



**Athlete Guide 2025**



## Welcome from Little Troopers

Hello lovely runners!

A huge, warm welcome to the Little Troopers Tidworth 10k – we're so thrilled to have you joining us! Whether you're a seasoned runner or taking on your very first 10k, thank you for being part of something so special.

This event is all about community, spirit and making memories – so whether you're chasing a personal best or simply soaking up the atmosphere, we hope you have the best time. Every step you take makes a difference, and we're so grateful to have you on this journey with us.

Inside this athlete guide, you'll find everything you need to know about race day – from timings and logistics to what to expect on the course.

So grab a cuppa, have a read through, and start getting excited – because this is more than just a run, it's a celebration of strength, resilience and our brilliant Little Troopers community.

We'll be cheering you on every step of the way – you've got this!

*Louise XXX*

Louise Fetigan  
Little Troopers Founder



## Contents

### Pre-Race Information

Timeline of Race Day .....	4
Key Address... ..	5
Getting to Tidworth .....	5
Car Parking .....	5
Car Parking Map.....	6

### Race Day Information

Registration .....	7
Timing Chip .....	7
Bag Drop .....	7
Changing Rooms & Facilities .....	7
Race Briefing and Start.....	7
Event Village Map.....	8
Rules & Regulations .....	9
10k Route Map.....	10
Withdrawal From Race .....	11
Aid Stations .....	11
Littering .....	11
Photography.....	11
Finish Line .....	12
Fundraising .....	12

### Post-Race Information

Results .....	13
Prize Giving .....	13
Special Thanks .....	13

The Little Troopers Tidworth 10k is promoted by Andali Events Limited. All information is correct at time of going to press. The organisers reserve the right to change any aspect of the event if necessary, due to unforeseen circumstances.



# Snowdon Mountain Climb

## 6th September 2025



**Join us this September to climb a mountain for Little Troopers. Supporting military children throughout their unique challenges this fundraising climb is a weekend of achievement, raising awareness and funds for charity.**

Register to take part now:  
[www.littletroopers.net](http://www.littletroopers.net)

sponsored by





# Pre-Race Information

## Timeline of Race Day

**Sunday 13 April 2025**

TIME	EVENT	LOCATION
0730	Car park opens	Tesco and Theatre Car Park
0730	Race registration - 10k	Race HQ
0910	10k registration closes	Race HQ
0915	10k race briefing and warm up	Start/Finish Area
0930	10k race starts	Start/Finish Area
1000	Event Village available for refreshments and entertainment	Race HQ
1010	First athletes finish	Start/Finish Area
1100	Final athletes finish	Start/Finish Area
1130	Prize Giving	Race HQ
1300	Event Village Closes	Race HQ





# Pre-Race Information

## Key Address

**Race HQ: Tidworth Oval, 3 Hampshire Cross, SP9 7SG**

## Getting to Tidworth

Tidworth is situated on the A338 trunk road which runs from Burbage in the North to Salisbury in the south.

From Andover, head west on the A303 and from Amesbury head east on the A303. From both directions head north up through Shipton Bellinger on the A338.

From the M4 head south at Junction 15, initially following the A346 to Marlborough and Burbage, and then onto the A338 to Tidworth.

