



## Information pack

The first Pucklechurch 10k takes place on 26th April 2020, starting at 10.30am from Pucklechurch Primary School, Castle Road, Pucklechurch, BS16 9RF. Please take a moment to read this information pack to help you prepare for the day.

## Parking

Event parking is free and just a short walk away at St Aldams Nursery and PYO, Westerleigh Road, Pucklechurch, BS16 9YP.

Please follow the signs and parking marshals for directions.

## Registration

Registration is open between 9am - 10am in the school grounds. Here you will collect your race number, chip timing and safety pins. There is also a secure bag drop off and toilets. There are no changing facilities available on race day.

## The Run

The Pucklechurch 10k is a multi terrain route with a few sneaky hills. You will be running on paths, lanes, grass and roads. Some surfaces are uneven, there may be puddles and a little bit of mud (if raining).

We are not closing any roads but will have rolling road blocks, runners on road signs and plenty of marshals spread out throughout the course.

Please do not wear head phones so you can hear other road users and instructions from marshals.

When running on roads please keep to the left and only cross at points with marshals.

We can't allow dogs with runners so please don't bring your pooch! They can support you from the roadside instead.

Our two water stops are situated at roughly 4k at Pucklechurch Village Sports and Social Club and at 8.5k at Little Nannie's Cafe.

All runners will receive a goodie bag including a running top, medal, snack and water.

## Events Village

Snacks, cakes and drinks will be available from 9.30am and hot food will be served from 11am.

## Colour Run

The children's colour run starts at 12.30 on the school track. Runners will be grouped by age as follows:

Pre School and Reception - 12.30pm - 2 laps

Years 1-2 - 12.40pm – 3 laps

Years 3-4 - 12.50pm – 3 laps

Years 5-6 - 1.00pm – 4 laps

Times are approximate, please ensure all children wishing to take part arrive at 12.30pm.

Please ensure children wear an old white (or light-coloured) top for maximum rainbow effect!

The basis of the coloured powder used in the race consists of corn starch which is completely non-toxic and safe for the environment (although we don't recommend eating it...). The product is biodegradable and easily washes off skin and clothing with water. All children will receive a medal after completing their run.

# Other information

## CORONAVIRUS

If you are suffering from symptoms such as a cough and fever, or if you have experienced these symptoms in the week before the event, we would ask that you do not run the 10k race and risk spreading the infection to others.

The Pucklechurch 10k and Children's Colour Run is organised by Pucklechurch PTA.

Over 16s only to take part in the 10k.

The Pucklechurch 10k is an inclusive event and we welcome runners of all ages and abilities. If you require more information about accessibility please email the team at [pucklechurch10k@outlook.com](mailto:pucklechurch10k@outlook.com).

We ask that you do not upload photos of children (other than your own) to social media platforms unless you have express permission from the parent or guardian. This is to comply with the school's safeguarding policy.

The Pucklechurch 10k and Colour Run event pages are hosted by Race Nation. You can find full details of their terms of use at <https://www.race-nation.com/footer/terms-of-use/>

# PUCKLECHURCH 10km Route Map

Sunday 26th April 2020

- Start & Finish 
- 1-10 km markers 
- Water stops 
- Parking 

**PARKING**  
St Aldams Nursery

B4465

**Pucklechurch Primary School**  
**START & FINISH**

Little Nannie's  
Cafe

