



Kingsbury Water Park 10K

Sunday 29th November 2015

Race starts 10.30am

Dear runner

Thank you for entering the Kingsbury Water Park 10K.

Kingsbury Water Park is situated a few minutes from Kingsbury village, the entrance needed for the race is on Bodymoor Heath rd, Bodymoor Heath, B76 0DY. Look for our banner on the right side of the entrance gates.

Although the race is held totally within the Water park, there will be other park users, dog walkers, fishermen ect. Please give way on the route where possible.

Take extra care at junctions, sharp turns, blind bends and close to water. In the event of an accident notify the nearest marshal, official, first aider or ambulance service if necessary.

Kingsbury Water Park is a pay to enter park (£3.50 Per Car) however we have negotiated with them, you will need to show your race number to the marshal who will be sighted at the barrier, to gain free access into the park.

Please use the car parks within the Water Park and do not park on the local roads.

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. Other refreshments will be available from the parks tea rooms

This is a multi terrain race, grass, mud, tracks, paths, roads and gravel. A bit of everything. Choose your running shoes carefully. Off Road or trail shoes recommended.

ON THE DAY:

What to Bring: Please wear appropriate clothing & footwear for the event.

Start Time: 10:30am prompt. Please aim to arrive no later than 10:00am please arrive in plenty of time to get yourself ready to run, and warm up. Only use the toilets and urinal provided and respect private land and property around the course, and particularly the start and finish areas.

Start Area: As you drive in the entrance, you will see our start area on your right.

Route: We have a great double lap scenic course for you this year.

- Registration:** There is no need to register on arrival at the event, but there will be a Registration Marquee to handle any queries or last minute registrations on the day.
- Facilities:** The Water Park has good Toilet and catering facilities, 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 run on this picturesque route. Please give way to vehicles and be courteous to other users in the grounds and on the pathways.

Paul Griffin
(Race Secretary)
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