

Details for Upton Fun Run Saturday 13th July 2019

Thank you for entering the 6th Upton Kids' Fun Run. Here is some important information to help you on the day:

9:45-10:45 Register at the Upton Fun Run desk in the marquee to collect your child's race number. The number must be attached to the front of your child's top (or can be carried/ on your top for the 100m if you are accompanying them). Children without a number won't be able to run. Safety pins will be available but please supervise their use.

We will be taking entries on the day if you know anyone else who would like to take part. They will need to complete an entry form and pay at the Upton Fun Run desk in the marquee between 9:45-10:45.

[Click here](#) to see your race number and view the list of online entries.

10:50 Fun race warm up near the 100m start, on the river side of the bank.

11:00 100m race followed by the 1km race. Look for the '100m start' and 1km start' signs near the big finish sign for the triathlon. This will also be the finish for both the 100m and the 1km races. A course map will be posted in the marquee and marshals will be available to ensure everyone gets to the start.

[Click here](#) to see a map with key places and the course.

Every finisher will receive a **medal** and will be entitled to a **free drink and snack** by showing their race number at the café in the marquee after the race. There are no prizes for coming 1st! Don't forget to take a Finisher's Photo of your children on the podium.

Individual times will be available on [the website](#) by Sunday 14th July for everyone completing the 1km. If you register more than 1 child ensure you put the right number on the right child otherwise they will get the wrong time!

Please do not let your child run if they have been ill in the days leading up to the race or are not feeling 100%. Unfortunately we are not able to issue refunds.

From 12:30: Why not stay to watch the Upton triathlon? The first wave of swimmers start at 12:30, 1,500m upstream from Upton Bridge. The bridge is a great spot to watch the competitors come down the river. They get out of the river just before the bridge and then run into transition and get onto their bikes to start the bike stage. If you cross the road and walk away from the town, you will see the competitors come out on the bike. To watch the run head back into Fish Meadow and position yourselves somewhere along the route to cheer everyone on to the finish.

On-site Facilities

Refreshments and fully licensed bar

You can buy sandwiches, homemade cakes, tea, coffee etc all day in the registration tent. There will also be a fully licensed bar selling both soft and alcoholic drinks at very reasonable prices and an ice cream van.

Toilets

There will be portaloos near the transition area only.

Free Parking

There is free car parking at the venue, Fish Meadow WR8 0PB. Please follow signs to the triathlon on the day. Check the [website for directions](#) to Upton-on-Severn.

Bouncy slide

Castlemorton Primary School will be running a bouncy slide for those with energy still left after the run – or for a warm up before it!

If you have any questions visit our website www.uptontriathlon.com or get in touch with us on info@uptontriathlon.com or 07939 068 128.

We hope you and your child(ren) enjoy the day!

Jessica