

Holkham 10K – 8 July 2023

Holkham Hall, Norfolk

Start: 10:00

UKA Licence: 2023-45550

Welcome to the 2023 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, a Huub hosted Dinner & Panel Talk with some of the stars of triathlon and the ever popular Outlaw Half Triathlon on the Sunday. The Event Village will be open all weekend, so feel free to stay, enjoy the atmosphere and support your fellow athletes.

Entries

Entries can be purchased online until 3 July, 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.

Getting here

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

By Car: 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, please follow the instructions from the Parking Team.

- If you pre purchased parking with your 10K entry, please display the swing ticket that arrived with your race pack (or if you have been sent a pre purchase electronic permit, please show this).

- If you have not pre purchased, you will be able to pay on entry (£5 for a one day pass) and retain your receipt.
- If you have purchased a Weekend Pass (in advance or on the gate), please ensure you visit Registration with your receipt/e-permit to exchange it for a swing ticket which will be needed for entry on Sunday.

By Train – The nearest train station is King's Lynn (approximately 23 miles away), which has hourly trains running from King's Cross, London via Cambridge and Ely. Train times can be found by telephoning National Rail Enquiries: (08457) 484950 or visiting www.qjump.co.uk.

By Bus – The Norfolk Coasthopper runs from King's Lynn and Hunstanton to Sheringham and has two stops at Holkham. The main bus stop is on the main road in Holkham village. In the summer the service is surprisingly frequent. The Hall is reached via Park Road, approximately a 3/4 mile walk away.

RACE INFORMATION



By Bike – Holkham Park is on National Cycle Route 1. For more information see the Sustrans website: www.sustrans.org.uk. Secure bicycle racks can be found in the courtyard.

On Foot – Pedestrian access is available at the North, South, East and West Gates.

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. If you use gels during the event, please hold onto the wrappers until you can dispose of them in the bins provided

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 27 June, race numbers will be posted, race packs for advance entries made after this date will be available at Registration from 08:30. On the Day registrations (if available) will be sold from the Registration Marquee also.

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 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 – please listen out for your race number to know when to come forward. 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. Participants must complete the event within 2 hours of the start.

A copy of the route map is available on the website: <https://www.outlawtriathlon.com/holkham-10k/event-info/>

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 gels 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.

A Recovery Zone will also be available at the Finish.

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 male & female Age Group with a presentation at 11:45 (20 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+). Presentation in the event village at 11:45

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, it may cause issues with Age Group awards and most importantly it hinders our ability to provide medical care to the athlete and inform the correct emergency contact, should the need arise.

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 05 July (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.

RACE INFORMATION



All information provided here is believed to be true at time of publication. Changes may be required to ensure that the event is organised safely and within the law, these changes will be made without notification. The organiser has the final decision. This information is copyright to OSB Events, reproduction of this text or style is forbidden.