

# Race Information

**Both races start at Tedworth House, Tidworth, Hampshire SP9 7AH**  
**The 3k starts at 10.00am and the 10k starts at 10.45am.**  
**Free parking is available.**

The 10k race is open to all runners and walkers aged 16 and over. The 3k fun run is open to all runners and walkers including accompanied children and parents with pushchairs. Unfortunately, for health and safety reasons, dogs are not allowed.

The 10k takes place over a challenging course on varied terrain through the army camp and across Salisbury Plain. The route includes Sidbury Hill and can become muddy and slippery depending on weather conditions. The 3k is over gentler terrain and obviously less challenging. Please consider this before setting out.

There will be water stops en-route on the 10k, and at the finish of both the 3k and 10k. Please bring any other water you may require.

Toilets will be provided along with parking and first aid facilities. Refreshments can also be purchased.

Unfortunately, we cannot provide official timings for the runs, but there will be a clock at the finish for you to note your own time.

The event will still go ahead if it rains. Please ensure that you are dressed appropriately.

All participants will receive a commemorative medal in recognition of their achievement.

The Tidworth 10k and 3k fun run is organised by the Stars Appeal with assistance from 1st Mechanized Brigade Headquarters and Signal Squadron (215). The Stars Appeal acknowledges their huge contribution, without which, the event could not go ahead.

## TERMS AND CONDITIONS OF ENTRY

By registering for the Tidworth 10k/3k fun run you agree to accept the following:

- 1) I understand that if I am in doubt about my health, or have a medical condition that could be affected by exercise, that I should obtain my doctors approval before participating in this event as it involves strenuous exercise.
- 2) I understand that participants aged under 16 may not participate in the 10k race and that all participants aged under 18 should be accompanied by a responsible adult who has also registered for the event.
- 3) I understand that I take part in this event entirely at my own risk.
- 4) I understand that this is a fundraising event and pledge to raise sponsorship money in addition to my entry fee.
- 5) By taking part, all participants confirm that they are happy for their names and any footage or photographs taken during their participation in this event to be used to publicise the Tidworth 10k and the Stars Appeal generally, including television broadcasts.
6. Under the Data Protection Act 1998, Salisbury District Hospital Stars Appeal are required by Law to give you the following notice: Salisbury District Hospital Stars Appeal have teamed up with Total Buzz Events to provide administrative support to the Tidworth 10K/3k Fun Run: By registering to take part in the Salisbury District Hospital Stars Appeal 10K/3k run, you are giving your consent for your information to be shared for administrative reasons only. Your information will not be disclosed to marketing firms. You have a right to ask for a copy of the information held about you in our records, for which we may charge a small fee, and to require us to correct any inaccuracies by writing to the Information Governance Manager, Informatics Department Salisbury NHS Foundation Trust, Odstock Road, Salisbury Wiltshire SP2 8BJ: Data Protection Registration No Z6613850