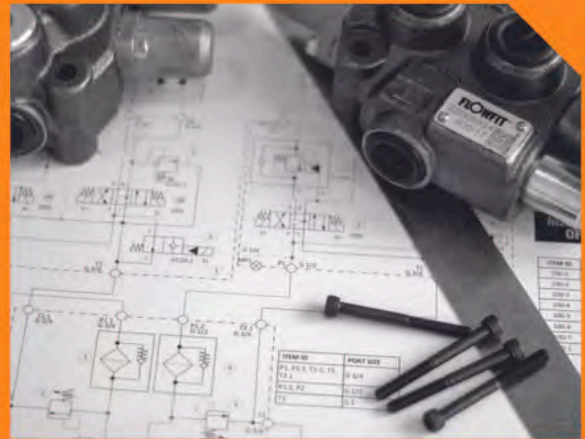




Athlete Guide 2025

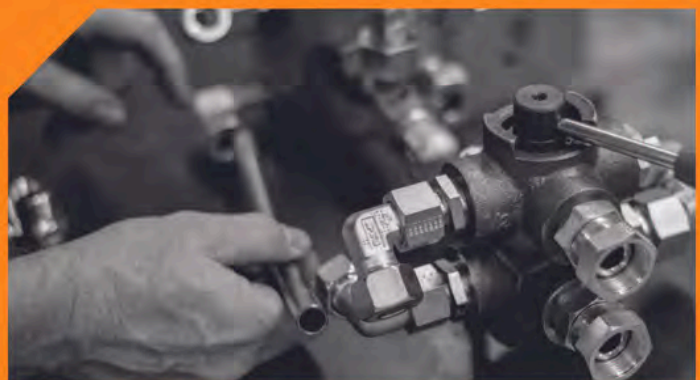


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Welcome to the Athlete Guide

We're excited to bring you another year of the Ludlow10, with the ever-popular 5K, 10K, and Half Marathon routes returning for 2025.

If you joined us in 2024, you'll no doubt remember the 'fun' at Whitcliffe Common, where each distance took a different route... a little too ambitious, perhaps! This year, we've simplified things: all distances now follow a shared section over the Lactic Ladder, Whitcliffe Common, and the Donkey Steps before finishing at the rugby club. More fun, less confusion.

Here's a quick route rundown:

- 5K: A fast out-and-back along Halton Lane, before hitting the Lactic Ladder, Whitcliffe Common, the Dingle, and the Donkey Steps – then a short push to the finish.
- 10K: A flowing mix of trail and road via Burway Lane and Oakley Park, before joining the same final stretch as the 5K.
- Half Marathon: A longer tour taking in Stanton Lacy's lanes, farmland footpaths, Ludlow Golf Club and racecourse, then up through Oakley Park to rejoin the other distances for that classic Whitcliffe finish.

This year's shared Common section should make for a smoother, more enjoyable experience for everyone.

This Athlete Guide is here to help you arrive confident and race-ready, so please read it carefully – it should answer most of your questions. Any last-minute updates will be sent by email and shared on our socials, so be sure to follow @andalievents on Facebook and Instagram.

We can't wait to welcome you to Ludlow, cheer you on, and invite you to explore the town and enjoy the Ludlow Green Festival after your race.

See you soon,

Andy & Harriet



ANDALI EVENTS

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The Ludlow10 Event is promoted by Andali Events.
All information 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.



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Pre-Race Information

Timeline of Race Day

Sun 13 July

TIME	EVENT	LOCATION
0700	Car park opens	Ludlow Rugby Club
0700	Race registration (all distances)	Ludlow Rugby Club
0745	Ludlow Half registration closes	Ludlow Rugby Club
0750	Ludlow Half race briefing	Ludlow Rugby Club
0800	Ludlow Half race start	Ludlow Rugby Club
0845	Ludlow10 and Ludlow5 registration closes	Ludlow Rugby Club
0850	Ludlow10 and Ludlow5 race briefing	Ludlow Rugby Club
0900	Ludlow10 and Ludlow5 race start	Ludlow Rugby Club
0930	First athletes finish	Ludlow Rugby Club
1030	Final athletes finish Prize Giving	Ludlow Rugby Club



