

**PLEASE HELP US TO
REPLACE OUR ROTTEN
10K SHED, SO THAT ALL
PROFITS CAN GO TO
OUR SCHOOLS**



<https://gofund.me/21c0f372>



Below are some final details to help your day run smoothly. We care about our beautiful planet, and hope that you will help us to look after it by following our suggestions, where possible.

Your race number & timing chip

You will need to collect your race number from the registration hall located in the Memorial Hall. Your timing chip will be attached to your race number. Registration opens at 10am and closes at 12.30pm for the 4k, 1 mile and kids' dash races, and 1.30pm for the 10k, to allow our timing partners to be ready for the start of each race.

Please write your emergency contact and medical details on the back of your race number, then attach it to the FRONT of your top or shorts before the race start. If you have a serious medical condition, please draw a large red cross on the front of your race number. This will alert our medics that you have a condition in the event of any incident. Red marker pens will be provided in the registration hall.

If you already have safety pins, please bring some to attach you race number. Millions of safety pins are thrown away each year. We will provide safety pins for anyone who doesn't have them.

All races are timed, other than the kids' dash.

There is a bag drop available in the registration hall.

The races

Our 10k event is a true community day, where the whole town turns out to support you. We have a race for everyone, from little tots to serious club runners. Bring your friends and family and make a day of it! All races have tortoises (back markers) to ensure that no one feels left behind. We can guarantee lots of support for all races.

The races are:

- Kids' dash, for school years 2 and under (no younger limit) – children can run solo or accompanied.
- 1 mile, for school years 3 to 6
- 4K, for adults and school years 7 and upwards
- 10k, for aged 16 plus

To enter family and friends in these events, head to:

www.kirkbymoorside10k.com

Entries will also be taken on race day, at the Memorial Hall, provided the races are not already full (entries to the kids' dash are ONLY taken on the day, and cannot be booked in advance).

The 10k race

The 10k race will be led by our official race car with the race clock on top, and there will be a sweeper car at the back. If you are unable to finish the race, please wait for the sweeper car to collect you. If you withdraw from the race and make your own way back, please let a race official at the start/finish know that you have withdrawn.

At the finish line you will find a water station, where you will be provided with a drink in your own famous Kirkbymoorside 10K 2024 mug!

This year, for the first time, you will also receive an amazing goody bag, including a GOAT energy drink, an energy bar, and a drink offer, all provided in a useful tote bag (you can pop your mug in it too!). Everything in your goody bag, including the bag itself, has been provided for free by our fabulous sponsors, who love the day as much as we do!

The 4k race

The 4k race will be led by a hare on a bike (from Ryedale Velo Club). We will also have a tortoise at the back, so no one need worry about being left behind or running on their own.

The 1 mile race

The 1 mile race will also be led by another hare, with a tortoise runner at the back, and there are marshals around the course to make sure that none of the kids go off route.

There is a small off-road section in this route, which could be muddy if it has rained a lot before the race. Our friendly marshals will tell the kids as they are approaching this.

The kids' dash

The kids' dash is a sprint (or toddle) up the main street and back, in front of all the adoring fans! It will be led by a hare, and there will be a tortoise at the back, encouraging the littlest ones on. Kids in the dash can be accompanied by a parent or helper, so there will be plenty of supporters.

