

### Alderton 5k Race Guide and Frequently Asked Questions

Thanks for your interest in the Alderton 5k, we appreciate your support. 100% of your entry fee goes to help to support of Alderton Acorns Pre-School and Toddlers, our much loved village pre-school.

This guide provides all you need to know about the race. If you have any further questions our contact details are at the bottom.

We pride ourselves on the friendliness of our run. All runners are welcome, whether you're a complete beginner, an occasional jogger or a more serious runner. We always have good support and we're family friendly with kids games and activities while the runners run.

#### Date and time:

Date: Saturday 2nd September 2017

Start time: 11am

#### Race HQ Location:

Race HQ is on Alderton Playing Field, GL20 8NL. At Race HQ you'll need to collect your race number. Teas, coffees, drinks and cakes will be available from 09.30am.

#### Start:

The start line is at the junction of Beckford Road and Willow Bank Road in Alderton, just outside the Gardeners Arms pub, 150 metres from Race HQ. We'll call you down to the start line 5 minutes before the start.

#### Finish

The finish line is on Alderton Playing Field (see Route Map below).

#### Entry cost:

Adult entries are £10, Under 16's £5.

#### Awards and prizes

All finishers receive a medal.

Age category winners in the following categories will receive a prize:

- Male, Male Vet (40+), Male Junior
- Female, Female Vet (40+), Female Junior

### Race Guide

Our Race Guide includes everything that you need to know about our run. [Click here to read the Race Guide](#) or below to download a copy:

## How to enter:

To enter online with Eventbrite please click the button:

[Buy Tickets on Eventbrite](#)

or go to:

<https://alderton5k.eventbrite.co.uk>

## Entries on the day:

We strongly encourage entry beforehand from Eventbrite. This helps us manage numbers and reduces queues of runners on the day. However you can enter on the day from 09.30am on Alderton Playing Field.

## Alderton Acorns and your entry fee

100% of your entry fee goes to Alderton Acorns to help keep our much loved village Pre-School and Playgroup open. All of the administration and costs of the event are covered by our sponsors and organisers.

Alderton Acorns is a **Registered Charity number 1052664** and are a member of the **Gloucestershire Playgroup and Toddler Association**.



## Race numbers:

Your race numbers will be issued on the morning of the run on Alderton Playing Field from 09.30am until 10.50am. Please leave enough time to collect your race number and warm up! Just bring yourself and your name, no need for any ID or copies of your entry.

Please complete the emergency contact details and any emergency health information on the rear of your number and affix it to the front of your running top. Safety pins will be provided.

## Entertainment on the day

The Alderton 5k is family friendly with activities, games and refreshments available before, during and after the run. Alderton Acorns qualified staff provide activities for the little ones but please note that as a condition of our insurance we cannot provide a childcare facility/creche while you run so children must remain supervised by an adult at all times. There's also refreshments serving tea, coffee and cakes as well as stalls. Our Race HQ Alderton Playing Field also

has a playground.

