



Birmingham Run

Sunday 6th August 2023

Boldmere Gate, Sutton Park

Sutton Coldfield

B73 6LNH

Start from 8:30am

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Welcome

Welcome to the Birmingham Run. Please take a moment to read this Race Day Information Pack prior to the event day to ensure you arrive fully prepared.

Parking Information

Parking is available on Sutton Park next to registration and the event arena.

Sat Nav postcode is B73 6LH and What3Words famous.loops.venues

There is a charity donation of £2 for parking by The Rotary Club of Erdington. Only cash is accepted.

On arrival please follow the Triathlon parking signs.

Race Distances

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

Registration

Registration will be open on Sunday morning from 7:15am and closes at 8:15am.

Registration is in the orange Mornflake marquee.

Essential Information

Changing your Race Distance before the Race

If you would like to change your distance, it is essential you let us know before Wednesday 2nd August 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, Electronic timing chip and ankle strap x1.

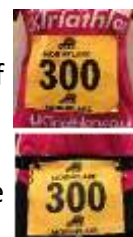
Safety pins will not be enclosed however they will be available if required.

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 and the number visible
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.

The Course

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

Follow the run route signs around the course. It is up to you to count your laps on the run, marshals will be taking numbers as a check in the case of suspected insufficient laps completed.



Essential Information

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.

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 drinks station bins for all litter. You must not drop energy gels 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.

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 and as a result you may be disqualified.

Results

Results will be online on Monday 7th August 2023. Should you have any problems with your results please email results@uktriathlon.co.uk.

Birmingham ½ Marathon, 10k Race & 5k Family Fun Run

1 lap of the run course = 5km
2 laps of the run course = 10km
4 laps of the extended course = ½ marathon



Birmingham ½ Marathon, 10k Race & 5k Family Fun Run Chipped timed - Closed Road to traffic - On Site parking

The Birmingham run takes place on a tarmac road surface within Sutton Park.

Prizes

Prizes

Commemorative 2023 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	Winner for male & female	

Photography

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. We will email you once the photos are available. For any photography inquiries please contact info@mysportphotos.co.uk or www.mysportphotos.co.uk.

UK Triathlon 2023/24

Event Calendar

Birmingham Triathlon	5th August 2023
Birmingham Run	6th August 2023
York Kids Triathlon	19th August 2023
York Triathlon	20th August 2023
British Sprint Championships	2nd September 2023
Shropshire Triathlon	3rd September 2023
North West Kids Duathlon	16th September 2023
North West Triathlon	17th September 2023
Warwickshire Triathlon	1st October 2023
Stratford Triathlon	28th April 2024
Cheshire Kids Duathlon	18th May 2024
Cheshire Triathlon	19th May 2024
Henley Kids Triathlon	1st June 2024
Henley Triathlon	2nd June 2024
Ultimate Triathlon	30th June 2024
Ultimate ½ Triathlon	30th June 2024
Ultimate Olympic & Sprint Triathlon	30th June 2024



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Thank you to all of our supporters taking part in this triathlon. Together we will beat cancer.

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WITH US!**

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