

Malvern Joggers 5&10K Race Brief

Welcome, to the annual Malvern Joggers 10K (and for the first time ever – 5k) 2025.

We are very happy to be hosting this iconic race, so thank you for booking and supporting both the Malvern Joggers and our 2025 chosen charity Heartstart Malvern.

<https://www.heartstartmalvern.org.uk/>

Date: Wednesday 18th June 2025

Race Start Time: 5k: 7:25pm / 10k: 7:35pm

Race Assembly/Briefing at the start location: 7:15pm

Race HQ location for registration & Parking: Mayalls Farm, Watery Lane, WR14 4JX.

<https://what3words.com/lighters.kickers.bonkers>

Some Sat Navs will direct to race HQ via Upper Welland Road. Please ignore this.

Please use A4104 Marlbank Road to gain access to Race HQ.

Registration Times: 5.30pm – 7:00pm

Race Start Location: Field under Little Malvern Priory.

Entrance to field: <https://what3words.com/tabs.papers.soup>

Please note it is a 10-15 minute walk from HQ to the start line.

There will be a sign posted crossing point to cross the A4104 so please take care when walking and ensure to stay on one side of the road until the crossing point.

Parking: Parking available at Race HQ at Mayalls Farm, but please plan to car share where possible.

There will be parking marshals to guide you, they shall be wearing high-vis. Please adhere to their instructions, this helps us maximise the space and to ensure safety of everyone.

Race number collection: Once parked please go to the registration desk to collect your bib. There will be sections at the reg desk split by Surname A-D, E-L, M-R & S-Z.

5k bibs will be in blue. 10k bibs will be in green. If you believe you have the wrong bib, please speak with someone at the registration desk.

Toilets: There are toilets at Race HQ, there are no other toilets at the start/finish or along the course.

Getting to the start line: This will be obvious on the day, but once you have your bib, exit the HQ and turn right onto A4104 Marlbank road.

Please make sure to stay on the right-hand side of the road until the crossing point.

The entry to the start line field is a bit further up the road and will be well signposted.

Please leave HQ field by 7pm to get to the start line in time for the brief.

DO NOT CROSS THE ROAD UNTIL THE CROSSING POINT

Course: The course map for both routes is available on our website www.malvernjoggers.co.uk, and both races share the same start/finish line, and 90% of the 5k course shares routes with the 10k.

For those familiar with our 10k race, you will be happy to hear of a few changes for the 10k route. Yes – no more horrific boggy shoe pit!

The 5k will start approximately 10 minutes before the 10k, this is to ensure an even spread of finishers through the narrow sections of the course.

The first KM of both routes share the same route. The route will then split. This will be well signposted and marshalled, but for clarification, 5k runners will go left at the route split, and 10k runners will turn right. The 5k route will continue a short distance until the next marshal, and the rest of the course is shared.

The course is multi-terrain including considerable sections of tarmac, gravel, field and off road. There are some typically wet and boggy areas, however this year with the warm and dry start to the year, the course is likely to be dry and rutted in places so please take caution.

There are also livestock (sheep and cows) on the common so whilst there will be plenty of marshals to help, please take care if you do come across livestock and take steps to go around them.

The Malvern's are a beautiful place for us to run; please help us to keep it this way. Please take any litter and rubbish with you and do not drop it on the course. Anyone found dropping litter will be disqualified

Water station (10k only): There will be a water station approximately halfway for the 10k only; please drop your cups in/by the bins just after the water station.

Awards: The prize giving will be back down at Race HQ at Mayalls at approximately 9pm

The winning categories for both races are:

Male 1st, 2nd 3rd

Female 1st, 2nd, 3rd

Male V40, V50, V60, v70

Female V35, V45, V55, V65

You may have seen on the website that due to the 5k is in its infancy with initial low take up, we had not planned to award age categories for the 5k. However, as time has gone on, we are happy to announce we will recognise these.

Food: After the race, back at race HQ there will be hot vegan food for all runners. This will be served from around 8:15 until you have all been served. Be sure to get yours!

Bar: We have the Friday Beer Company again at Race HQ where you will be able to purchase post-race drinks

Medical Support: We will have a medical team on hand during the event. If you or any runner you come across has any medical issues, then contact the nearest marshal immediately who will alert the medical services to attend

Dogs: Due to EA Licensing rules, dogs are not allowed in the race. If spectators bring dogs, they must be kept on a lead at all times.

Marshals/Volunteers: Everyone helping and marshalling on race day is a volunteer giving up their time to make this race happen so please show them courtesy at all times. Marshalls will be smiling, clapping and cheering you on, so give them a shoutout when you see them! A “Thank you marshal’ goes a long way!

Medal: Exciting we have a brand-new medal for completing the race, which beautifully showcases Little Malvern Priory.

We hope this information is clear, but if you have any questions, do let us know.

Any questions please feel free to email **racedirector@malvernjoggers.co.uk**

Enjoy the race and always run with a smile!

Jamie Francis, Race Director

Warwick Taylor, Chair