Common Rd where it becomes more undulating and then left onto Erdington Rd. When you turn left into Portland Rd 'The Croft' and water station will be on your right hand side at approx. 5.5km. A right turn off 'The Croft' yields to a descent down Little Aston Rd until runners turn left into Gould Firm Lane and then left into Hobs Hole lane and a final climb of 1.75km. Runners then turn left into Walsall Wood Rd and Noddy Park Rd and finally left into the Stick & Wicket grounds where the last 400m is on grass.

The 5k race starts In Hobs Hole lane and after turning left into Walsall Wood Rd , Left into Noddy Park and Left onto Little Aston Road, follows the last 4.5km of the 10k race.

Maps of the courses are available to view at race HQ on the day. (A map of the course is also available to view on the web page for this race).

Parking

Parking is available at a number of carparks, all within 10mins walk of Race HQ.

Free parking is available at

Anchor Meadow Health Centre - WS9 8AJ
Aldridge Community Centre - WS9 8AN

Aldridge Shoppers Carpark - WS9 8NN (3 hours Free)
Morrisons (follow satnav to WS9 8AJ) (3 hours Free)

There are also pay and display carparks at

Rookery Lane - WS9 8NN
The Crown Pub - WS9 8PT

A map of the parking is available to view on the web page for this race

COVID-19

Whilst wearing of face coverings or masks is no longer a legal requirement, UK Health advice is that they continue to be worn in crowded situations.

Refreshments

Outdoor catering facilities selling hot food and drinks will be on site. The Stick & Wicket clubhouse bar will be open at the end of the 10k race where 10k finishers will be able to redeem their 'beer token' until 2pm.

Refund Policy

If you enter the race and are unable to run for whatever reason, we are unable to offer refunds but are happy to allow deferment to the following year.

Runners may only race under their own name, unofficial transfers are not permitted.

For any entry and deferral queries please contact Tony Baker

tony.baker1958@hotmail.com

as we cannot guarantee to action queries raised via other methods.

Aldridge Running Club is a friendly club for all abilities and standards and new members are always welcome.

If you would like more information about our club, please come and have a chat to us at race HQ or come along to one of our club running nights at the Stick & Wicket at 7pm for a 7.30pm start on Tuesdays. For all club information please see our website: www.aldridgerunningclub.co.uk

We hope you enjoy the day and have a great Race.

Next year's race will be held on Sun 11th June and entries will be open on 13th June 2022. Make sure you get in early for one of the limited Early Bird Entries, available on a first come first served basis until 31st January 2023 (or sold out).

Results

Race timing is provided by Stuweb who will provide Instant Race printouts at the finish line. Final results will be published on our web site at www.aldridgerunningclub.co.uk/ as soon as possible after the race has finished.

Aldridge Running Club would like to thank all our sponsors for their generosity in helping us deliver a high quality event to all our participants.



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