

Bromley 10K 23rd May 2021. Race notes.



Parking. Cars can be parked at Park Farm, Great Bromley, CO7 7US

Arrive before 9.20am.

How to get there

From Colchester direction. Take A120 towards Harwich. Continue past Clacton junction to new roundabout (Hare Green), continue on A120 for 100 metres, turn left into Park Road. **Beware** of two big dips in road, bear right into Hilliards road, enter the farm by the second entrance.

From Ipswich direction. Take A137 to Manningtree, right at Lawford service station and the immediately left into Bromley road. Pass through Little Bromley village. At the war memorial turn right into Church road. Turn left at the T junction following this road passing the poultry farm and then first left into Hilliards road. Follow for one kilometre and take the first turning into Park Farm.

Car parking This is a working farm with several light industries. Follow the stewards instructions to park your car. When walking from your car **be careful not to trip** on uneven surfaces and materials around the barns.

Wear a mask the whole time from car to start. (There will be dustbins at the start to dispose of masks). Covid track and **QR codes** are available within the carpark. Leave everything in your car – there is no bag drop etc.

Toilets will be distributed in pairs around the parking areas with two near to the start. When using the toilets please sanitise hands before and afterwards. Sanitiser is provided outside toilet.

The route to the start is a 5 minute walk across grass. Please use this as a warm up. Arrows will guide you to the start.

Code of conduct

PLEASE..... **Do not travel if you are showing any symptoms of Covid 19**; lateral flow tests are now freely available.

- Make sure you read all the information
- Come ready to run, minimise interaction with staff and participants
- Be self sufficient and prepare for the weather conditions on the day
- Come alone if you can
- Do not swap your number or give it to another participant. This would compromise covid security and we will DQ anyone and report to EA/UKA. (cameras will be present)
- Be respectful and observe social distance at all times
- Bring your own water and carry it if necessary. No water is provided.
- **Avoid spitting and nasal clearance**

If you experience Covid symptoms soon after the event, make it known through the track and trace system and email covid@harwichrunners.co.uk

Running the course

As you approach the start there will be 3 lanes. Choose one and stay in it. Runners will be set off in groups of 3 at 2 second intervals. The faster runners will be given earlier start times. Please stay with your car until 10 minutes before your start time. The course is on minor roads but there will be occasional cars. Keep left unless instructed by signage or marshals.

When you have gone through the finish keep moving and follow the signs to the car park which is half a mile away. Leave straight away, results will be online.

Spectators - NO spectators or supporters are to come to the event.

Start Times

Please note **all timing is on a Chip to Chip** basis and these start times are approximate

| Start Time | Running Number |
|------------|----------------|
| 09:30 | 1 - 90 |
| 09:31 | 91 - 180 |
| 09:32 | 181 - 270 |
| 09:33 | 271 - 360 |
| 09:34 | 361 - 450 |
| 09:35 | 451 - 540 |
| 09:36 | 541 - 630 |
| 09:37 | 631 - 720 |