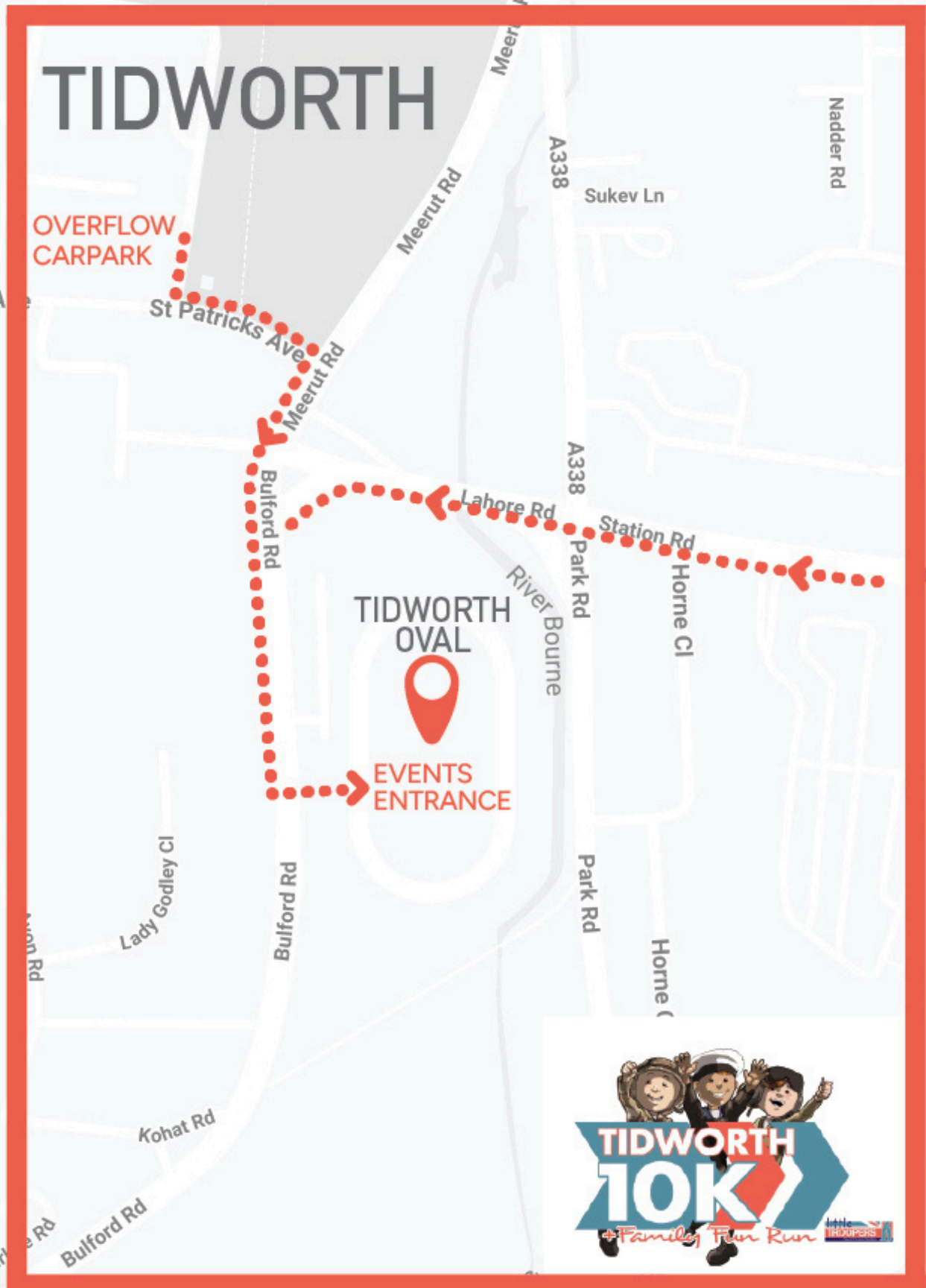
## Car Parking

There is no parking the Oval. However, there is lots of free parking available at Tidworth Tesco on Station Road, Tidworth SP9 7NR. Please follow the arrows to the entrance of the Oval on Bulford Road.

There is also an overflow car park on St Andrews Road, opposite the Garrison Theatre. These car parks are approximately a 10 minute walk to Race HQ.



# Parking Map





# Race Day Information

## Registration

You will be able to register for all distances from 0730 on the day of the race.

Registration is at Tidworth Oval, 3 Hampshire Cross, SP9 7SG

Please bring with you a form of picture ID to collect your race number, as well as safety pins to attach your number to your top. No race numbers or timing chips will be sent out in advance by post. At registration you will be issued with the following:

- 1 x race number with embedded timing chip.

## Facilities

Changing rooms and toilets are available at Race HQ. Showers are available post-race.

