



Thank you for entering the Bridge 5k! We do appreciate your support and thanks for choosing us. As it is just a few days away from race day we are sending you all the information you need for the day.

Race HQ

Race HQ is located inside the Pavilion on the Recreation Ground in Bridge. Race HQ will be open from 9:00am on Sunday 22nd April. You will need to collect your number and timing chip. 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 5k starts at 10:30am.

Timing Chips

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

Kids 1k Fun Run

The kids fun run starts at 10am. You can register on the day for this at £3 per child. NOTE: Please allow time to register for this as we have to process this. ENTRIES FOR THIS CLOSE AT 9:45AM.

Refreshments

We will have some great tasting coffees, teas and other refreshments with some snacks which will be provided by Café2u. Caking Mad Bakery will also be offering their great range of cakes.

Changing Rooms & Toilets

There are toilets but unfortunately no changing facilities at this event.

Parking

There is limited parking at the venue and we would encourage car sharing where possible. The post code for your sat nav if travelling by car is CT4 5JX.

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 and made by our event sponsors The Oak & Rope Company. There will be prizes and a presentation at approximately 11:15 near to the race finish line. There are prizes in the 5k for 1st/2nd/3rd Male and Female, 1st Vet 40, 50 and 60 Male and Female. Please do stay for this and cheer on everyone's successes.

Results

We will be displaying results near the event HQ on the day and these will also be published on our website later in 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.

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**First Aid**

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

MP3/Music Devices

In line with UK Athletics rules runners are not permitted to wear MP3/Music devices during the race. 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.

Race Sponsors

A big thanks go to the Community Gym, Charles Bainbridge Estate Agents and The Oak and Rope Company for sponsoring this event. We are lucky to have such great sponsors for this local race.

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.

Barry Hopkins
Sporting Events UK

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