



Wolves & Bilston present  
**Fordhouses 5K**

**Friday 24th April 2020 @ 7.00pm**



### **INFORMATION FOR RUNNERS**

Welcome to Wolverhampton & Bilston AC as we present the first of our three races scheduled to take place during 2020.

#### **Race headquarters**

Fordhouses Cricket Club, Wobaston Road, Wolverhampton **WV9 5HH**.

Refreshments will be available to purchase in the Cricket Club.

Toilets and changing are also available at the Cricket Club and please respect other users at the Club.

There will be limited parking so please try to park giving other users consideration.

The race starts at 7pm so please try to arrive in plenty of time, bearing in mind to leave time to collect your number. Registration will be open inside the Cricket Club at 5.30 pm.

You need to check into the Cricket Club to collect your race number. **Please note we cannot take entries on the night.**

Remember to complete your personal details on the reverse of your number.

Numbers must be displayed on the front; please take care not to cover the number at the finish as officials may not be able to include you in the results. Anyone who goes through the finish line without a number and without a good reason will not be counted or timed.

This race is not chip timed. Once runners have gone through the finish funnel, please keep the finish area clear and do not walk back through the race finish funnel. If you want to support your teammates/friends, please do so from the side lines, DO NOT run alongside other runners in the approach to the finish line and under no circumstances go through the finish a second time.

#### **Course description**

A measured 5K race on canal towpath and pavement around Pendeford.

#### **Postal entries**

Please make cheques payable to Wolverhampton and Bilston AC and send completed entry form with appropriate fee to: The Fordhouses 5K. c/o 27 Lawn Lane, Coven, Wolverhampton WV9 5AX. **Numbers to be collected on the night.** Any questions please contact Mary Harding on 07809 645790.

This race is run under UKA guidelines and regulations. Licence no 2020-40475

**ONLY BONE CONDUCTING EARPHONES ARE PERMITTED**

**ON-LINE ENTRIES:** [www.runbritain.com](http://www.runbritain.com)

