



SONNING 5km, 10km & KIDS FUN RUN EVENT BRIEFING

We're really looking forward to seeing you at the Sonning 5km/10km and Kids Fun Run on Sunday 4 July.

We are very grateful to you, our runners, as well as our event sponsors for supporting this established community event:

- [Eight Wealth Management](#)
- [Greenacre Financial Services](#)
- [Power of One Fitness](#)
- [Castle Royle](#)

There are some spaces still available but the event is selling out fast.

Please do take time to read this email and watch the briefing video prior to the event, as it should hopefully answer any questions you may have. If it doesn't - please do feel free to email us at sonning10k@gmail.com

BEFORE THE EVENT:

PLEASE DO NOT ATTEND THE EVENT IF:

- you have had any COVID-19 symptoms shown [here](#) in the 10 days prior to event
- you have tested positive for COVID-19 in the 10 days prior to the event
- you have had diarrhoea or sickness within 48 hours prior to the event

TIMINGS:

8:00am - Registration opens

8:30am - Kids Fun Run Starts

9:00am - 5km/10km Run Starts on a rolling start format

GETTING TO THE EVENT:

Parking for this event is at [Reading Rugby Club, Sonning Lane, RG4 6ST](#)

There is NO parking at Berkshire County Sports Club or in Sonning Lane itself - ignoring this will impact the event.

A £2/CAR FEE WILL BE COLLECTED WHEN LEAVING THE CAR PARK.

There will be bike racking available at the Race HQ (Berkshire County Sports Club) for you to lock bikes to - bikes will be left at your own responsibility.

Please follow signs and marshals when you arrive onsite.

RACE NUMBERS:

These will be collected on the day from "Number Pick Up" from our marshals who will be wearing PPE.

We ask that you "check-in" using the NHS Track & Trace QR code on arrival.



PLEASE ENSURE YOU COMPLETE ANY MEDICAL DETAILS ON THE REVERSE OF THE NUMBER.

WARMING UP:

There is plenty of space away from the start/finish area for warming up - please make use of it. Castle Royle will be leading a group warm up a few minutes prior to the Kids Fun Run and the 5km/10km event.

AT THE EVENT:

There is **no baggage** drop facility as we do not have any access to Berkshire County Sports Club - please only bring the bare minimum to the start/finish area.

Social distancing must be observed at all times throughout the event, not only with fellow runners & marshalls, but also with the general public.

This means you may have to wait or step aside should the necessity arise.

Spectators are **STRONGLY DISCOURAGED** from attending the event - we appreciate this is not easy, but please help us to help everyone by abiding to this.

The start for the 5km/10km will be a ROLLING START from 9am - based on your predicted finish time. Those with quickest predicted finish times will start first. Please head to the correct "holding pen" based on your predicted finish time by 8:55am at the latest. We anticipate everyone in the 5km/10km event to cross the start line within 5 minutes.



[SEE COURSE MAP HERE](#)

DURING THE EVENT:



NO in-ear headphones to be worn – you will be disqualified, it is for yours and others safety. Bone conducting headphones are allowed.

There are **NO WATER STATIONS** this year (unless the forecast is predicted to be 25 degree + temperatures) - please bring your own hydration for during the event.

Both the 5km and 10km events are a one lap course. The 10km runners will continue past the 5km finish line for an additional 5km!!! PLEASE FOLLOW SIGNAGE!

If you wish to overtake a runner in front - please communicate this to allow the runner in front to move over for you to pass safely.

You will be running on paths open to the general public, please be courteous and give space to the general public.

AFTER THE EVENT:

Medals and sealed bottled water will be available at the finish line.

There will be no prize giving on the day - trophies for 1st/2nd/3rd male female overall and 1st V40/V50/V60/V70/V80 Male & Female will be posted to the winners after the event.

Once you have finished the event, we request you leave the start/finish area as soon as practically possible.

PHOTOS:

Thanks to our volunteer photographers, photos will be available free to download after the event [here](#).

RESULTS:

Results will be available as soon as you cross the line [here](#)

CASTLE ROYLE DAY PASS:

All runners in the Sonning 5km/10km are entitled to a free day pass to Castle Royle. All you need to do is simply get in touch with Jack to claim for your day pass - j.lines@theclubcompany.com.

THE COUNTDOWN IS ON - SEE YOU ON SUNDAY 4 JULY!

Thanks

Ellie, Ian, Lorraine, Matt and the Sonning 10k Event Team

BCSC
BERKSHIRE COUNTY
SPORTS CLUB

BARNES FITNESS.co.uk
BELIEVE TO ACHIEVE

**SONNING
10K
5K & Kids
Fun run**

4th July 2021
sign up at
www.sonning10k.co.uk

Thank you to our sponsors

EIGHT
WEALTH MANAGEMENT

CASTLE ROYLE
BY THE CLUB COMPANY

Greenacre gfs
FINANCIAL SERVICES

POWER OF **one** FITNESS