



TIMBERHONGER 10K

Thank you for entering the Timberhonger 10k / Childrens Challenge on 14th July, Bromsgrove Carnival Saturday.

Below are the race instructions which you should read before the event. In particular, please note the start time this year of 5pm for the Children's Challenge, and 6pm for the Timberhonger 10k. Registration will open at 3pm so please arrive early to pick up your number.

To keep up to date with race news then like us on Facebook at www.facebook.com/Timberhonger10k or follow us on Twitter @Timberhonger10k.

I hope you enjoy the day and have a great run.

Mark Graham,
Race Director, 07881224699



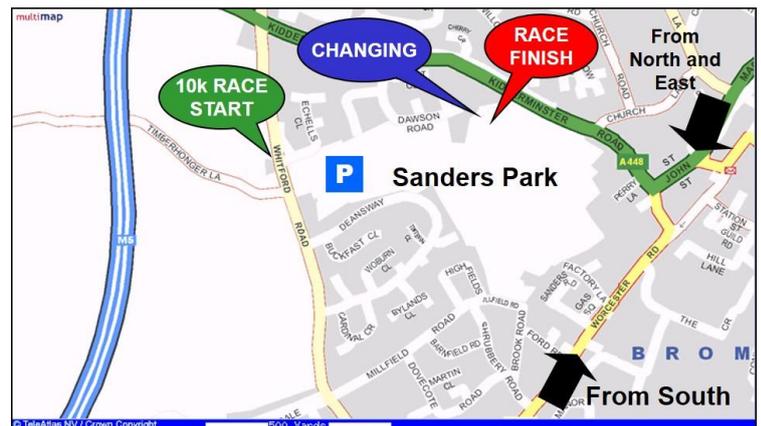
Race Directions – (Sat Nav B61 7EB)

The races start and finish in Sanders Park, Kidderminster Road, Bromsgrove (see map). Parking is on the back field of Sanders Park accessed off Whitford Road and Echells Close, B61 7EB.

Registration

The race will be chip timed and you will need to pick up your chip, race number and race t-shirt (if ordered) from the race registration marquee at the front of the park by the race finish line from 3pm. You will be able to look up your race number a couple of days in advance on the race website

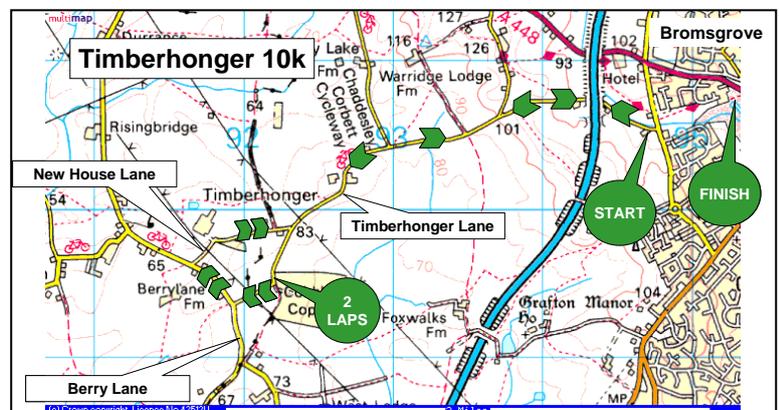
www.timberhonger10k.co.uk/runners2018.pdf.



The Course

Timberhonger 10k

The 10k race starts at 6.00pm from the back field of Sanders Park. After an uphill first km, the route then flows mainly downhill for the next 3km to the end of Timberhonger Lane. You then do two 2km loops round Berry Lane and New House Lane. New House Lane is narrow so if you aren't at the front of the field, please keep right on your first lap to allow faster runners on their second lap through on your left. You then return up Timberhonger Lane – there is a challenging hill at 8km but from then on it's downhill all the way home. The finish is across the back field in the main body of the park.



All roads will be closed for the duration of the race.

Please note that due to the nature of the course push chairs, bicycles and dogs aren't permitted. Runners also need to be able to hear marshal instructions at all times so we ask that you don't wear personal music players.

There will be one drinks station on the course which you will pass twice and drinks will be provided at the finish.

Children's Challenge

The Children's Challenge will be split into two races with the under 8s running a course of about 800m (1 lap) and older runners 1500m (2 laps). Races will start at 5pm on the opposite side of the back field to the 10k start (see map right) and finish in the front car park (ahead of the 10k runners).



Toilets and Changing

There are portaloos and a toilet block in Sanders Park.

Changing facilities will be provided close to the registration area. We regret there are no shower facilities nor baggage storage and any bags left in the changing area are left at the owner's risk.

St Johns Ambulance will be in attendance in case of emergency.

Results and Prizes

Prizes will be presented to winners as close to 7.30pm as possible at the registration tent by the finish. We hope to present the Children's Challenge prizes earlier.

There are prizes for 1st, 2nd and 3rd male and female, plus 1st in 6 vet categories (M40, M50, M60, F35, F45, F55). There will also be a prize for the first team and a £200 prize pot for breaking the course record (men 30:42, women 37:07). All finishers will receive a medal and a bottle of beer (non-alcoholic alternative for under 18s).

In the children's race there are prizes for 1st, 2nd and 3rd boy and girl in each of the three age groups (7s and under, 8 to 10s, and 11 to 14s), and Timberhonger Children's Challenge medals for all finishers.

Results will be published on the race website shortly after the race - www.timberhonger10k.co.uk

Race T-shirts

To look at your very best on the finishing line you can purchase a Timberhonger 10k race t-shirt from race registration. Or order yours in advance by emailing the race director.

Transferring Entries

If you cannot run you may transfer your entry to another person but you must advise race organisers as runners running as someone else can cause all sorts of problems. You can transfer entries via the www.active.com website.

Race Supporters

Special thanks to Cotswold Outdoor for providing prizes for the race, Morrisons Supermarket for providing the water at the finish line, and to Anna Curnow Physiotherapy for organising post-race treatment for tired limbs.



Race Charities

All profits from the race will be split between nominated local charities which this year are The Primrose Hospice, Libby Mae's Little Angels, the County Air Ambulance, and Hereford and Worcester Scouts. And we'll give you a free t-shirt if you raise £50 for one of our charities.