Prize-giving

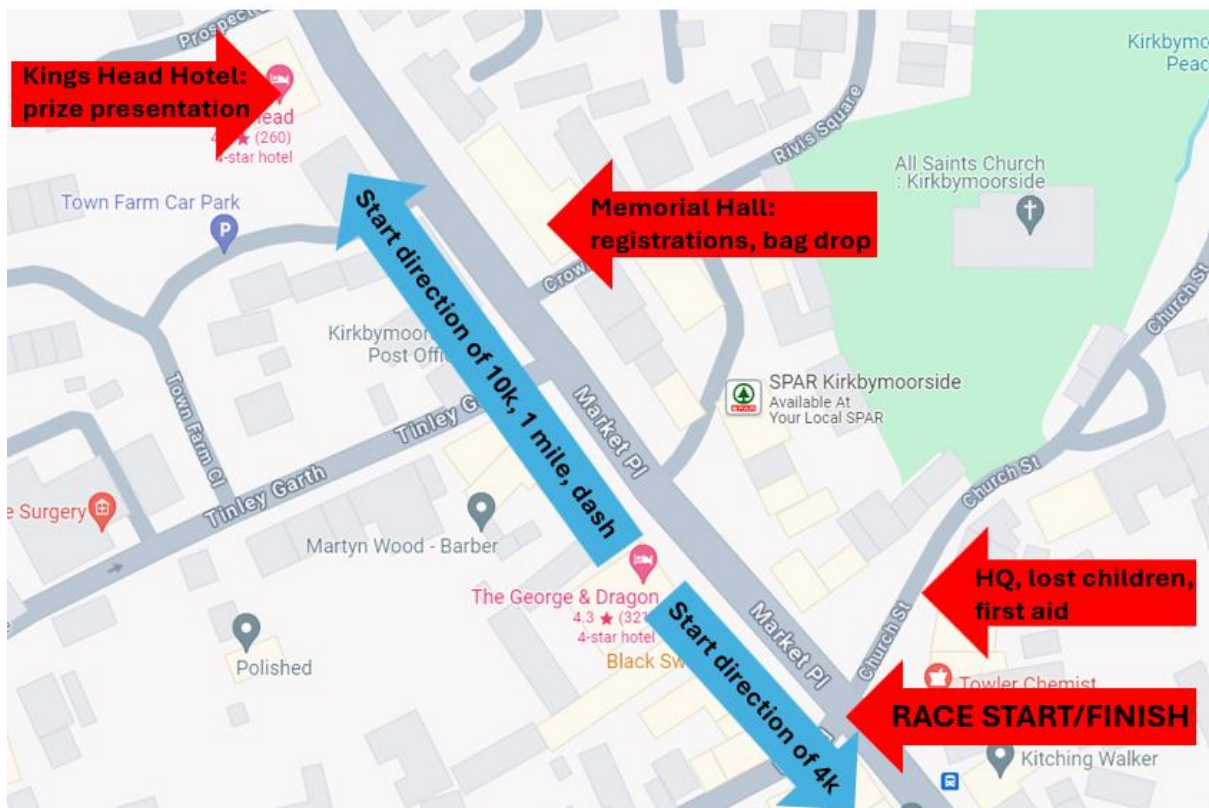
Prizes for **all races** will be awarded at our presentation, which takes place at the Kings Head Hotel at 4pm.

This year we have gone back to our historical tradition of hand-made prizes, and all of the prizes for the 10K and 4K races are locally hand-crafted bowls, made by Pamela Thorby Ceramics <https://www.pamelathorby.com/>

A list of all of the prizes up for grabs is at the end of this email.

Important areas

So that you know where everything is, here is a handy little map:



Event schedule

10.00	Race registration opens in Memorial Hall
11.45	Beadlam charity tractor run (in aid of Yorkshire Air Ambulance) and Kirkbymoorside Town Brass Band
12.30	Entries and registration for kids' dash, 1 mile and 4k run close
12.45	Kids' dash starts
1.00	1 mile race starts
1.05	4k race starts
1.30	Entries and registration for 10k close
2.00	10k race starts
4.00	Prize presentations for all races takes place in Kings Head Hotel (everyone welcome, regardless of whether you think you might have won a prize).

