



# Bromley 10K 2024

## Final instructions



### Race Details

<b>Licence Number:</b>	2024-46262
<b>Course Measurement Number:</b>	20/235
<b>Race Start:</b>	Hilliards Road, Great Bromley, Essex, CO7 7US
<b>Race Finish:</b>	Payne's Lane, Little Bromley, Essex, CO11 2PJ
<b>Race Headquarters:</b>	Park Farm, Hilliards Road Great Bromley, CO7 7US
<b>Race Start Time:</b>	9:30 am
<b>Registration Opens:</b>	8:00 am closes 9:15am

### Race Objectives

1. To provide a high-quality road race under the UKA rules of competition.
2. To raise funds for North Essex Support Team (N.E.S.T) and Trees to help biodiversity in the local area.  
<https://nestassist.co.uk>

### Race Rules

- : - Any audio devices. Including bone-conduction headphones, are not permitted.
- : - The Bromley 10k operates under UKA rules of competition.
- : - Competitors must be aged 15 or over.
- : - Breaking the rules will result in disqualification.

### Health & Safety

Wearing any audio device or similar is prohibited; competitors have a "duty of care" to other road users and the public. In addition, you must be able to hear and abide by marshalling instructions at all times. Failing to comply with marshals instructions or to wear any audio device or similar equipment may lead to disqualification.

The race is on open road so please be aware of road traffic and look out for each other's safety.

Please be aware just before the finish line there is a right turn across a busy road, there will be marshals at this point that may stop you if vehicles approach.

Supporters are asked to stand in the spectator's area ([map attached](#)) and don't gather on the narrow road at the finish.

When you have crossed the finish line please do not gather in the lane, it's very narrow, keep moving down the lane to collect your memento and water.

EAS Medical is providing first Aid for the Bromley 10k. A medical car will follow the field with an ambulance at the finish. If requiring First Aid, please attempt to stop at a marshal point or alert another entrant.

### Race Number

Competitor's race numbers will be available to collect from 8:00am at the registration point situated close to the start line ([map attached](#))

Your timing chip is stuck to the back of your race number. Your race number must **NOT** be folded, or mutilated in any way and pinned to the front of your vest/t-shirt. Your number must be visible when crossing the finish line. **Please, when stopping your watch keep your arms clear of your number to help with reading your timing chip.**

**Please don't return to the finish line once you have finished, this could result in the timing chip being read for a second time and giving you a slower finish time.**



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### Medical Information

You must write your details on the reverse of your race number, including your emergency contact number. If you have a medical condition that may affect your participation in the race, please also put a cross on the top right corner of your number.

### Start Location

The start line is located on Hilliards Road, It's a 5/10 minutes walk to the start line please give yourself plenty of time to arrive at the start.

There will be expected time marker boards at the start so please line up in the respected areas to help with a smooth start.

### Finish Location

The finish line is located at Payne's Lane, the finish line is approximately a third of a mile from the start line and car park.

When finished carry on along Payne's Lane and following the directions back to the car park. This is a good opportunity for a cool-down.

### Car Parking

Parking is free; parking is located at four separate locations with one being 10 minutes walk to registration. Please give yourself plenty of time to collect your race number. [\(Map attached\)](#)

In the event of bad weather parking location may change at short notice parking around farm buildings on Park Farm.

**PLEASE, PLEASE, PLEASE car share where possible to help with parking and the environmental impact on the local area.**

**Park Farm, Hilliards Road, Great Bromley, Colchester, CO7 7US**

### Changing Facilities & Bag Drop

There are no facilities for changing; please arrive "ready to run".

There is no bag drop. Please secure your belongings in your car. Any bags left at the start line or around race HQ are left at the owners risk.

### Toilet Location

Toilets are located at registration and starting area. An additional 4 toilets will be available near the farm park parking area. [\(Map attached\)](#)

**No toilets are available at the finish line.**

### The Course

The flat course has great PB potential, with 4 of the all time top 10 times being set in 2021 and sub 30-minute course record. The course comprises a single clockwise lap of a road course through the Essex countryside. The course is fully marshalled with direction arrows and kilometre boards. [\(map attached\)](#)

### Drink Station

Drink station will be providing water just after the halfway point at approximately 5 kilometres. There is also additional water available at the finish



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### Mementoes

Mementoes will be available a short walk from the finish line along with water.

### Results

Race results are in line with UKA guidelines; race results will be reported on gun to chip time. You will also receive an individual chip-to-chip time.

The results will be available to view on Harwich Runners website under Bromley 10k.

[www.harwichrunners.co.uk](http://www.harwichrunners.co.uk)

### Presentation

There is no presentation; this is due to the finish line being a long way from the race HQ. All prize winners will be notified by email or post.