LUDLOW10

JULY 13TH



JOAN BEAN EVENT MENU

Protein Bite Balls
£1.50 each /
2 for £2.80

Birdie
Brownie
£2.50

Cream Teas
£7.90

Artisan Coffees

Flat White	3.50
Cappuccino	3.60
Latte	3.70
Americano	3.00
Espresso	2.60
Mocha	3.90
Matcha	3.70
Taylor's Tea	2.70

Iced Coffee

Iced Latte	3.70
Iced Americano	2.90
Iced Mocha	3.90
Add Cream	0.30

Shots

Syrups	0.40
Protein/Collagen	1.50

Barista Hot Chocolate

Hot Chocolate	3.70
JB Hot Chocolate	4.40
(the works)	

Iced Coolers 3.00

Pink Lemonade
Dragonfruit + Mango

Extras

Marchon Performance	
Hydration Sachet	2.20
Water	1.40
Sanpellegrino	1.60
Crisps / Pringles	1 / 1.30
PICnMIX	1.30



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LUDLOW10

JULY 13TH



JOAN BEAN EVENT OFFERS

JB PRE Race

Espresso
double shot

Banana

PicNmix

£4.50

JB POST Race

Marchon
Performance
Hydration
Sachet

Water Bottle
500ml

Cappuccino or
Latte infused
with protein
/collagen

Protein Ball

£9.90

JB POST Race

Cream Tea:
Scone
Clotted cream
Jam
cutlery/napkin
Joan Bean
Taylor's
English Tea

£7.90

COFFEE & BAKE

BIRDIES BROWNIE & JB ARTISAN COFFEE

£5.80



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Pre-Race Information

Key Address: Ludlow Rugby Club

The Linney, Ludlow, Shropshire, SY8 1EE

Getting to Ludlow

On race day you will need to access Ludlow by car. Ludlow is situated on the A49 trunk road which runs from Warrington, through Shrewsbury and Hereford to Ross-on-Wye. From Birmingham, head west on the A456 through Kidderminster. From the M5 leave at junction 3 and continue on the A456 through Kidderminster. Please allow plenty of time to get here on race day. Please access the Rugby Club from Dinham and not from the Corve Street end of the Linney as the road will be closed.

Car Parking

There is free parking available at Race HQ, Ludlow Rugby Club, SY8 1EE in the Hosyers field. There are also a further two free car parking areas in the centre of Ludlow - at Lower and Upper Galdeford, SY8 1QB and Smithfield SY81RN. These car parks are approximately a 10 minute walk to Race HQ. There is an additional paid car parking on Castle Street, off Castle Square, SY8 1AT (£ 0.60 per hour).

PLEASE NOTE Ludlow10 and Ludlow5 runners should avoid arriving at the Rugby Club between 0755 and 0810 whilst we set off the Ludlow Half runners. If you do arrive at this time, you will be held on The Linney until the final runner has cleared the Rugby Club drive.

We will need to ensure that we only allow cars to exit the car park once all runners have completed all races. This is due to the access road for Ludlow Rugby Club being used for the run course. We anticipate being able to open the car park for departure at 1100. If you need an early departure, please use one of the town car parks.



LUDLOW GREEN FESTIVAL

FOOD FOR THOUGHT

FREE EVENT

FAMILY ACTIVITIES - LIVE MUSIC - FORAGING - SOAP BOX TALKS -
HOT FOOD - AND MORE...

DATE

13th of July 2025

Sunday

10:00am - 4:00pm

LOCATION

Castle Square

Ludlow

Shropshire, England





Race Day Information

Registration

You will be able to register for all distances from 0700 on the day of the race.

Registration is at Ludlow Rugby Club, The Linney, Ludlow, SY8 1EE.

Please bring with you a form of picture ID to collect your race number and timing chip.

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
- Timing tag

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.

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Race Day Information

Race Briefing

There will be a race briefing just prior to race start. This briefing will take place at approximately 0750 for the Ludlow Half athletes and 0850 for the Ludlow10 and Ludlow 5 athletes. These will take place at the start/finish area. 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

The Ludlow Half athletes will be set off at 0800 and the Ludlow10 and Ludlow5 athletes will be set off at 0900. We ask that those runners who expect faster run times make their way closer to the front of the group , where we will have volunteers with timing boards to help with self-seeding.

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Race Day Information

Rules & Regulations

We have a few common sense rules which we ask athletes to adhere to.

The following will not be tolerated and may result in disqualification from 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
- Being accompanied by spectators down the finish line

As this is **NOT** a closed road circuit, headphones, including bone conducting headphones, are **NOT** permitted. It is important that you are aware of your surroundings.



