

Hinstock 10k Race, 5K Fun Run and Children's Fun Run

RACE LOCATION: Tennis Club / Football Field (behind Hinstock Memorial Hall), Chester Road, Hinstock, Shropshire, TF9 2SZ.

HQ is also at this same location where race numbers will be given out and any race queries or race transfers will be managed.

Email enquiries can be sent to hinstock10k@gmail.com or via Hinstock 10K Facebook page.

SCHEDULE OF EVENTS - Sunday 3rd September 2023

08.00 10K & FUN RUNS HQs open to collect race numbers.

10:30 Children's Fun run starts on the football field.

10.40 10K HQ CLOSE for picking up of race numbers.

10.45 10K WARM UP on football field.

10.55 10K runners to line up for race on football field.

11.00 10K 2023 race START - PROMPT

12.25 5K runners line up for race on football field.

12:30 5K 2023 race START - PROMPT

12:35 Prize giving for 10K race.

13:30 Prize giving for 5K race.

COMPETITOR INFORMATION

Please wear your race number on the front of your running top – we have so many safety pins but please bring your own in case we run out.

10K Course route on this link

<https://www.mapmyrun.com/routes/view/5625566887>



5K Course route on this link

<https://www.mapmyrun.com/routes/view/5674630267>



RACE TRANSFERS – these are permitted until 10:15am on race day, a race transfer will need to be done. Forms will be available on the day.

BEWARE: please don't run in someone else's number - it's against UKA rules, causes incorrect results, confusion in the event of accident and will lead to disqualification.

TOILETS – There will be toilets on the field.

WATER STATIONS - There will be a water stations providing bottled water; at approx. 4.5k and at the finish line.

IPODS & MP3 Players - The UK Athletics' rules of competition are clear that “in ear” headphones cannot be used in events where roads are open to traffic. However, England Athletics has an exciting partnership with AfterShokz, the number one bone conducting headphone brand. **Bone conducting headphones are the only earphones that are approved for use in all road races under the UK Athletics rules of competition.**

COMPLIMENTARY T-SHIRT - 10k runners can collect their shirt from race HQ at the same time they collect their race number. **T-shirts have not been assigned it is a first come first choice basis, but we will do our best to allocate the t-shirt you requested.** After the event is over you are welcome to go back to the t-shirt area to swap sizes should your size still be available.

FREE BAG DROP - your possessions may be left at our complimentary bag drop situated in the Scouts marquee on the football field near the start area. We cannot accept liability for any items that are lost.

LOST/FOUND PROPERTY - if you lose or find something please email: hinstock10k@gmail.com. Alternatively, you can message or post on our FB page.

MEDALS & GOODY BAGS - once you cross the finish line at 10k 2023 please walk into the barrier funnel. You will soon receive a bottle of water.... and then your well-earned & fabulous medal... and other items of local produce. These complimentary gifts are provided to you with the compliments of the 10k Management Team & continued generosity of our sponsors and advertisers.

PRIZE GIVING - please stay and congratulate our prize winners. Presentations will commence about 12.35. **Any prize winner unable to remain for the presentation is asked to leave confirmed contact details at HQ or with one of the 10k team to enable their prize to be forwarded.**

RESULTS - once available will be posted on the following link – <https://www.stuweb.co.uk/results.html>

CAR PARKING – there is limited car parking at Hinstock Memorial Hall. Additional car parking is available on Wood Lane (A529 Market Drayton to Hinstock road – opposite the Falcon Inn). Postcode TF9 2TA. This car park is just a 5-minute walk to the start and finish area.

REFRESHMENTS - quality caterers will be sited on the field providing a selection of hot and cold food and drink throughout the day. This year you will also be able to buy alcohol & soft drinks should you or your supporters wish to. We encourage you to purchase from our traders as they support the event.

ROAD CLOSURES – we enforce some of our road closures for the entire duration of the race to protect our runners & spectators. Drivers who choose to park cars within the public roads on the course will not be permitted to pass through the route until the road is re-opened by marshals and (dependent on where sited) potentially until entire race is over - this is for safety reasons.

For anyone parking in the Wood Lane car park then you will have no restrictions and can leave anytime.

EMERGENCY VEHICLES - In the event of an emergency vehicle needing access through the route **AT ANY TIME** runners and spectators **MUST IMMEDIATELY** move aside and **LET IT PASS** unhindered - road barriers will be moved aside by marshals if necessary.

RACE MARSHALS - we have many volunteer marshals on duty throughout the day who have willingly given up their time to support and protect you during the race. They are placed at regular and strategic locations around the route; please support them and abide by any instructions they give as this will be for your safety and wellbeing. Please alert them to any issue that may compromise safety, or if a runner or spectator is injured or unwell and in need of treatment.

FIRST AID - our dedicated medical team will be at strategic places on the route. In the event of a runner or spectator becoming injured or unwell please make a marshal aware as they are able to contact the medical team manager who will direct medical personnel to attend the injured party.

SPONSORS / HELPERS – this race could not happen without the help of our sponsors and helpers who have made this event possible.

2024 RACE – the date for the 2024 race is Sunday 1st September 2024. Entries will be open immediately on completion of the 2023 event.

Regards Hinstock 10K

