



## Tamworth 5m and 1m races Sunday 15<sup>th</sup> Sept 2024

Please collect your race numbers with chip timing on arrival.

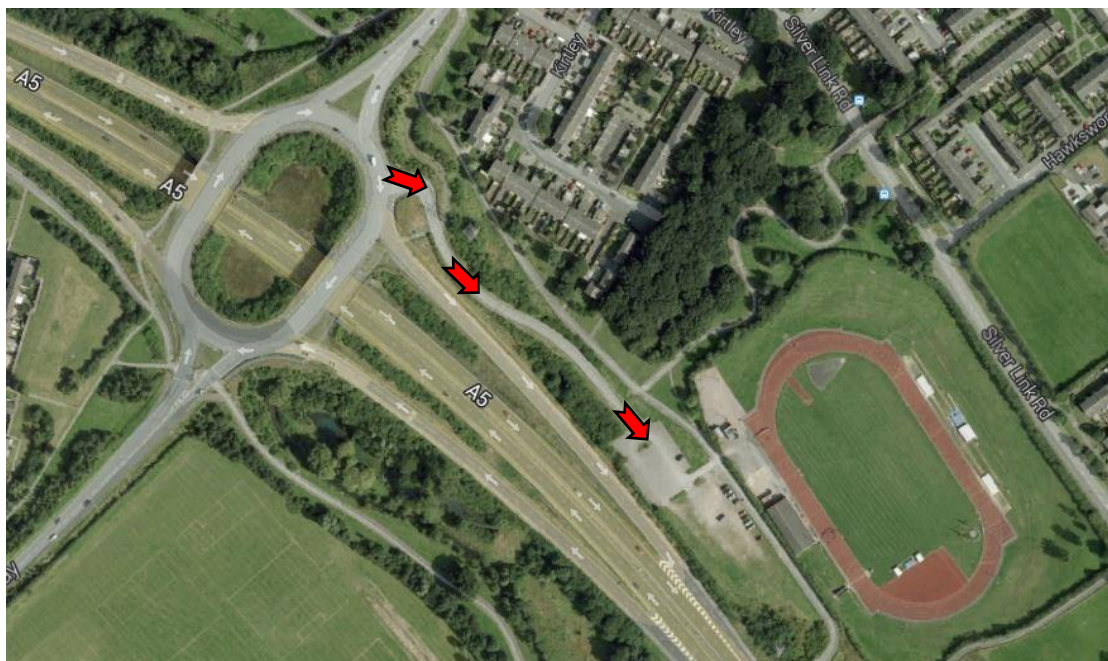
### Timetable:

- 1m race starts at 10.00am
- Medals for all 1m runners straight after the race, prize giving at approx. 10.15am
- 5m race starts at 10.30am, prize giving at approx. 11.30am

### Directions to Tamworth AC Stadium:

The Tamworth AC Stadium is just off the A5 at the Glascote turning. It is a small exit road from the roundabout above the A5 signposted "Stadium" and "Tamworth Athletics Club". Below is a view of the area showing the roundabout and exit roads and the car park outside the Stadium.

Sorry but there is no viable postcode, the best option is to use Google Maps or similar searching for the destination of Tamworth Athletic Club. Please check that it takes you to our car park as shown below. What3words location of the car park is [///edits.deep.rocky](https://www.what3words.com/#!/edits.deep.rocky)





## Start and Finish Location and Directions:

All races start and finish on the 400m track Finish line. The start direction is conventional giving around 3/4 lap (approx 300m) of the track before exiting the stadium.

The two inner lanes of the track will be blocked so the race will use lanes 3-8. (this lane adjustment is the same as used in 2017/18/19/21/22 and allows alignment of the start and finish lines of the race).

On entry to the stadium for the finish, all runners turn right to complete the main straight (approx 100m) of the 400m track to the Finish line.





## Course Maps:

Both courses are UKA measured distances.

The 1 mile course is entirely on footpaths and cycle paths. It is an out and back loop turning at a cone clearly marked by a Marshall.

Please run on the left of the path at all times to avoid runners on the return loop.

The 5 mile course is mainly on footpaths and cycle paths but has two minor road crossings which are shown below. Please take care at these points.

The layout of the loop means it is very unlikely for runners on the return section to be passing runners on the outward section.