### Prize Categories

Prize Categories 1<sup>ST</sup>/2<sup>nd</sup>/3<sup>rd</sup> OPEN, 1<sup>st</sup> Team Male /1<sup>st</sup> Team Female and age groups as follows.

Male: - Age 15-17 M40-75 in 5-year groups.

Female: - Age 15-17 F35-70 in 5-year groups.

### Race Contact Information

**Race Director:** Justin Cooper-Keeble, [Justin.cooper@sky.com](mailto:Justin.cooper@sky.com)

**Race information:** [www.harwichrunners.co.uk](http://www.harwichrunners.co.uk)

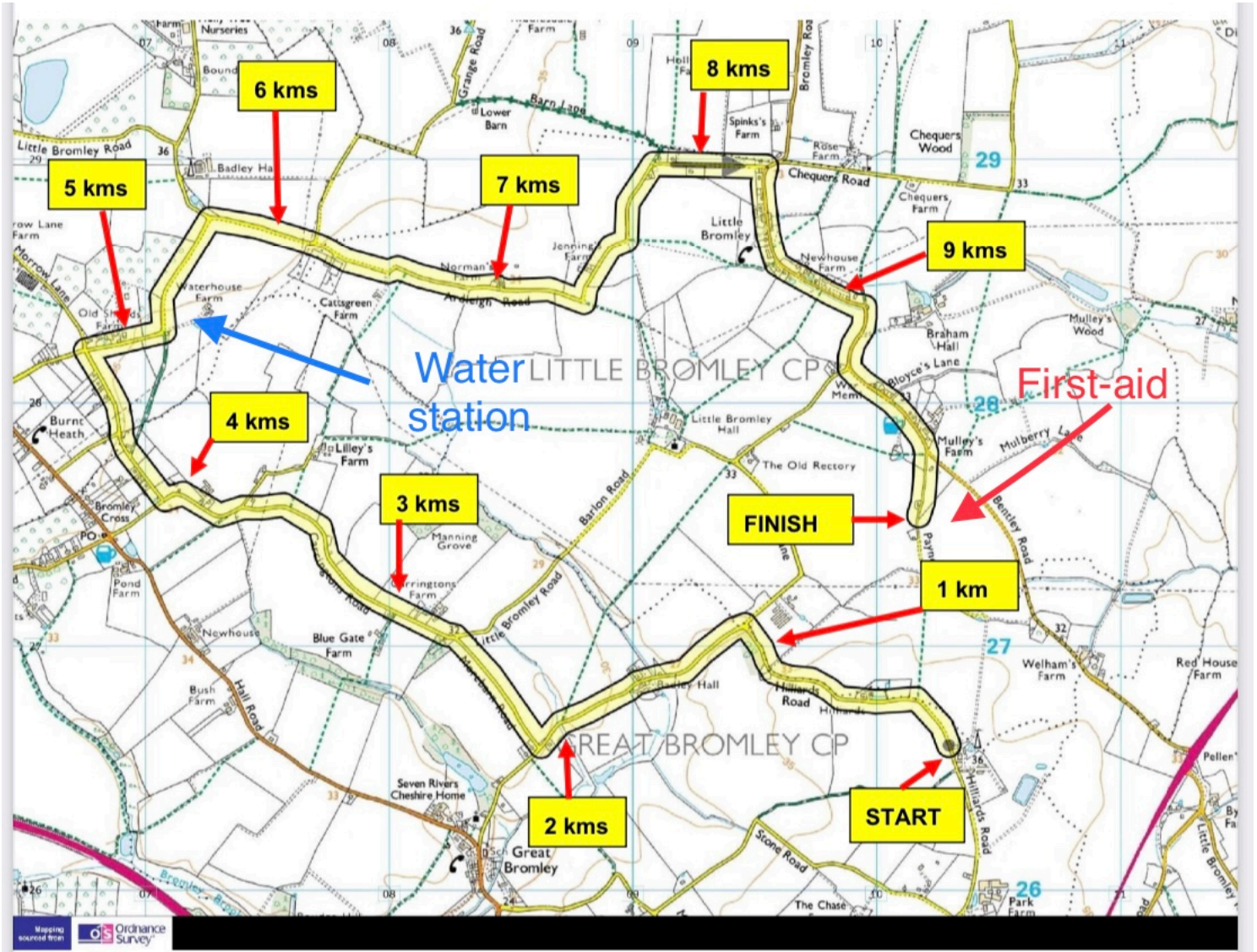
### Race Officials

**Race Adjudicator:** Michael Ball

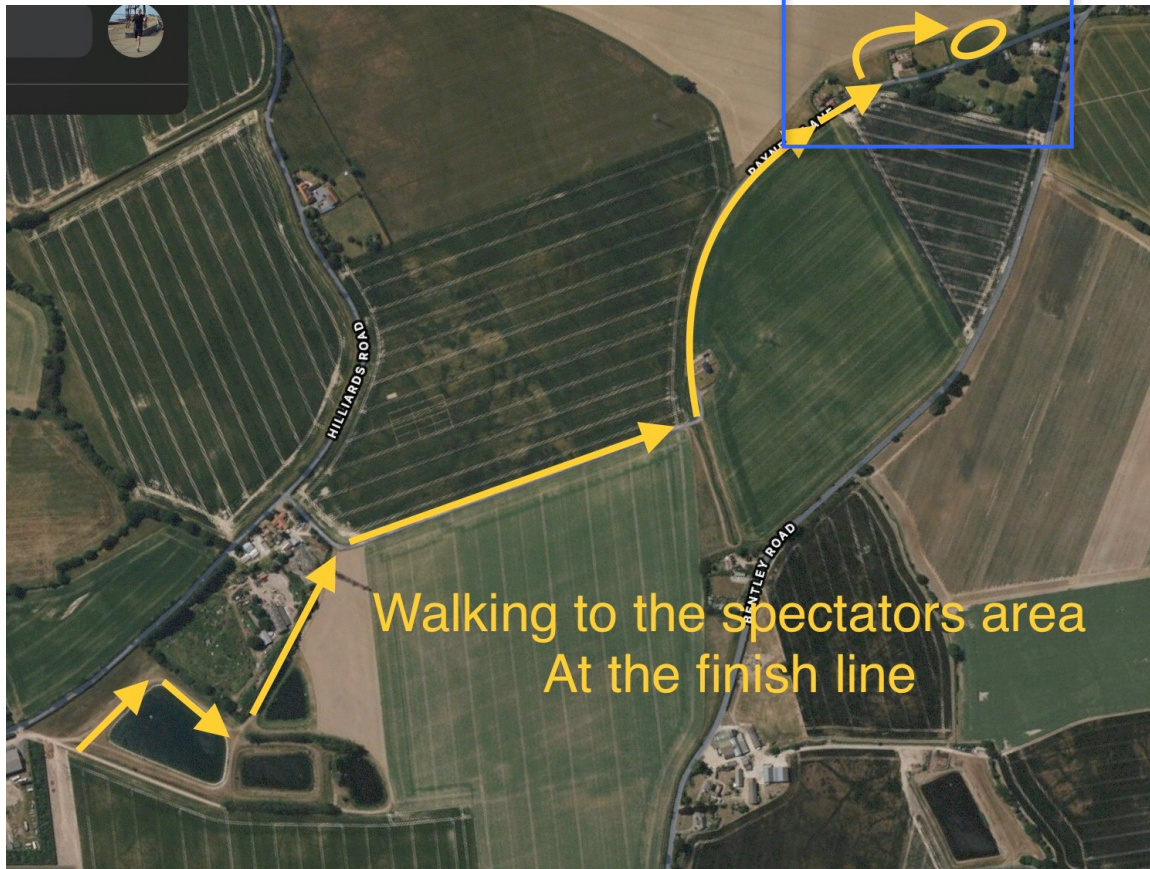
