



FRADLEY 10K



SUNDAY 13TH MARCH 2016 - 10.30AM

Dear runner,

Thank you for entering the Fradley 10K run. Our main sponsor this year is Florette. The organisers thank them for their support.

Fradley Village is about 2 miles from Lichfield, just off the A38 on the Derby/Burton-on-Trent side. Leave the A38 at the junction marked Fradley Village. About 2 miles North of Lichfield. (Do not take the exit marked Fradley Park / Fradley South). Local signs will take you to the car park which is less than 100 yards from the race HQ.

Post Code for your Sat-Nav is WS13 8NL

The large car park is opposite the church in Fradley village, the junction with Main Street & Old Hall lane, this is next to the school, which is next door to the village hall race HQ. Please use this car park and do not park on the local streets.

Please come "ready to run" as changing is limited and we cannot provide shower facilities for the numbers involved. Drinks will be available at half distance in the 10K. Refreshments will be available in the village hall.

RACE CHIPS Please note that again this year, we will be using timing chips, so we can give you very accurate results. This chip is now attached to the back of your race number.

Please treat it with care, and attach it to the front of your running top at the four corners with safety pins. We DO NOT require these to be returned after the race, but if they are lost before the event and need to be replaced, then a £5.00 administration fee will apply.





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Please arrive in plenty of time to get yourself ready to run, and warm up. Only use the toilets and urinals provided and respect private land and property around the course, and particularly the start and finish areas.

ON THE DAY

WHAT TO BRING: Please wear appropriate clothing and footwear for the event.

START TIME: 10:30am prompt. Please aim to arrive no later than 10:00am. Due to large numbers in 2012, we had 2 mile tail backs on the A38. Please leave early, and arrive in plenty of time to get yourself ready to run, and warm up.

THIS RACE WILL START AT 10.30am - WITH NO EXCEPTION!

START AREA: Look out for our signs.

REGISTRATION: There is no need to register on arrival at the event, but there will be a Registration desk to handle any queries or last minute registrations on the day.

FACILITIES: Toilets and catering facilities will be available in the main event area, and water will be provided for all participants halfway along the route and at the Finish.

MEDALS & PRIZES: All runners will receive a memento of the event. Prizes will be awarded as soon as possible after the races. First 3 men and first 3 women only this year.

RESULTS: Results will be published on our web site www.kpevents.net as soon as possible after the event.

RULES FOR PARTICIPANTS

1. By registering to take part, all participants confirm that they agree for any footage or photographs taken during the event to be used to publicise future KP events.
2. By registering to take part, participants are declaring themselves physically able to participate in the event. Any participant unsure of their physical ability to take part should take medical advice from a general practitioner prior to the event.
3. All participants enter this event entirely at their own risk; KP Events shall not be liable for any injury or loss that might occur as a result of their participation, except as a result of KP Events negligence.
4. We can take no responsibility for under 18s on the day. Under 18s must be accompanied by a responsible adult.
5. In the case of emergency KP Events may use the details provided by you to contact your home or family.

We hope you have an enjoyable and safe run on this lovely rural course. Please give way to vehicles and be courteous to local residents.