

Colchester Colour5K Information Document

Key Info

- All runners must wear the supplied Colour5k white T-Shirt
- Only runners, Colour Bandits and Race officials may enter The Colour Zones
- Minors must be accompanied by an adult 18+

Run Details:

- Location – Ardleigh Showground, Colchester Essex CO7 7QR
- Car Park will be clearly marked please follow marshal instructions
- Date: Saturday Saturday 15th July 2016
- Kids 1km Run Start Time 12:00pm
- 5km Fun Run Start Time 12:30pm

Registration:

- Registration Tent opens at 10am
- Runners- Please go to registration to collect your T-Shirt.
- Colour Bandits –Please go to registration to collect your T-Shirt and receive briefing.

Event Schedule

- 10:00 am Registration Opens
- 11:30am Colour Bandit Briefing
- 11:40 Children's Race Briefing
- 11:40 Children's Colour Bandits to Positions
- 11:45 Children's Warm Up
- 12:00am Colour Bandits in Position
- 12:00 Children's Run Starts
- 12:10 5km Race Briefing
- 12:15 5km Warm Up
- 12:30 5km Run Starts
- 1:30 & 2pm Colour Extravaganzas at the finish line
- 2:30pm Time to go home

The Course

- The course is a 1K Loop
- Complete 5 Loops
- Pass through 5 Colour Zones
- Collect 5 Colours

Colour Zones

- There are 5 colour zones which represent each KM you run. Each zone has Colour Bandits ready to cover you in colour. If you wish to avoid the colour stay to the centre of the zone.
 - 1KM – RED ZONE 1
 - 2KM – ORANGE ZONE 2
 - 3KM – GREEN ZONE 3
 - 4KM – BLUE ZONE 4
 - 5KM – PURPLE ZONE 5 – This is also the finish line
 - Every 15 mins at the finish line there will be a colour extravaganza.
 - You will be given a free cup of Colour at the finish line and the Event Announcer will count you down 3, 2, 1. Creating a massive plume of COLOUR!

What to wear

- YOUR FREE WHITE COLOUR5K T-SHIRT
- Arrive in your normal running kit. There are NO changing facilities
- Bring a clean t-shirt and jumper.

Photos

Photos of you and your friends will be available to view from [Facebook.com/colour5k](https://www.facebook.com/colour5k)

At the Event

- There will be a water station on the course and at the finish line
- Full race briefing for all runners at 11:10am
- There will be a Medical Services team onsite
- Toilets
- Bring money for refreshments, ice-cream's, children's face painting and bouncy castle.

CONTACT

If you have any further questions, please contact us at fundraising@headwayessex.org.uk

We look forward to see your true colours!