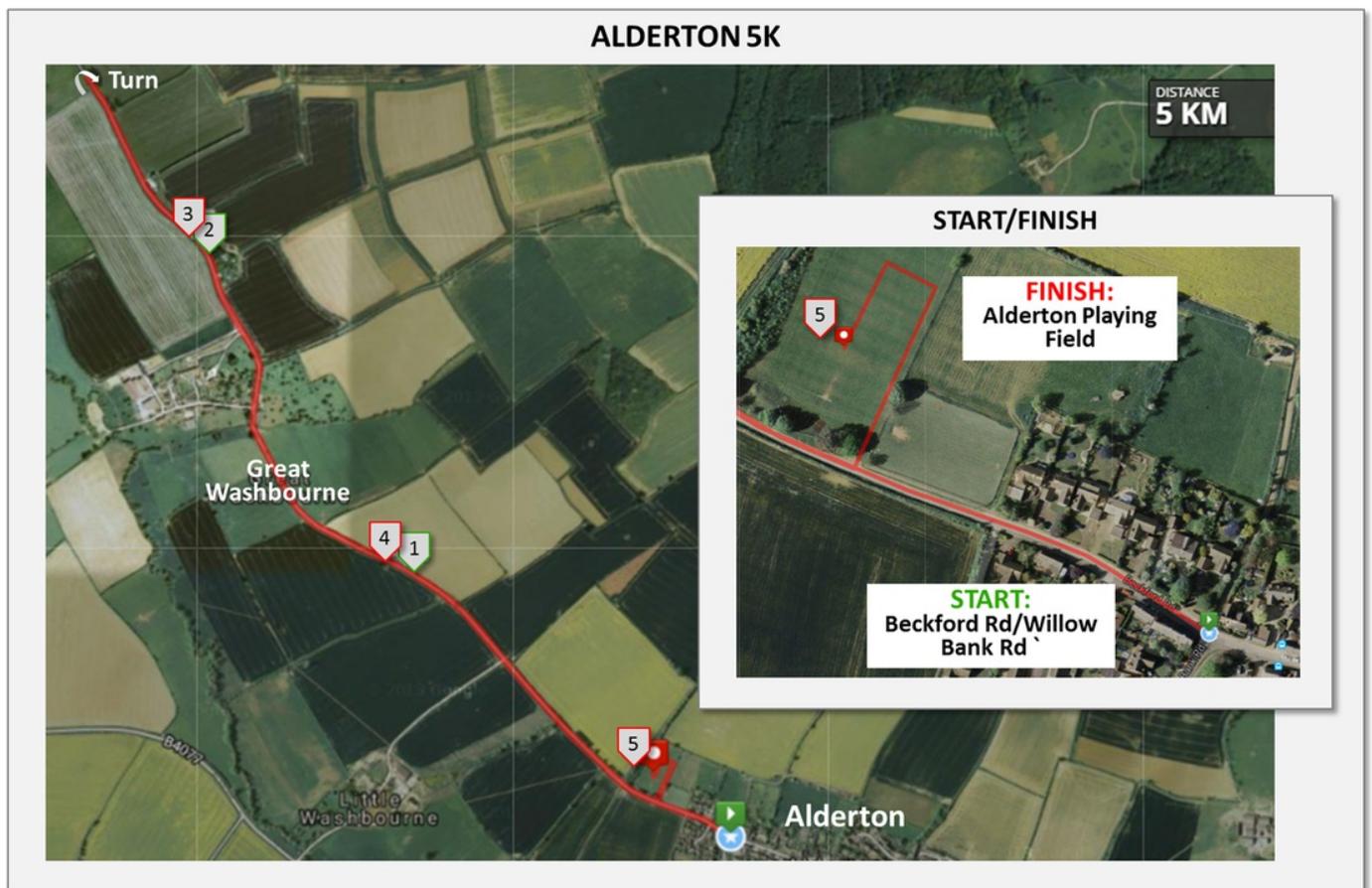
## Course

The race is an out-and-back course run on closed roads on picturesque, quiet country lanes from Alderton, past the hamlet of Great Washbourne where it turns just before the A46 at Beckford. The run returns back along Beckford Road towards Alderton where it enters Alderton Playing Field, before doing a short lap of the football pitch before finishing near the penalty spot.

The course is fairly flat, ideal for the occasional jogger or the more serious runner looking to clock a good 5k time. In 2016 times ranged from 17.25 to over 43 minutes.

## Course map

To view a full map including elevation or to download a GPX file please go to [www.mapmyrun.com/routes/view/1195513756](http://www.mapmyrun.com/routes/view/1195513756)



## Distance markers:

Markers will be provided at each kilometre.

## Parking:

Parking is available from 09.30am next to Alderton Playing Field. Follow postcode GL20 8NL and parking is signposted. Please follow the directions of our marshalls.

## Headphones policy:

For safety reasons we'd prefer you to not wear headphones to listen to music from mobile phones, iPods etc... We won't disqualify you if you choose to do so but please ensure that you can hear marshal instructions, emergency vehicles and fellow competitors.

### **Water:**

Water is provided in plastic cups at the turn, after approximately 2.5km and at the finish.

### **Toilets:**

Toilets are available in the Gardeners Arms pub 200 yards from Race HQ on Alderton Playing Field.

### **Timing:**

Provisional times will be available immediately after the finish with final times published soon after on [www.alderton5k.co.uk](http://www.alderton5k.co.uk)

### **Children running:**

Under 16's are welcome to run. Children under 10 should be accompanied on the run at all times by an adult. Our course is run on closed roads and is safety marshalled but neither the Alderton 5k nor Alderton Acorns can be held responsible for the safety of Under 16's and they remain the responsibility of parents or a responsible adult at all times. Entries are £5 for under 16's.

### **Bag storage:**

You can leave a bag with our entry marshalls. We'll do our best to keep it safe but we cannot accept liability for any loss or damage.

### **Race finish and presentations:**

The race finish is on Alderton Playing Field. Our volunteers will present you with your medal and you can find out your provisional time.

We make a presentation to the winners after the final runner has finished, usually between 45 and 50 minutes after the race start. Your support for the winners and presentations is appreciated.

### **Further information and contact details:**

All the information you need should be available at [www.alderton5k.co.uk](http://www.alderton5k.co.uk) but if you have any other questions please contact Race Director Mark Watts-Jones on [mwjmail@gmail.com](mailto:mwjmail@gmail.com) or 07973 963539 at any time.

Last update: 11th July 2017