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Race Day Information



THE
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WORKS

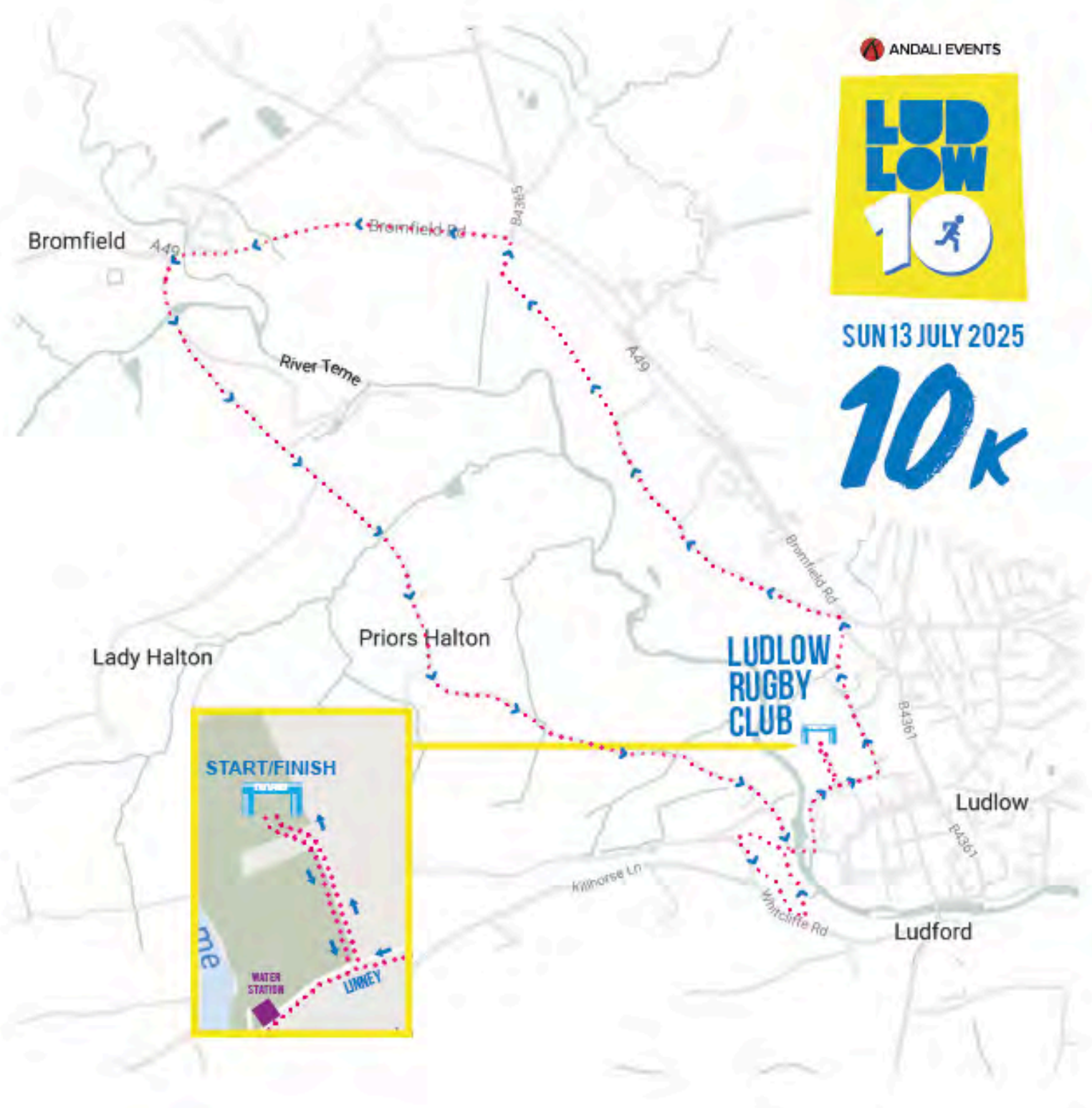
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The collage showcases various branding projects by Visual Works. It includes a laptop displaying the 'Gift of the Year' website, a smartphone showing the 'Sourdough Pizza by CSons' website, a hand holding a 'Ludlow Spring Festival' brochure, and four bottles of Ludlow beer (Gold, Stairway, Black Knight, and Red Dawn). A stylized 'C' logo is also visible on the left.

visualworks.co.uk

Race Day Information



UPGRADE YOUR ADVENTURES

DISCOVERY

Sinclair Land Rover, the new name
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Official Fuel Consumption Figures for the 23.5MY Discovery in mpg (l/100km) Combined: Up to 34.0 (From 8.3). CO₂ Emissions from 218 g/km. The figures provided are as a result of official manufacturer's tests in accordance with EU legislation. For comparison purposes only. Real world figures may differ. CO₂, fuel economy, energy consumption and range figures may vary according to factors such as driving styles, environmental conditions, load, wheel fitment and accessories fitted.

