

Birmingham Run

Race Day Information

Sunday 24th April 2022

Half Marathon - 09:00am

10k - 09:05am

5k - 09:05am



Distance	Run
5k Fun Run	1Lap
10k Race	2 Laps
Half Marathon	4 Laps of extended course

**Sutton Park, Streetly Gate Entrance, Thornhill Road,
Sutton Coldfield, B74 3EW**

Charity parking is available on the event field next to the venue. Please follow the run parking signs.

Race day parking is only £2 and is donated to our official local charities.

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Essential Information

Location

Please use the Streetly entrance into Sutton Park, this is the only entrance and exit to the race and to the official car park. From the entrance to the car park it is approximately one mile.

Registration

Registration will be open Saturday 2:00pm until 4:00pm. Sunday from 7:00am, located inside the orange Mornflake Marquee.

Please know your race number ready for registration staff. Arrive 60 minutes before the start time.

Changing your Race Distance before the Race

If you would like to change your distance, it is essential you let us know before Thursday 20th April via customer care@uktriathlon.co.uk or at registration on the day, well before the start of the race.

Race Envelope

At registration you will receive a race envelope containing:

Race Number x1 and an electronic timing chip x1

Race Number

Your race number must be clearly displayed on your front. Pin the race number in all four corners. If using an elastic number belt pin the number in the top left and right hand corners. You must not re-size your race number in any way.

Please write your name, blood group (if known) and any allergies or medical conditions you may have on the back of your race number.



Chip Timing

Check your electronic timing chip number corresponds with your race number.

Please hand in your electronic timing chip at the finish line whether you complete the course or not or you will be required to pay £25.00 to replace it.

Please follow these simple steps to wear your chip correctly -

1. Thread the loose strap through the timing chip and securely fasten the velcro
2. The chip should be secure on the strap.
3. Place the strap around your LEFT ankle with the chip on the outside of your ankle
4. Give the chip a firm pull, it should remain securely fastened
5. Double check that the strap is fastened correctly and securely



Bag Drop off Area

If you need to leave a bag whilst you are taking part in the run, we have a manned bag drop off area next to registration which is free of charge. Please note any belongings are left at owners risk.

Race Conduct

Everyone involved in the event is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, Race Crew, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.

Essential Information

The Course

The Birmingham Run takes place on a tarmac road surface and is fully closed to traffic.

Incomplete Run

If you do not complete the number of laps (for example, 10km = 2laps) then you will have an incomplete run time on the results.

Results

Overall results and times will be online on Monday 25th April 2022. Should you have any problems with your results please email results@uktriathlon.co.uk

Photography

Our official event photographers, My Sport Photos, will be in attendance on the day to capture your best sporting moments, with the option to purchase your photographs online post event. [My Sport Photos](#)

Changing your Race Distance during the Race

If you downgrade during the race you must let our timing team know at the finish line.

Music

You are permitted to listen to music during the run, but please be aware of other competitors, general public and dogs and set your volume low so you can still hear any safety instructions from the course marshals.

Littering

Please use the drinks station bins for all litter. You must not drop energy gel or bar wrappers on the course. If you can carry a gel full, you can carry a gel empty.



Drinks Station

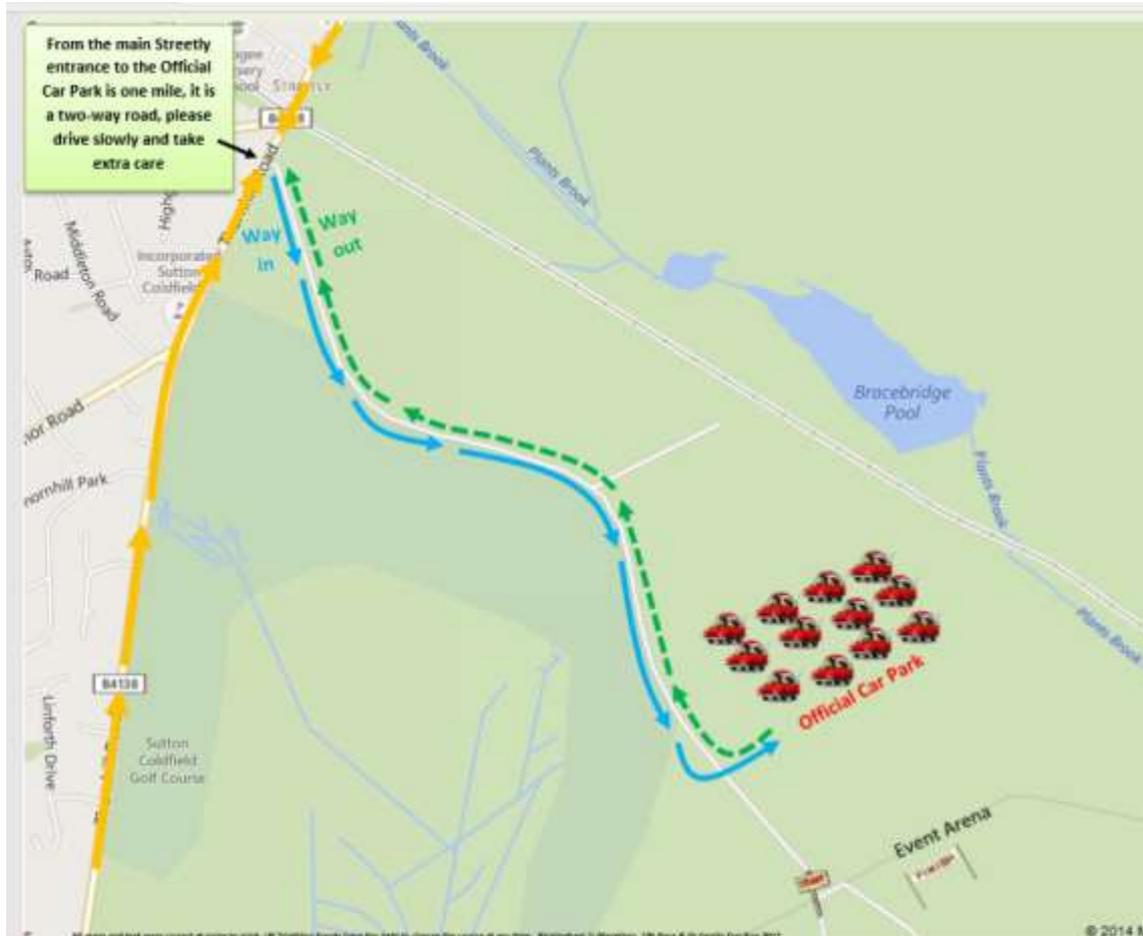
There is a drinks station approximately every 1.5 miles serving High5 energy drink and water.

