

Birmingham Run

Race Day Information

Sunday 17th October 2021

Half Marathon - 08:30am

10k - 10:30am

5k - 11:15am



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.***

Contents

Essential Information	Maps	Event Calendar	Merchandise	Partners
Page 2	Page 4	Page 6	Page 7	Page 8

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.

Changing your Race Distance before the Race

If you would like to upgrade/downgrade is essential to let us know via customercare@uktriathlon.co.uk before Thursday 14th October or at registration on the day before you start the event.

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.

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 own 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.

Changing your Race Distance during the Race

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

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.

Music

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

Results

Overall results and times will be online on Monday 18th October 2021. Should you have any problems with your results please email jenny@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 events [My Sport Photos](#)

Prizes

Commemorative 2021 medal for all finishers. Please see table below for age group awards, prize giving will take place toward the end of the event.

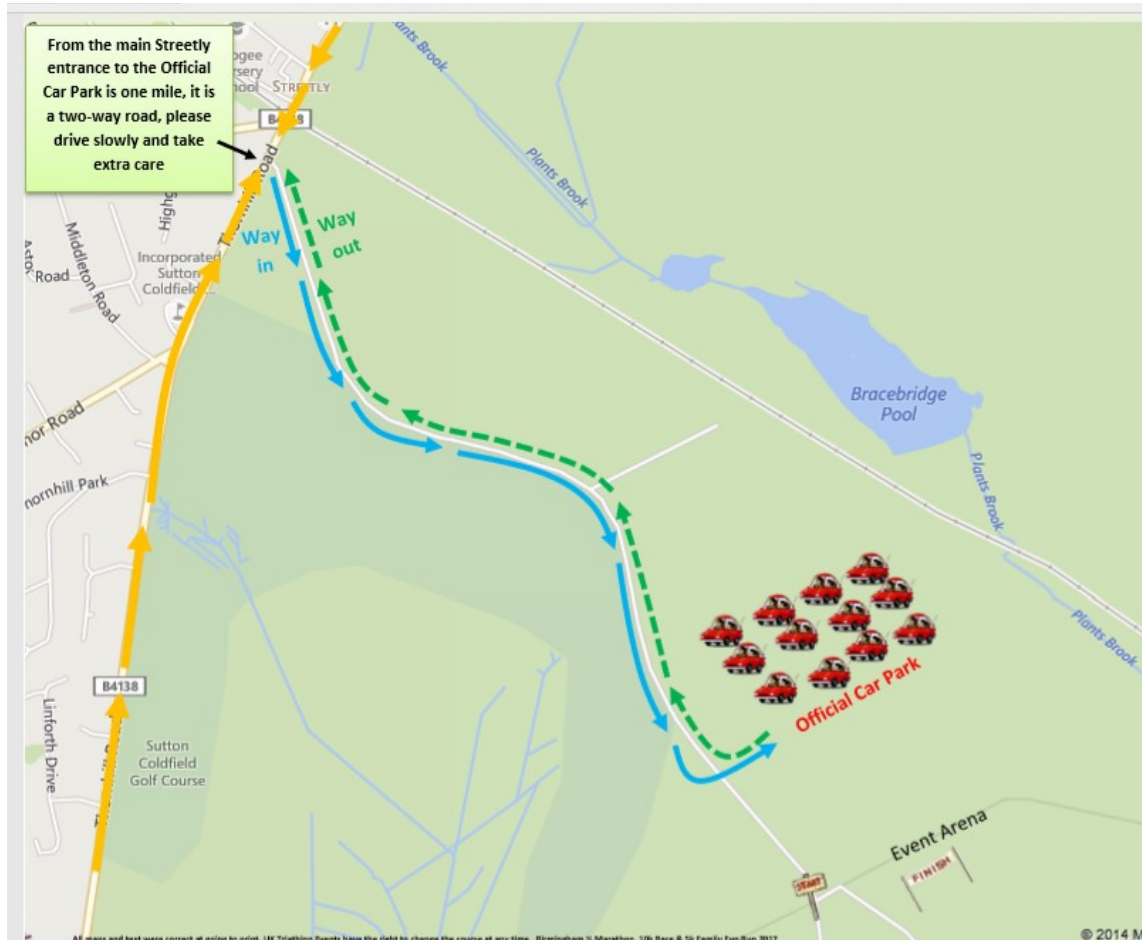
Distance	Prizes	Age Group Prizes
Half Marathon	Top 3 prizes for male & female	1st place age group prize - 40-49 age group male & female 50-59 age group male & female 60-69 age group male & female 70+ age group male & female
10k	Top 3 prizes for male & female	1st place age group prize - 40-49 age group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