## Bag Drop

There will be a specific area to leave valuables or bags in the clubhouse. If you wish to leave any valuables in the Bag Drop area you must fill out a baggage tag, which we will provide. At the end of the race please return to the Bag Drop area, using your race number as proof of identification to collect your belongings.

Any items not collected at the end of the race will be kept and will be needed to be sent by post, at a cost to the athlete.

## Race Briefing

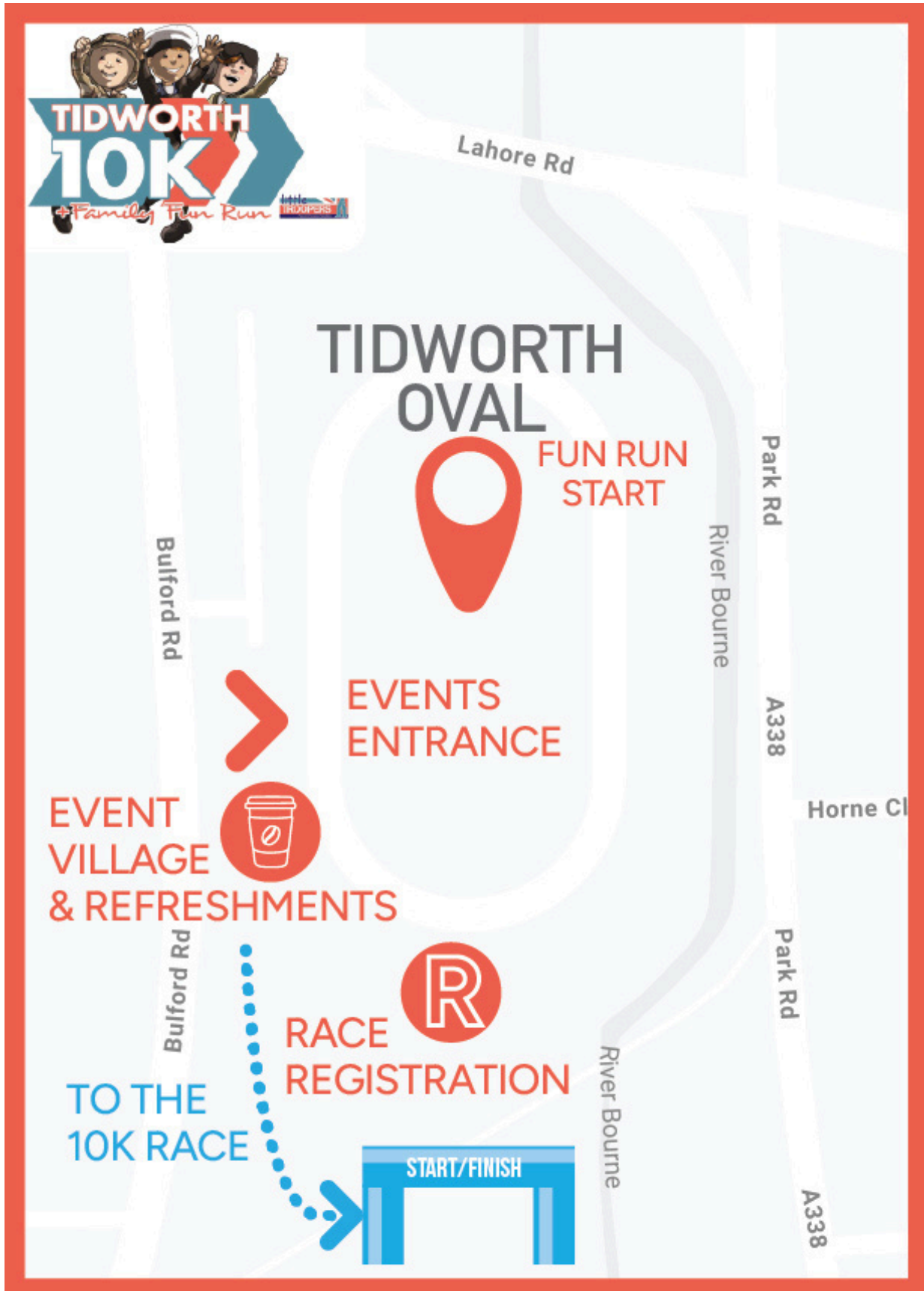
There will be a race briefing just prior to race start. This briefing will take place at approximately 0915. This will take place at the start/finish area by the inflatable arch, just south of the Oval. It is important to attend the race briefing and listen out for any key race details that may have changed from the time of creating this guide.