Arriving and parking

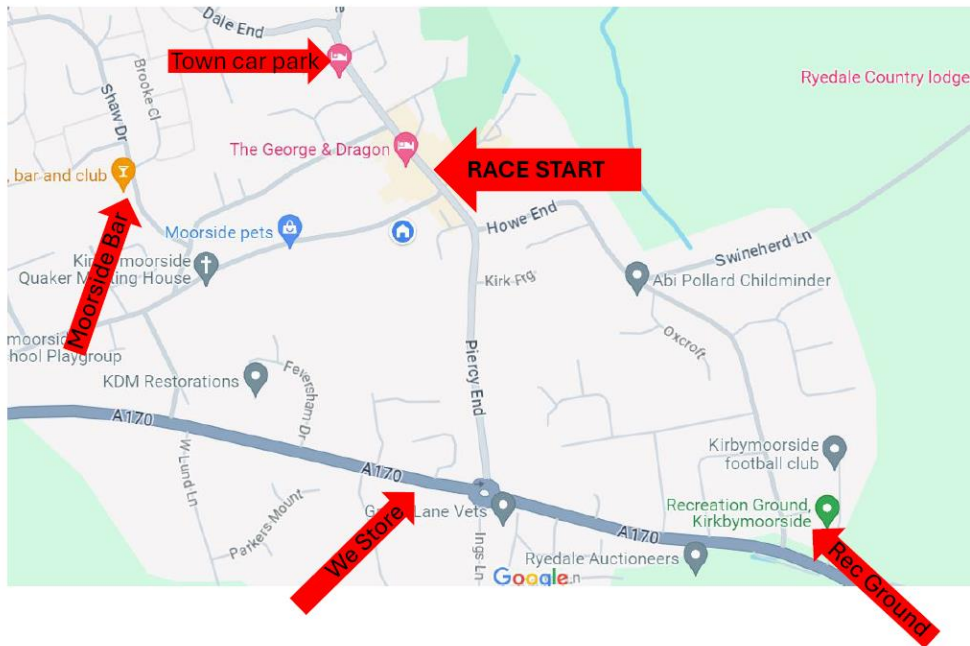
Please car share, where possible.

There are 4 car parks available for your use, shown on the map below. The Town Car Park is free of charge for the weekend of Sat 4 and Sun 5 May. The other car parks have kindly been made available to us by local businesses and have a suggested donation of £2, which will go to Kirkbymoorside and Gillamoor primary schools. Donation boxes will be on site in these car parks. Please do not park on any grassed areas in the car parks.

There will be plenty of parking spaces in these car parks, so we would be really grateful if you could please avoid parking in the town. We need to keep roads clear for the races, and residents will need to move their own cars out of the restricted areas, so will need space to park them in.

All car parks are within a 10 minute walk of the start but please do allow enough time to get there in time – runners will be assembled approximately 5-10 minutes before the start of each race.

10K EVENT CAR PARKS (Town car park is FREE on the day. All others, suggested cash donation £2)



Car park addresses:

Town car park
YO62 6AS
<https://maps.app.goo.gl/YLnNmao1jqPN2WweA>

We Store
YO62 6YB
<https://maps.app.goo.gl/zqgVF9HnNPiosfwF6>

Moorside Bar & Club
YO62 6PS
<https://maps.app.goo.gl/sEDR9YLYiyQUWpZf6>

Kirkbymoorside
Recreation Ground
YO62 6DY
<https://maps.app.goo.gl/o8yNyecnkFhxqLUt5>

First aid

Our first aid cover will be provided by Medics UK. They will be present at the start/finish area, and they will also have a first aid station at Gillamoor school (give them a wave on your way past). In addition, and for the first time this year, there be mobile first aiders from Ryedale Velo Club around the course on their cycles! They can assist with any minor injuries, and can co-ordinate with the medics for anything more serious.

Water

There are 2 water stations around the route. The first is at the village of Gillamoor (4KM), and the second is at Hagg Road (7KM). There will also be a water station at the finish. The water will be provided to you in a paper cup, to avoid using plastic bottles. If you have your own running cup or bottle, please consider bringing it, and it will be filled for you at our water stations. Our water is kindly provided to us by the Coop store in Kirkbymoorside.

There will be large bags just past the water stations. Please throw your cups into these, so that they can be recycled.

Toilets

Public toilets are located in Town Car Park, Kirkbymoorside.

Other events on the day

The Beadlam charity tractor run is in aid of Yorkshire Air Ambulance, and will come down the main street in Kirkbymoorside at around 11.45, accompanied by the fantastic Kirkbymoorside Town Brass Band. It is definitely worth arriving in time to see the run of over 150 tractors, most of them amazingly vintage, and some of them modern beasts!

Other info

Kirkbymoorside has loads of cafes, pubs and shops, and there are usually a few stalls on race day too, so please come and support our community by buying local.