Prizes

Commemorative 2022 medal for all finishers. Please see table below for age group awards, prize giving will take place toward the end of the event.

Distance	Prizes	Age Group Prizes
Half Marathon	Top 3 prizes for male & female	1st place age group prize - 40-49 age group male & female 50-59 age group male & female 60-69 age group male & female 70+ age group male & female
10k	Top 3 prizes for male & female	1st place age group prize - 40-49 age group male & female 50-59 age group male & female 60-69 age group male & female 70+ age group male & female
5k	Top 3 prizes for male & female	

Car Parking Map



Course Map



To view an interactive map [please click here](#)

2022 Event Calendar

Birmingham Run	24th April 2022
Stratford Triathlon	8th May 2022
Cheshire Kids Duathlon	21st May 2022
Cheshire Triathlon	22nd May 2022
Ultimate, Ultimate 1/2 & Ultimate 1/4	12th June 2022
Triathlon @ Alderford	18th June 2022
Henley Kids Triathlon	9th July 2022
Henley Triathlon	10th July 2022
UK Ultimate Weekend	15-17th July 2022
UK Ultimate Swim	15th July 2022
UK Ultimate Cycle Sportive	16th July 2022
UK Ultimate Run	17th July 2022
York Kids Triathlon	30th July 2022
York Triathlon	31st July 2022
World Standard Distance Qualifier Event	3rd September 2022
Shropshire Triathlon	4th September 2022
North West Kids Duathlon	17th September 2022
North West Triathlon	18th September 2022
Warwickshire Triathlon	2nd October 2022



For more information or for online entry visit uktriathlon.co.uk



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body and
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BIKE & RUN

TRANSITION

FINISH LINE

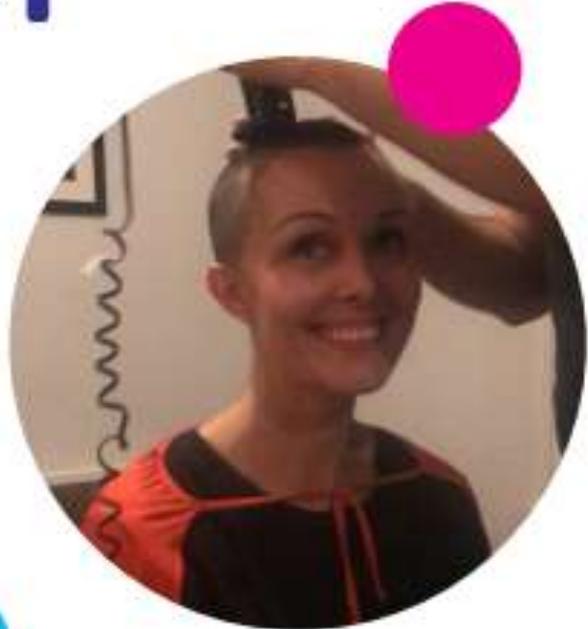
 www.mysportphotos.co.uk

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With thanks to My Sport Photos for providing images for the competitor race information

1 in 2 of us will get it.



All of us can help beat it.

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Arora AS et al. *British Journal of Cancer*, 2015
Registered charity numbers 1089464, NCD0594, 1187 and 207



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