



TAMWORTH 10K

SUNDAY 6TH OCTOBER 2019 - 10.30AM

Dear Runner,

Thanks for entering the Tamworth 10k. Our sponsor this year is T.C.M (Tamworth Community Radio) The organisers thank them for their support. 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.

DIRECTIONS:

Tamworth Castle, Tamworth, Staffordshire

- Tamworth Castle Pleasure Grounds: The Holloway, Lady Bank, Tamworth B79 7NA, GB from M42 Junction 10 (Tamworth Services) take the A5 North to Tamworth A51 Junction. At Ventura retail Park go straight on at the roundabout towards the town centre and Follow the event signs. From the A38 take the A5 South to Tamworth A51 Junction. At Ventura Retail Park go straight on at the first roundabout and follow event signs.
- Public Transportation: Nearest railway station - Tamworth. Tamworth station is well served by trains from London and the north-west with London Midland. Book online at <http://www.londonmidland.com/> and you'll pay no booking fees or postage. The station is just a 10 minute walk from the castle.
- Parking: There are a number of car parks in Tamworth town centre. The brown Tamworth castle signs direct drivers to the Jolly Sailor car park. This is a large long stay car park with coach park facilities. It is a short 5-7 minute walk through the castle grounds to the castle. The short stay Holloway car park is a smaller car park but closer to the castle, it is located on Silver Street. Please use these car parks and do not park on the local streets.

Look out for our signs.

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 urinals provided and respect private land and property around the course, and particularly the start and finish areas.

Start Area: The Pavilion

Route: We have a great double lap scenic course for you this year. Map on our web site, and reverse.

Race Chips: Please note that this year, we have upgraded from reusable race chips to disposable race timing chips. The advanced technology of disposable chips provide a more accurate time result. 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. Disposable chips do not need to be registered at the event tents.

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Facilities: Toilets and catering facilities are available in the castle grounds, and water will be provided for all participants halfway along the route and at the Finish.

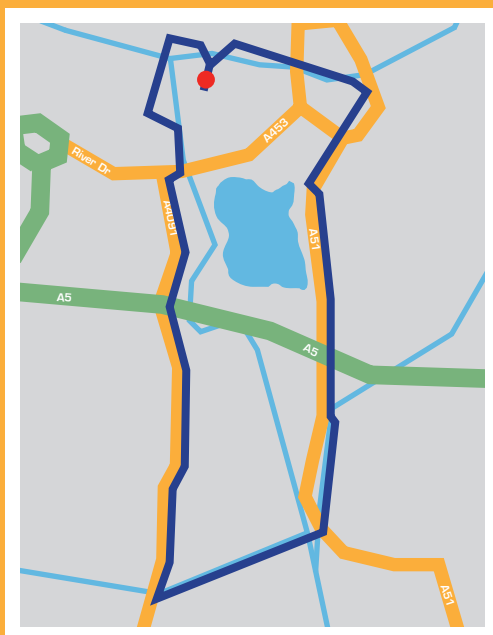
Medals & Prizes: All runners will receive a memento of the event. Prizes will be awarded as soon as possible after the races. First 3 Men and First 3 women only this year.

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. In the case of emergency KP Events may use the details provided by you to contact your home or family.
5. 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 canal pathway.

Route



Paul Griffin (Race Secretary)

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