Littering

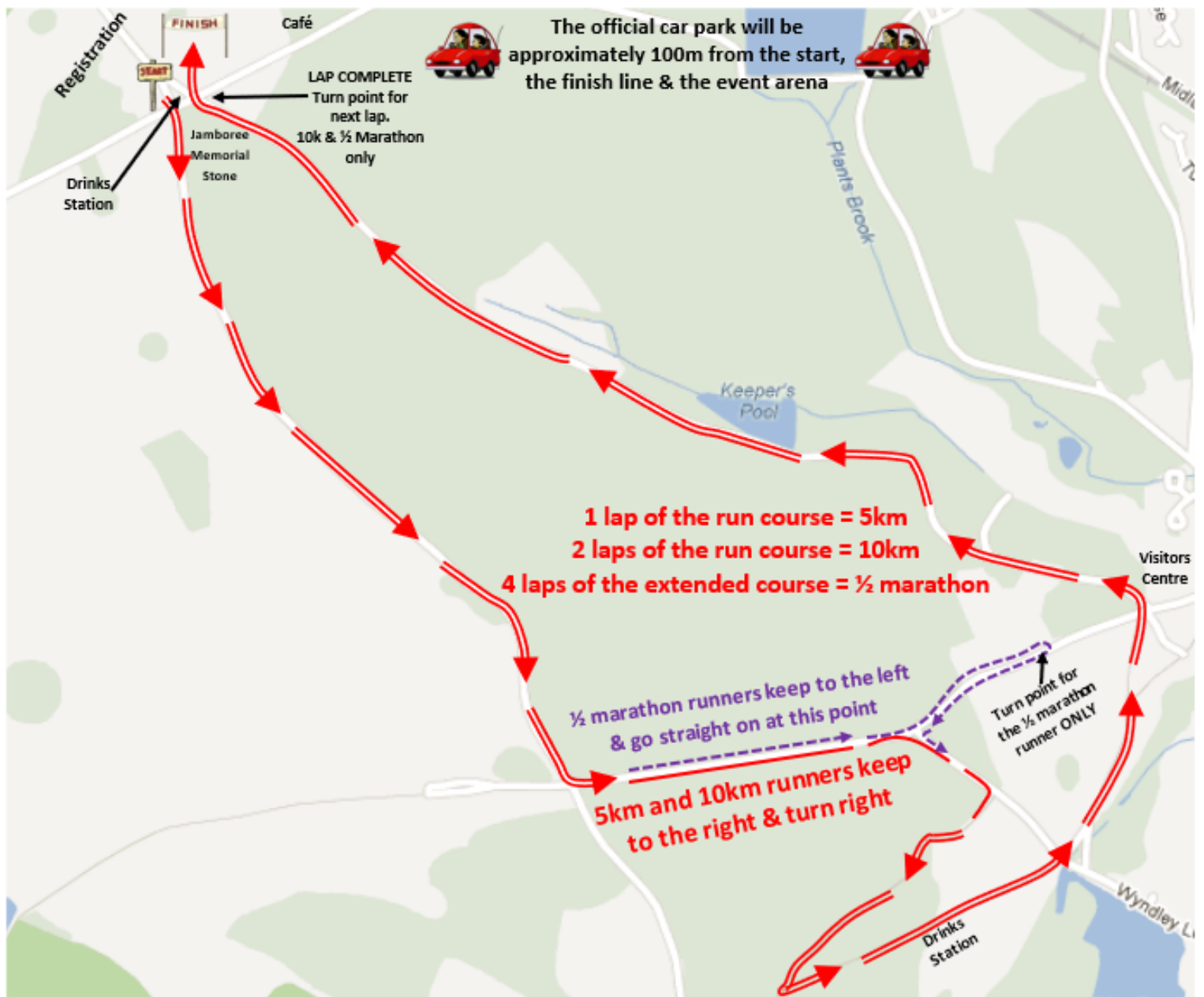
All litter must be placed in bins or keep hold of it until you can dispose of properly.



