



Thank you for entering the Girlings Solicitors Ashford & District 10k! We do appreciate your support and thanks for choosing us. Here is all the information you need for the day.

PLEASE NOTE RACE STARTS 10:30AM.

Race HQ

The event is based at the Sandyacres Sports Club in Ashford – PLEASE SEE BELOW FOR PARKING INFORMATION. Race HQ is located inside the sports club. Race HQ will be open from 9:00am on Sunday 4th February. You will need to collect your number and timing chip from here. Inside the Race HQ you will find several desks for collections – please select the desk appropriate to your SURNAME for collection, NOT your first name or club/company name. Please make sure you allow enough time to collect these. The 10k run starts at 10:30am.

Timing Chips

PLEASE NOTE: The timing chip you are issued with must be returned to us at the end of the 10k, just after you finish. Unfortunately missing or lost chips will incur a £40 charge. Thank you for your assistance with this.

Refreshments

We will have some great refreshments including hot food and Caking Mad Bakery offering their awesome range of cakes.

Changing Rooms & Toilets

There are toilets available, but unfortunately no changing facilities at this venue.

Parking

THERE IS NO PARKING AT SANDYACRES SPORTS CLUB – WE HAVE PROVIDED PARKING NEARBY. Please see attached PDF for all the details. The postcode for the car parks is TN25 4BF, and are located off the A251 Trinity Road in Ashford in Upper Pemberton and Nicholas Road. Please allow enough time to walk to Race HQ – this is a 5-7 minute walk – so don't miss the start of the race!

Baggage Drop

We will have a baggage drop. You **must bring your race number** with you to show when depositing your bags and belongings. Please note bags and belongings are stored at your own risk.

Prizes & Presentation

Every finisher will receive a unique medal specially commissioned for the race. There will be prizes and a presentation at approximately 11:45 inside the sports club. There are prizes for 1st/2nd/3rd Male and Female, 1st Vet 40, 50, and 60 Male and Female and 1st Male and

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Female team (3 to score). There is also a £100 prize for the 1st Male and Female across the line. Please do stay for this and cheer on everyone's successes.

Results

We will be offering LIVE results at this event, so when you cross the line your result goes LIVE on our website! Just visit www.sportingeventsuk.com and follow the links. We will also be displaying results near the event HQ on the day. This can be accessed via www.sportingeventsuk.com, and a link also posted to our facebook page www.facebook.com/sportingeventsuk and twitter feed www.twitter.com/sportseventsuk. You can also keep up to date with our latest news via our facebook and twitter.

First Aid

First Aid will be provided by SE Medics, and we thank them for their involvement.

Free Massages

We will be offering FREE massage pre and post event provided by One Ashford Hospital. More information about their products and services can be found at www.onehealthcare.co.uk

MP3/Music Devices

In line with UK Athletics rules runners are not permitted to wear MP3/Music devices during the 10k. This is for your own safety and well-being. The only exception to this is bone-conducting headphones which are allowed under UKA rules.

License/Certification

We can confirm that the race is licensed by runbritain. As such we operate the race using UK Athletics/runbritain rules.

I think that covers everything you need to know, but if you do have any questions please let me know.

All that remains is to thank you again for choosing us and we look forward to seeing you on Sunday.