## Race Start

Tidworth 10k athletes will be set off at 0930. We ask that those runners who expect faster run times to make their way closer to the front of the group, where we will have volunteers with timing boards to help with self-seeding.



# Event Map







# Race Day Information

## Rules & Regulations



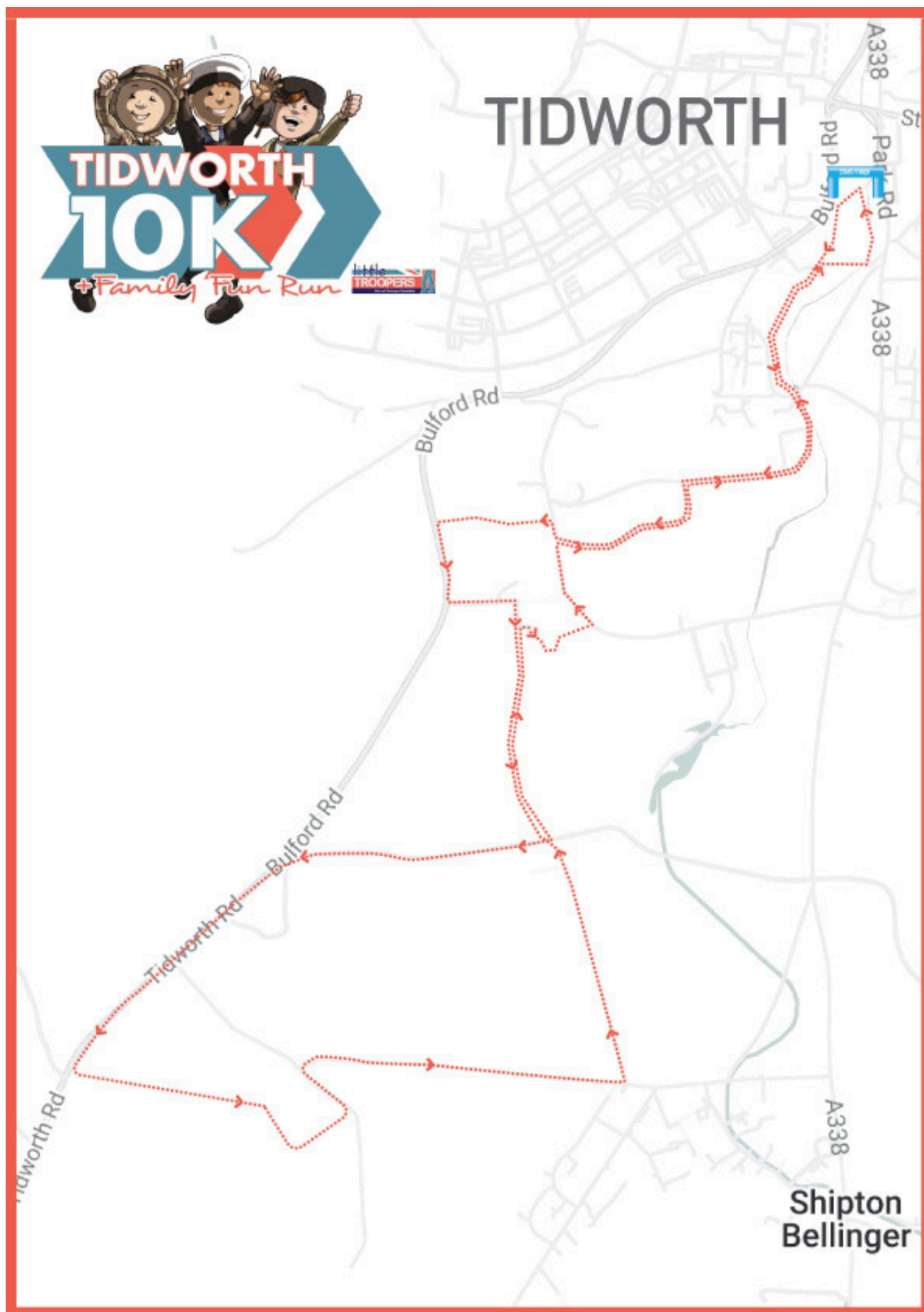
**The Tidworth 10k is licenced by England Athletics and run under UK Athletics Rules. [Click to view the UK Athletics rule book for full details.](#)**