Car Parking Map



Course Map



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

2021/2022 Event Calendar

Birmingham Autumn Half Marathon, 10k & 5K	17th October 2021
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
Ultimate Aquathlon	12th June 2022
Triathlon @ Alderford	18th June 2022
Henley Kids Triathlon	2nd July 2022
Henley Triathlon	3rd July 2022
Ultimate Weekend	15th-17th July
York Kids Triathlon	30th July 2022
York Triathlon	31st July 2022
Shropshire Triathlon	4th September 2022
North West Kids Duathlon	17th September 2022
North West Triathlon	18th September 2022



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



Race Day Massage

Book your massage with our team of qualified physios & masseurs
and we can help improve your race experience



Pre & Post Race Stretch

£10

Pre & Post Race Massage (1 Area)

£15

Taping of One Area

£10



Craven Complete are pleased to be attending all of the 2021
UK Triathlon Series Events and will be available the day before and on race day

TO BOOK YOUR SLOT

Visit - cravencomplete.co.uk

Text - 07539 440622 with your name, event & race number

Email - coaching@cravencomplete.co.uk





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Click the links below for further tips and advice-

[10K](#)

[Half Marathon](#)



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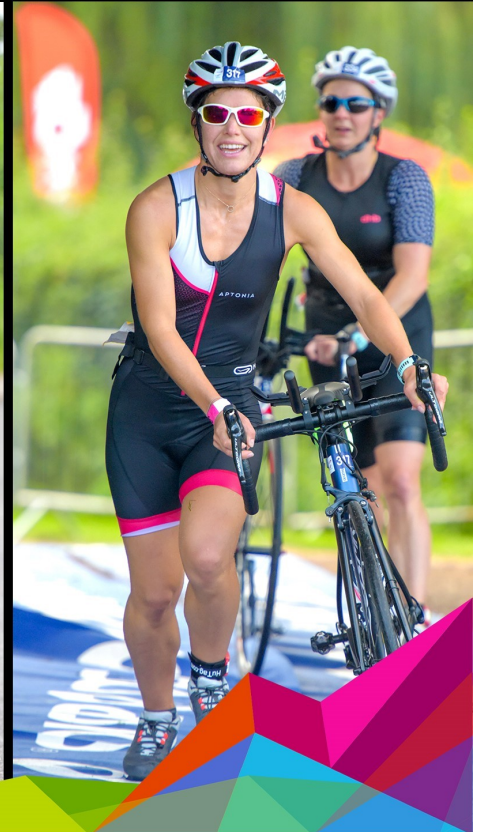
Colors
to move
body and
mind.

