



Newport Carnival 10K

Saturday 12th June 2010

11:45 am

Dear Runner,

Many thanks for applying to run the Newport Carnival 10k race, which is held in conjunction with Newport Carnival.

The 10k course again follows the Carnival route, starting at 11:45am from Longford Hall, just before the procession takes place. The fun run will start at Longford Hall at 11:15am.

Over 250 people are expected to take part in the 10k run, which uses traffic free roads, footpaths and tracks around Newport.

- Races sponsored by **ultrasport**
- £50 Prize to 1st overall male and female
- Prizes for lots of different age categories as well as special prizes for local runners
- 10K race begins at 11:45am.
- Fun Run begins at 11:15am.
- Start and finish for both races at the Longford Hall, Longford Lane, Newport TF10 8LR signposted from A518 Newport – Telford road
- Lots of spectators especially on the first part of the route.
- Refreshments available throughout the morning
- Showers available with (limited) toilets and changing facilities
- Free entry to the Carnival for 10K runners.
- Free parking at Longford Hall.
- **Directions:** From Telford – take A518 towards Newport and turn left signposted 'Edgmond' at the Red House island near Lilleshall. From Newport and the A41, take the A518 signposted 'Telford' and turn right at the third island signposted 'Edgmond' at the Red House pub.
- To ease traffic congestion and lower our carbon footprint for the race, local runners are kindly asked to park in Newport and walk to the start at Longford. If you are coming from further a field, please try to share car transport or offset your journey through <https://climatefriendly.com/car> (WWF, FoE, Greenpeace approved)
- **There is no traffic access from Salter's Lane / Boughey Road / Moorfield Lane to Longford from 10:30 on the day.**
- Race report, results and photos on www.newportrunningclub.co.uk