The following are prohibited during the race:

- Abuse of a race official, volunteer or member of the public
- Littering outside of the marked areas at feed stations
- Failing to use appropriate toilet facilities
- Nudity or indecent exposure
- Failure to clearly display your race number to the front
- Running without shoes during any part of the race
- Being accompanied by spectators down the finish line
- Running with a running buggy due to the multi-terrain course
- Running with dogs

**Please be aware that failure to comply with these rules may result in disqualification.**

# Course Map





# Race Day Information

## Withdrawal From Race

If you have registered to race and have collected your pack but then for whatever reason decide not to race, then you must inform a race official.

If you need to withdraw during the race then you must inform a race official.

## Water Stations

There will be a water station located on course. Water and energy drinks will be available here. Please dispose of your cups and litter in the bins provided in this area.

## Littering

Please do not throw litter while racing, use the bins provided at the water stations, or dispose of it in a bin at the finish. Any athletes seen deliberately littering will risk disqualification from the race.

## Photography

We have event photographers located around the course ready to take your pictures of you participating in the race. Don't forget to smile!



# Race Day Information

## Finish Line / Athlete Area

When you cross the finish line you will be able to collect your well-deserved finisher's medal.

We ask that only athletes run down the finishing chute, we cannot be responsible for any accidents if athletes choose to bring their children with them to cross the finish line.

## Fundraising

If you would like to raise some extra pennies for Little Troopers by getting sponsored to run the 10k, then please register your Give As You Live fundraising page here:

**<https://donate.giveasyoulive.com/campaign/tidworth-10km-and-family-fun-run>**

Little Troopers is the only tri-service charity in the UK dedicated to supporting and celebrating all children who have one or both parents serving in the British Armed Forces, both regular and reserve.

Growing up with a parent in the forces is a unique way of life. It can bring amazing adventures, memories and friendships, but it can also bring a lot of change and uncertainty. Frequently moving house and school can be hard, and being separated from a serving parent for long periods of time, due to deployment and other service commitments, is one of the biggest challenges that military children face.

That's why Little Troopers was founded in 2011, to be there for British Armed Forces children and to ensure that wherever they are in the world, they have access to support whenever they need it both at home and in school. Through its resources, programmes, events and initiatives, Little Troopers supports thousands of military children each year. Fundraising enquiries can be emailed to **[amy@littletroopers.net](mailto:amy@littletroopers.net)**





# Post Race Information

## Results

This year we will be joined by Timing Monkey who will be looking after the results section. The results will be live on the Timing Monkey website on Sunday evening - <https://www.timingmonkey.co.uk/results-list/>

## Prize Giving

There will be an official prize giving on the morning of the race at approximately 1130. This will be on the podium in front of the stadium.

Awards as follows:

Open..... 1st, 2nd & 3rd

Female..... 1st, 2nd & 3rd

## Special Thanks

We are very grateful to the many people who have helped us with the planning of this event. A huge thank you to Aspire Defence Services Limited, Ministry of Defence Infrastructure Organisation, Tidworth Garrison, Tidworth Town Council and Tidworth Tesco for their support, as well as all our amazing marshals and volunteers.



SEE YOU THERE