asics
sound mind, sound body





PROFESSIONAL, AFFORDABLE, RACE PHOTOGRAPHY



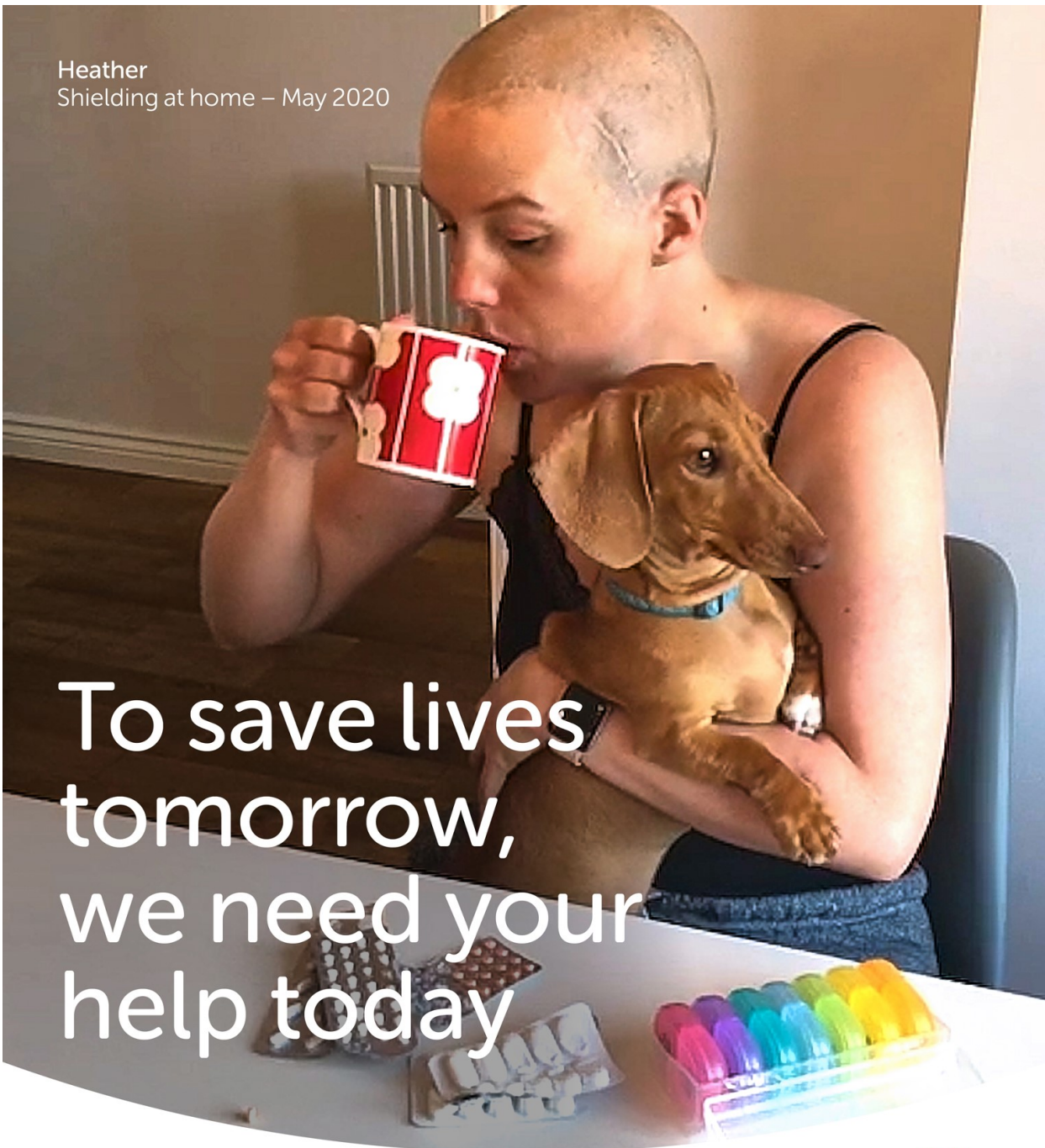
BE THE FIRST TO SEE YOUR
PHOTOS!

WWW.MYSPORTPHOTOS.CO.UK

ALWAYS DISPLAY YOUR BIB NUMBER CLEARLY

With thanks to New Pixels for providing images for the competitor race information

Heather
Shielding at home – May 2020



To save lives
tomorrow,
we need your
help today

COVID-19 has slowed us down,
but we will never stop.

Fundraising has fallen and future
cancer research is at risk. We need
your donations now more than ever,
to help continue our life-saving work.

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