



Joining Instructions for Nuneaton 5K and 10K

Firstly let me thank you for joining our Nuneaton 5K and 10K event on Sunday 18th October 2026. This event has been missing from the local running calendar and we are so pleased that the event is back and is a sell out.

Please read the enclosed instructions and if you have questions please do not hesitate to contact me at phoenixrunningwarwickshire@gmail.com

There is a lot of information contained in these joining instructions so please take the time to digest them so that you can have the best experience on the day.

Registration and Collection of Race Numbers

The registration desk will be open from 12noon till 5.00pm on Saturday 17th October and from 8.00am till 9.00am on Sunday 18th October for you to collect your race numbers.

The registration desk will be based inside the Nuneaton Harriers Club House within the Pingles Athletics Arena which is next door to the Pingles Complex.

Please do not turn up at the start line without your race number as unfortunately you will be unable to take part in the event.

Event Parking

On the day of the event there are numerous car parks around the Town Centre that you can use. The Pingles Car Park at the finish of the event is also another option as the walk to the start from the Pingles is around a 10/15 minute walk so you can use this to loosen up.



Start and Finish Points

Both events, the 5K and 10K start from outside the Town Hall in Nuneaton Town Centre at 10.00am and the finishing for both distances is on the track in the Pingles Athletic Arena.

I have attached both routes as part of this email.

Please ensure you have your race number otherwise unfortunately you will not be able to take part.

We would ask all runners to be at the start line outside the Town Hall by 9.45am so that we can ensure that the event starts on time.

We do have the pre-run warm up at 9.50am being carried out by Indianna Rymell from Ramsay's Fitness and we thank her for agreeing to do this for us.

This year the event is being started by The Mayor of Nuneaton and Bedworth Colin Capes and we thank him for doing this honour for us.

This year the finishers medals will be presented by Darren Acton, manager of Nuneaton Town FC and we thank him for giving up his time to do this.

Water Station

We will have a large Water Station in the centre of Riversley Park which will be passed at the 3K and 6K point of the course for our 10K runners and at the 3K point for our 5K runners. The Water Station this year has been kindly sponsored by The Geek Guys and will be manned by their staff along with volunteers from Nuneaton Womens Institute. My thanks to Neil and Jag for their sponsorship and you can find details about their business at www.thegeekguys.co.uk

Toilets

There are toilets facilities at the Pingles Complex and Pingles Arena before and after the race. Alternatively, there are toilets within the Ropewalk Shopping Complex near the start of the race.



Spectators

If you are bringing spectators and supporters on the day please ensure they are suitably dressed for the weather conditions and they will be able to find a spot on the course to cheer you and the other runners. There are refreshments at the finish with hot and cold drinks being served along with other snacks.

Volunteers

This event would not be possible without the help of around 50 volunteers who have given up their time to enable this event to take place. I would like to thank them all and as you are going round the course please thank them.

In particular I would like to thank the following organisations who have supported us with volunteers this year.

They are:

Nuneaton Round Table and Nuneaton Past Table

Nuneaton Womens Institute

Nuneaton Town FC

McDonalds Nuneaton, Bermuda Park and ASDA restaurants

Nuneaton Air Cadets

I would also like to extend a big thank you to Nick and Sim Wilson from the Pingles Arena who have helped with their knowledge and expertise since I launched the event.

The event will have two lead cyclists, Andy will be leading the 10K event and Justin will be leading the 5K event. I thank them both for taking on this important role.

The event will have four tail runners who will bring all the runners to the finish line. Thank you to Elaine and Matt for doing this for our 10K runners and Claire and Olivia for doing this for our 5K runners. They have the important job of getting everyone around the course safely.

In addition to our volunteers I would also like to thank the following companies and organisations who have made this event possible.

Chris and the team at Nuneaton & Bedworth Borough Council

Les and his team from Saltem Traffic Management

Mike and his team from Medevent

Matt and the team at W Cawthorne and Sons



Sponsors

I would like to thank the following sponsors for their support of the event.

The Geek Guys www.thegeekguys.co.uk

Needham Insurance Services www.theneedhamgroup.co.uk

Timing Monkey www.timingmonkey.co.uk

Fyffes Bananas www.fyffes.com

Proper Snacks www.propersnacks.com

XNRG Events www.xnrg.co.uk

Runners Village

At the finishing line we will have some of our event supporters with their stalls. They are:

Ebony and her team from Zen Sports Massage for your post run massage

Anne-Marie and her team from Coventry Runner

The Sales Team from Nuneaton Town FC

Kia Motors with their latest electric vehicles

I hope that you all have an amazing experience running with Phoenix Running and if you want to have a look at the other events that we have currently planned please visit our website www.phoenixrunningwarwickshire.co.uk. Phoenix organize all types of running events from 5K all the way up to Multi Day Ultra events.

I look forward to seeing you at the start line.

All the best

Neal Lowe
Phoenix Running Warwickshire Limited