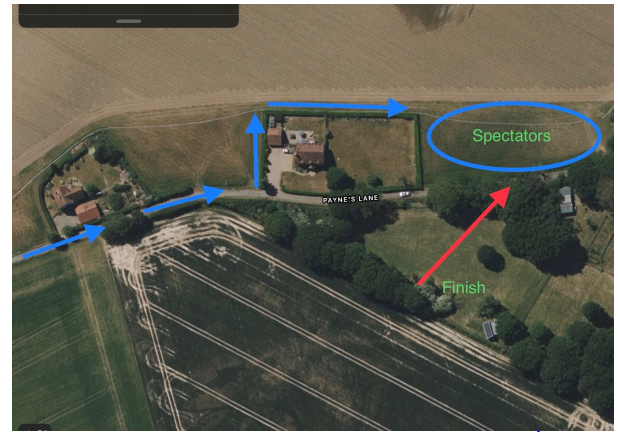
### Race Address & Race Headquarters

**Park Farm  
Hilliards Road  
Great Bromley  
Colchester  
CO7 7US**

# Bromley 10k Course Map



# Spectators Walking Route to Finish Line



# Car Park, Toilets, Registration, To the Start



## Parking

Park Farm, Hilliards Road, Great Bromley, Colchester, CO7 7US

**They will be a marshal to direct cars to one of the parking areas to keep the traffic flowing. Please listen to the instructions given this will help stop the traffic backing up on the A120.**