



EVENT INFORMATION

THE BRAMCOTE 5K & 2K FUN RUN

Wednesday 1st May 2019

The Bramcote 5K is a fantastic event for adults of all abilities. The 2K Fun Run is an ideal introduction to running for both children and adults.

PRE-RACE

What will you need?

For the event you will need:

- Footwear and clothing for running.
- Water bottle and Snacks.

When does it start?

The 2K race will start at 6.30pm. The 5K race will start at approximately 7pm once the 2K race has finished.

Do I need to register?

Prior to the event you will need to book on to the event via the website, <https://www.lleisure.co.uk/events/>.

On the day, you will need to register at the main marquee on the day of the event. Registration will open at 5pm. At registration you will collect your race number.

PLEASE NOTE: YOU MUST REGISTER BEFORE 6.20PM. AFTER THIS TIME YOUR RACE NUMBER MAY BE SOLD TO ANOTHER COMPETITOR.

Run it!

The route follows a mixture of pavements, pathways and grass trails.

Your race number will come in an envelope along with your timing chip and instructions on how to attach the chip. Your timing chip will be worn through the laces of your trainers.

Please write any medical conditions you have on the reverse of your race number. Your number should be pinned to your front. You may use a number belt if you have one.

Where do I leave my things?

There is no baggage drop for this event. We ask all participants to arrive ready to run.

The race will start and finish close to the children's play area.

THE RACE!

The routes are being confirmed but will all remain within the park.

POST RACE

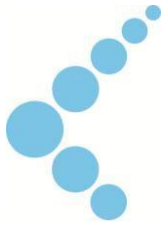
Final Results

Tempo Events will be supplying chip timing for 5K race runners only. Results will be displayed on the night. Alternatively, results can be accessed via Tempo Events' website, <https://www.tempoevents.co.uk/>.

FURTHER RACE INFORMATION

Directions to the Event

Bramcote Hills Park is located on Ilkeston Road (A6007). From Junction 25 of the M1, take the exit onto the A52 Nottingham. Continue along the A52 (Brian Clough Way). At the second roundabout take the 2nd exit to continue along the A52. At the third roundabout (Bramcote Island) take the 2nd



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exit onto the A6007 Ilkeston Road. Bramcote Hills Park is located on the right hand side just before the mini island. The post code for the venue is NG9 3JT.

Car Parking

There will be strictly no parking at Bramcote Leisure Centre. There will be limited parking at Bramcote Hills Park car park. Ilkeston Road Recreation Ground will be opened as a second car park.

Please park as directed by the race marshals.

First Aid

First Aid will be provided onsite by St John Ambulance.

Photography

Steve Ingers Photography will be taking photographs of the event on the day. Images can be viewed and purchased after the event by visiting www.steveingersphotographer.co.uk Images can also be viewed by visiting www.facebook.com/libertyleisure If you do not wish for your photograph to be taken, you must inform the event organiser on the day of the event.

Additional Information and Questions

For further information, please contact L Leisure on 0115 9173481.