

Final instructions – Little Bromley 10k

If you are unable to run **or** would like to transfer your number to a friend, please let me know **before Thursday midday**. No refunds are available.

(To transfer your number you must give me the persons:- full name, date of birth, club and gender).

Race HQ:- Little Bromley Church, Barlon Road, Little Bromley CO11 2PP

Event **car park**, is approximately 600 meters from the Race HQ, and will be well signed. **The car park will be closed** from 10:30 till 11:30 to allow a safe race.

Directions:- From the A120 head towards **Little Bromley** (take care the opposite direction is Little Bentley!) at Pellens Corner. After a mile continue past the “Welcome to Little Bromley” and 40 limit sign continue straight ahead until you reach the war memorial and turn left. The HQ will be signed from here, continue past the HQ following the signs for Car Park.

From Manningtree direction, take Bromley Road towards Little Bromley, continue through the village until you reach the war memorial take the right turn. The HQ will be signed from here, continue past the HQ following the signs for Car Park.

Number collection:- 9:00 until 10:15 **please come early**. Your Running number must be worn on the front of your running top at all times during the race. Do not cover your number with clothing.

Start:- 10:30 prompt, the start is approximately 100m from the HQ

Chip timing:- Your chip is attached to the back of your race number, please do not tamper with it before you run. **Please refrain from blocking your race number by using a stopwatch** as you approach the finish. This not only slows you down but is completely pointless as only one time counts, and that’s the official race time... not your garmin, casio or rolex! The finish gantry has a large race clock on top so you can see the seconds tick away as you approach. Results will be available online <http://www.harwichrunners.co.uk/bromley10k/index.php> and in the HQ

Prize giving:- 11:30 at the HQ

Map:- A map of the race route with the HQ, Start / Finish, Toilets, Water Station and KM markers can be found here -

<http://www.harwichrunners.co.uk/bromley10k/bromley10k.pdf>

No earphones / ipods / mp3’s etc to be used.

This is a litter free event, please do not drop any litter, but use the bins provided.

See you Sunday 9th April.