If you need any last minute kit, head to our local Age UK, who will be selling lots of sports wear. If you have any good quality kit that is no longer needed, please donate it to the shop.

There will be road closures in place on race day, and we want to keep everyone safe, so please ask your supporters **not** to look for you at any location along the route in their cars.

If you have any questions on the day, please ask any of our friendly volunteers, who will be wearing hi-vis vests.

If you would like to check out the routes in advance, have a look at the maps and Strava links on our website. Maps will also be on display during registration.

Please help us to keep this amazing event going by spreading the word, and by liking our Facebook page:

https://www.facebook.com/kirkbymoorside10k/?locale=en_GB

It's also a great way for us all to keep in touch, and to share our photos of the day. Please leave us any feedback that you have, be it good or constructive (!). Our event is organised entirely by volunteers, so please be kind with comments on anything that you feel needs improvement 😊.

Prizes for all races

10k race	4k race
1 st male *	1 st male *
1 st female *	1 st female *
2 nd male *	2 nd male *
2 nd female *	2 nd female *
3 rd male *	3 rd male *
3 rd female *	3 rd female *
Aged <18: 1 st male	Years 7 & 8: 1 st boy
Aged <18: 1 st female	Years 7 & 8: 1 st girl
Local runner: 1 st male	Years 9 & 10: 1 st boy
Local runner: 1 st female	Years 9 & 10: 1 st girl
Aged 40+: 1 st male	Year 11: 1 st boy
Aged 40+: 1 st female	Year 11: 1 st girl
Aged 50+: 1 st male	First team
Aged 50+: 1 st female	Best fancy dress
Aged 60+: 1 st male	
Aged 60+: 1 st female	
Aged 70+: 1 st male	
Aged 70+: 1 st female	
1 mile race	Kids' dash race
Year 3 & under: 1 st boy	Everyone's a winner!
Year 3 & under: 1 st girl	
Year 4: 1 st boy	
Year 4: 1 st girl	
Year 5: 1 st boy	
Year 5: 1 st girl	
Year 6: 1 st boy	
Year 6: 1 st girl	
* Please note that in the 10k and 4 k races, 1 st , 2 nd and 3 rd male and female are based on over the line first. All other prizes are based on chip times, to allow for differences in timing of crossing the start line	

Our sponsors

All profits from our event go to Kirkbymoorside and Gillamoor primary schools. We couldn't hold this event without the support of our community, and our local sponsors, and of course YOU! So, we want to say a huge thank you to everyone who runs, volunteers, and sponsors the day. Check out our fabulous sponsors below.

THAT'S IT FOLKS.....LET THE COUNTDOWN BEGIN!



Proud
sponsors
of the
Kirkbymoorside
10k



<https://www.thehelmsleygarage.co.uk/>

<https://gracelanevets.com/>



<https://www.pamelathorby.com/nunnington-pottery/>

<https://goatdrinks.co.uk/>

<https://farndalecottages.co.uk/farndale-store/>



<http://www.kirkbymoorsidegolf.co.uk/>

<http://www.jtatkinson.co.uk/>

<http://www.towlerschemist.co.uk/>



<https://www.facebook.com/groups/1724303974594164/>

<https://www.ryedaleburnerservicesltd.co.uk/>

<https://kitchingwalker.co.uk/>



<https://www.littleyearsnursery.co.uk/> <https://www.marshallgroup.co.uk/>

Rack Systems (Engineering) Ltd | 01751 432647 | www.racksystems.co.uk
1 Wits End | Kirkby Mills Industrial Estate | Kirkbymoorside | York | YO62 6PG



<https://www.racksystems.co.uk/>



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[w: www.northyorkshireosteopathy.co.uk](http://www.northyorkshireosteopathy.co.uk)



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<https://www.thekingsheadkirkbymoorside.co.uk/>

<https://www.ernestleng.co.uk/>

<https://www.nsf.org/gb/en>

**NIGEL RICHARDSON,
PRIVATE HIRE
10K MC EXTRAORDINAIRE!**



<https://www.ryedalelions.org/>

<https://www.rotary-ribi.org/clubs/homepage.php?ClubID=228>