

# Kidsgrove 10K

21st January 2018

[www.gold-events.co.uk](http://www.gold-events.co.uk)

## RACE INSTRUCTIONS

Date: 21<sup>st</sup> January 2018  
Time: -50 Minute Wave: 10.00am  
+50 Minute Wave: 11.00am  
Fun Run: 11.10am

Location: Kings High School (Formerly Clough Hall), First Avenue, Kidsgrove, ST7 1DP  
Parking: Please do not park on the roads near to the school as they may obstruct the running route  
Use the car parks on the map below, or the road parking towards Kidsgrove town centre.



HQ: Collect your number and timing chip from the school sports hall.

Timing Chip: Attach to your shoe, using shoe laces. NO CHIP NO TIME.

Facilities: Refreshments, Bag Store, Stalls, Toilets, Changing, Showers & Physio.

NOTE: Toilets are limited at the school. They are also available in Clough Hall Park (200 yards).

Memento: Upon completion of the race, exchange your timing chip for the memento.

Prize Giving: Held in the sports Hall at 11:30 (or after the fun run). Age categories not claimed after wave 1 will be presented at the finish line. Prizes awarded on GUN Time.

Prizes: Male: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, M40, M45, M50, M55, M60, M65, M70  
Female: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, F35, F40, F45, F50, F55, F60, F65  
Junior: 1<sup>st</sup> boy & 1<sup>st</sup> girl, plus spot prizes.  
Team: Male 4 to count. Female 3 to count.