



## SILVERSTONE GRAND PRIX 10K

Licence Number – 30236

First race in the East Midlands Grand Prix Series  
**Wednesday 6<sup>th</sup> May 2026 – 7.30 p.m. start**

Thank you for your entry

### ARRIVAL / CAR PARKING

- All entrants have been emailed these Race Day Instructions which contains a QR code. You need to show this at the main entrance to gain entry to Silverstone Circuit.**

- Access to Silverstone Circuit is from 17.30. Race starts at 19:30. Wheelchair race starts 19:25
- Please note that **NO ANIMALS ARE ALLOWED IN TO THE CIRCUIT**
- You will be directed to the car parking areas
- Please allow enough time to get from the car park, to collect your number and to warm up

### YOUR NUMBER

- Please visit the 10k page at <https://www.silsonac.org.uk/silverstone-10k> where you can find the race number allocated to you and keep up to date with race entries.
- You must collect this on the night as it contains your timing chip. Number collection will be at Race HQ in; please follow directions once you have parked.
- Numbers must not be swapped or defaced.
- All Runners are advised to complete the details on the reverse of the number for your own protection.
- The number must be worn on the front of your vest / T shirt.
- If you are running any other of the EMGP series races – please ensure that you **keep this number**.



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### CHANGING / TOILETS

- Covered changing facilities and unmanned baggage storage will be available in designated pit garages
- Toilets are available in the paddock area

### SPECTATORS

- Spectators are welcome but may only watch from the pit wall – you will see the runners just after the start, at the end of the first lap and in the pit lane at the finish.
- There is no spectator access to other areas of the Silverstone Circuit
- