



pool house
group



Lichfield 10k



Lichfield 10k and Family Fun Run 2021

Race Instructions

10:30am Sunday 12th September

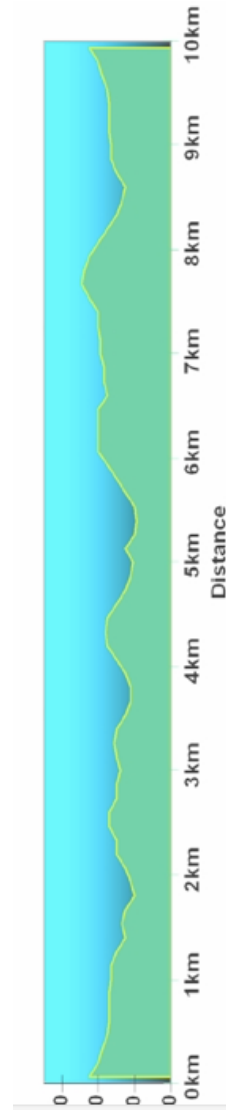
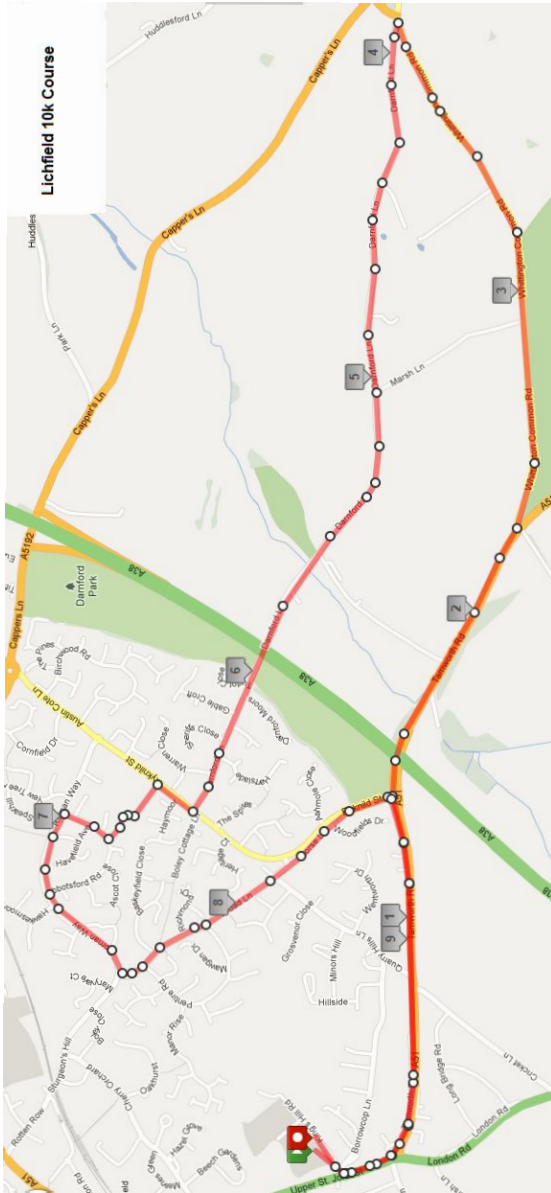
King Edward VI Leisure Centre

Lichfield, WS14 9DE

Run under UK Athletic rules (Licence No 2020-39283)
Accurately measured 10k course (Certificate 18/114)



KING EDWARD VI
SCHOOL LICHFIELD



Thank you for entering the Lichfield 10k Road Race & Family Fun Run to be held on Sunday 12th September 2021

SAFETY

The marshals and the police on the course are there for your safety. Please follow their instructions at all times. The course is on open roads so please take care and use the footpath or run close to the left hand side of the road unless otherwise instructed. **For your own safety, the use of headphones (except bone-conducting) is banned. Please DO NOT use them.**

MEDICAL

If you are unwell - DON'T RUN. St John Ambulance will be in attendance at the race and anyone feeling unwell is asked to report to the nearest marshal who will arrange for help to be summoned. **Please make sure you fill in your emergency details and any medical conditions or allergies on the back of your running number.**

YOUR RUNNING NUMBER (10K AND FUN RUN)

This is posted out to you. It is your only proof of entry so please don't lose it. It must be pinned to the front of your vest and must not be folded, cut or mutilated. The numbers are not transferable so do not pass the number on to any other runner, or change events on the day. Any runner found to have transferred their number will be disqualified. **There are no 10k or Family Fun Run entries on race day.**

TOILETS AND BAG STORAGE

The main King Edwards Leisure Centre will NOT be used this year, and so there will be no changing facilities or showers. There will be plenty of toilets at the start, and a limited bag drop is available on the field. You are recommended not to leave any valuables, and please use other arrangements if possible. Please label your bag with your race number. This area will be manned throughout the day by Lichfield Running Club. We accept no responsibility for any loss or damage.

CAR PARKING

A one way system is in place so that race traffic will enter the site through the school entrance on Upper St John Street. Please follow the car parking signs and the marshals' directions. We ask you to arrive in good time (by 9.30 a.m). In order to space out runners at the start, **we will be closing access to the car park at 10am.** There are plenty of car parks in the city centre which is only a 10 to 15 minute walk away from the venue. Please do not enter the school premises if you intend to leave before the end of the race, as the one way system does not allow anyone to leave the car park until after the fun run has left the school premises. If you live locally, you are strongly advised to arrive on foot. The best place for runners being dropped off is Upper St John Street. Please note there is no on-street parking or drop off in the roads near to the start including Borrowcop Lane. Thankyou to the Lichfield Lions Club for directing the traffic.

THE 10K COURSE

Generally undulating with some hills between 4K and 7K. It is run mainly in quiet country lanes. The start is on Kings Hill Road outside King Edward VI Leisure Centre and the finish is on the school playing field adjacent to the start area. Start time is 10.30 a.m prompt. Please be in position at least 5 minutes before the start of the race.

THE FUN RUN COURSE

Starts at 10.30 a.m. The start is on the playing field adjacent to King Edward VI Leisure Centre. The run takes place on public pavements and crosses minor roads with assistance from marshals. Children under 9 must be accompanied by an adult, **who must also have their own Fun Run entry and running number. Please note there are no 10k or Fun Run entries on race day.**

ACCOMMODATION

Use visitlichfield.co.uk for details of local accommodation.

DRINKS

The weather can be warm in September so make sure you're properly hydrated before the start and take on drinks during the run. Water, kindly donated by Aqua Pura, is available on the course at 5k and at the finish. On the course please do not stop in front of the drink stations as this may impede other competitors. Bins will be provided to deposit cups on the course - please use them. This year, due to environmental concerns, we have decided to use recycled cardboard cups at the half way point. Bottles are available at the finish.

THE FINISH

Please leave the finish area as quickly as possible. Bottled water will be available at the finish and a commemorative medal will also be given to all finishers. 10K Runners will be awarded a commemorative High Quality Wicking T Shirt at the finish. Please collect the T-Shirt size you indicated on your entry form. Your running number is needed as proof of entry.

PRIZES

In order to clear the field quickly, there will be no formal prize presentation this year, but trophies and prizes will be passed to individual winners on the day or posted out. Prizes for the first 3 male/female and first male/female aged 15-19, over 35, 45, 55, 65. First male club team (4 to count) and first female club team (3 to count). There is also a £100 prize for breaking the course records (male and female). Prize for first girl and boy in the Fun Run.

RACE RESULTS

Your provisional chip and gun times will be texted to you. You can also find out your time and position at our Race HQ on the field after you have finished. The final 10k race results will be published on lichfield10k.co.uk on the afternoon of the race.

COURSE RECORDS

Female 2005 Debbie Mason, Tipton Harriers 36:11, Male 2007 Phil Nicholls, Tipton Harriers 30:16

FREE RACE PHOTOS

Race photography will be provided by Mick Hall photos. Your race photos will be available to download for free from mickhall-photos.com after the race.

MASSAGE

Ebrook Osteopathy and Sports Clinic will be offering free warmups, stretching and massages on the field and will also be offering help and advice on all sports related injuries.

SPONSORS

Lichfield Running Club would like to thank all our Sponsors without whom the race would not be possible.

FURTHER INFORMATION

Any supplementary or late race information will be placed on the Lichfield 10k site lichfield10k.co.uk and our Facebook page. If you have any queries or require further information please email 10kLichfield@gmail.com

Most importantly, have an enjoyable run!