Race Day Information



CONQUER ANY TRAIL

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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

The water stations are positioned as follows:

1. Stanton Lacy Church, Stanton Lacy: Ludlow Half
2. St Peter's Church, Bromfield: Ludlow Half and Ludlow 10
3. Brick House/Middle Wood Road junction: Ludlow Half
4. Bottom of Lactic Ladder: Ludlow Half, Ludlow10 and Ludlow5

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.



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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.

Charitable Donation

As part of our working relationship with the town of Ludlow we have each year ensured that we make a charitable donation to a cause that we believe in and that we feel will benefit from our support. This year we will be continuing our support of the Friends of Whitcliffe Common, who work tirelessly to maintain the area of Ludlow which is a tourist attraction and has proved to be a key talking point of our races.

We will also be continuing to support the Ludlow Community First Responders, who provide critical lifesaving care in the local community and surrounding areas since 2000.



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Post Race Information

Results

This year we will be joined by Ready Set Go Timing who will be looking after the results section. The results will be live on the Ready Set Go website on Sunday evening.

Prize Giving

There will be an official prize giving on the morning of the race at approximately 1030. This will be in front of the sponsors' screen at the clubhouse.

Awards as follows:

5K

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

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

10K

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

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

HALF MARATHON

Open 1st, 2nd & 3rd

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



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Special Thanks

Friends of Whitcliffe Common

Whitcliffe Common is the spectacular high-point of the run-course. The organisers are very grateful for the invaluable help and support of The Friends of Whitcliffe Common.

The present Common is all that remains of a much larger medieval common used in the 13th century to graze livestock, gather hay and quarry stone for the construction of buildings such as Ludlow Castle. On the Common and visible, are the long trenches thought to have been dug by the Parliamentarians for the siege of Ludlow Castle during the Civil War in 1646. Whitcliffe is also of international geological importance for exposures of Silurian strata. The work of Murchison in the 19th century gave the name 'Whitcliffian' to the Ludlow Bone Beds.

In 1821 the tradition began of caring for the area by local residents and this is continued today by the Trustees for The Friends of Whitcliffe Common.

The Friends of Whitcliffe Common is a registered charity and relies on donations to be able to carry out the essential conservation and maintenance work needed to keep this iconic area of Ludlow safe and accessible.

Vital woodland management is undertaken for the long-term well being of the trees and grassland and also the safety of the people using the Common. Recent work on the common has included:

- Tree surgery to make the main routes safe for walkers.
- Thinning the trees to allow the remaining trees to grow larger.
- Opening up of the views over Ludlow.
- Restoring the footpaths and steps.
- Cutting the grassland area once a year with all grass removed in order to increase the numbers of wild flowers.

For more information on the wonderful work of the FOWC, please visit www.friendsofwhitcliffecommon.org.uk

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Our Services

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House Clearances

At Wicked we aim to minimise waste and operate a zero-landfill policy. Where possible we donate items to various charities that we have teamed up with, mainly the Ludlow Ukrainian Support Group and the Rural Charity Furniture Shop. We have a dedicated storage unit for these goods as sometimes demand from the charities is sporadic and this ensures that they will have constant access to these items. Where it is not possible to donate these goods, all other waste is taken to the Quick Skip depot in Hereford where they operate a zero-landfill policy also.

House Cleaning Services

We offer simple dusting and vacuuming to full deep cleaning including carpet washing, oven cleaning fridge and freezer cleaning. This is ideal to fully prepare a house for resale.

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AT LUDLOW
CASTLE

AUG
09/10

ADVENTURES WITH
THE SUITCASE
STORYTELLERS



WEEKEND OF
ARCHAEOLOGY

AUG
16/17

AUG
23/24/25

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& LIVING HISTORY



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