

Aldridge 10K, 5K and Children's 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.

TIMETABLE OF EVENTS:

8:00	Registration Opens
9:00	Final Registration – Children's Races
9:30	Children's Races Followed by Presentation of Trophies Trophies awarded to 1 st , 2 nd , 3 rd Boy and Girl in each race
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 Trophies awarded to 1 st , 2 nd , 3 rd Male & Female in each Race Age group trophies awarded to 1 st Male & Female in categories V40, V45, V50, V55, V60 V65 and V70

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.

Baggage can be left at the Bag drop near the information tent. Please note, all baggage is left at your own risk.

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.

Marshals, Water Stations & First Aid

Marshals will be at all key parts of the course including turns and junctions. 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.

First aiders and medical services will be on the course and at the finish area. If you get into any difficulties on the course, please alert a marshal who will get help for you.

The Course

The route you are running is run on both open and closed roads (Hobs Hole & Gould Firm are fully closed). On open roads please be aware of traffic, cyclists and pedestrians. In line with UKA rule 240 S5 the wearing of in ear headphones, or similar devices, (other than those medically prescribed), is not permitted, Runners are permitted to wear bone conducting headphones but must register these in order to avoid disqualification. Throughout the course runners should keep to the left-hand side of the road and follow instructions given by marshals and where is possible, should use the footway. 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. 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 prior to the event.)

Awards & Prizes

There are Trophies for the 1st, 2nd and 3rd Male and Female finishers in both the 5k & 10k and for the 10k the first Male and Female finishers in each of the categories will be awarded a trophy.

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.

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

Children's Races

The 400m race is for children aged 4 – 7 years. Under 4's may run but must be accompanied by an adult.

The children's mile is for children aged 13 years and under.

The entry fee for both races is £3

There are trophies for the 1st, 2nd and 3rd Boy and Girl in each race.

Medals and Good bags will be awarded to all finishers

Everyone at Aldridge Running Club hopes enjoy our event and have a great run. We look forward to seeing you again at next year's even which will be held on 14 June.

Car Parking



This area is set aside for visitors to the Aldridge Parish Church and for Race HQ personnel. Please note, there is no parking or drop-off allowed in this area.

We thank you for your co-operation

- 1 – Morrisons – Free Parking for shoppers up to 3 hours
- 2 – The Crown Pub – Pay and display
- 3 – Shoppers Car Park – Free Parking for up to 2 hours
- 4 – Aldridge Medical Centre – Free Parking*

- 5 – Free Parking
- 6 – Pay and Display
- 7 – Aldridge Community Centre – Free Parking*

* We would like to thank Aldridge Medical Centre and Aldridge Community Centre for opening their car parks to our runners Free of Charge./