

Holkham 10k - 2 July 2022

Holkham Hall, Norfolk

Start: 10:00

UKA Licence: 2022-43837

Welcome to the 2022 Holkham 10k, part of the Outlaw Holkham Half Weekend.

The Holkham 10k takes place within the stunning grounds of the historic Holkham Estate. The route is undulating with climbs that reward you with beautiful views and ending with a fast descent to the carpeted finish line to collect your medal.

In addition to the Holkham 10k, the Outlaw Holkham Half Weekend has the Future Outlaw event for younger family members on the Saturday afternoon and the ever popular Outlaw Half Triathlon on the Sunday. The Event Village will be open all weekend, so feel free to stay and enjoy the atmosphere and support your fellow athletes.

Entries

Entries can be purchased online until 26 June. After this, entries will be only available on the day at £25 (subject to availability). Participants must be at least 15 years old on the day of the event.

Race packs for online entries made until 19 June will be mailed to competitors, entries made after this time can be collected from Enquiries on Saturday morning.

Getting here

Holkham Hall is two miles west of Wells-next-the-Sea on the A149.

By Car: Cars should follow the brown tourist signs indicated from Fakenham or Wells-next-the-Sea. The main entrance for cars is via the north gates to the estate in Park Road, by The Victoria. Event parking will be in operation – you can purchase this in advance until the 22 June or purchases can be made on the day for £5 (or £10 for a weekend pass). If you have pre-purchased, please display your permit as you arrive and follow the directions.

By Train: The nearest train stations are Cromer (25 miles) and Sheringham (19 miles) on the Bittern Line from Norwich. There are direct trains to Norwich from London and the Midlands as well as Great Yarmouth and Lowestoft. Connecting busses run to Holkham – see our Good Journey Page. King's Lynn (27 miles) has direct trains from London via Cambridge and Ely. Connecting busses run to Holkham

By Bus: There is a frequent bus service to Holkham Village from Kings's Lynn via Hunstanton, also from Fakenham via Wells. There is also a frequent service from Cromer via Sheringham to Wells-next-the-Sea, with onward connection to Holkham. The Hall is reached via Park Road, a beautiful walk of about 1 mile (allow 30 minutes).

By Bicycle: Holkham Park is on National Cycle Route 1 and is easily accessible from nearby towns and villages with bicycles able to enter Holkham Park via the North, South, East and West gates. Bicycle racks can be found in the Stables courtyard and at the Walled Garden

Venue & Facilities

You and your spectators will be able to enjoy the beautiful grounds and wildlife of the estate. Holkham Hall has a café on site serving a range of hot and cold refreshments. The Outlaw Event village will also have a range of catering units and exhibitors.

A self service water fill point will be available in the event village. There will also be a recycling point for gel wrappers – you are welcome to collect up and bring wrappers with you. If you use gels during the event, please hold onto the wrappers and dispose of them in the recycle point when you finish.

Toilets are available however there are no change facilities or bag drop on site. Please ensure you have a means to carry or store valuables and any kit whilst you are racing.

Safety of our competitors is paramount and during the event we will be supported by a specialist medical team. If before, during or after you feel you require medical care, please contact an event marshal.

Registration & Race Numbers

For advance entries made until 19 June, race numbers will be posted. For entries after this date and for On the Day registrations, race numbers can be collected from the Registration Marquee which will open from 08:30.

Your race number will have a timing chip embedded into it. Please bring a race belt or safety pins to attach your race number to your front where it must be displayed on your front at all times during the event. Please do not fold, tear or deface your number in any way.

Please write your emergency contact details and medical information on the back of your race number using a waterproof pen, this can save vital time in the event of you requiring assistance. If you have a medical condition, please also write "MC" on the bottom left corner of the front of your number.

Briefing & Rules

Please listen to the commentators before the race, they will notify you of any last minute changes or safety points. They will also let you know when it is time to make your way to the starting pen.

Faster runners will be guided to start at the front and slower runners will be recommended to position themselves further back. Your timing chip will capture your individual start and finish time so you are not disadvantaged if you cross the start after the gun.

Normal UKA rules apply.

Route

The course is undulating and takes place on mixed terrain including unsurfaced farm roads – a normal road shoe or light trail shoe is advised. Please take care as the surface is uneven and there will be loose stones.

The route will be signposted and marshals will be available to help direct you. It begins in the parking area just behind the Hall and finishes on the famous Outlaw orange carpet in the event village.

A drink station with Water and High5 will be available halfway at the Great Barns or you are welcome to carry your own hydration to avoid using disposables.

Please do not drop litter anywhere other than in designated bins. Gel wrapper recycling bins will be available in the Event Village.

Results & Awards

Results will be made live on our event website www.outlawtriathlon.com or can be viewed at Results Base.

Awards will be made to the winners of each Age Group with a presentation at 11:30

Withdrawals

The withdrawal date for this event has now passed, please refer to the Terms and Conditions of Entry for details. Please note, race numbers should not be passed to other athletes as they will be uninsured and may cause issues with Age Group awards.

Thank you

We hope that you enjoy the Holkham 10k and that we see you at future events. We would also like to thank all the volunteers who give their time to make the event possible.

Further information

Please contact the office with any queries prior to Wednesday 29 June (info@outlawtriathlon.com or 01522 699950).

After this date, the office will be closed and emails will not be monitored as we will be setting up the Event. Please visit Enquiries on the day with any final queries.

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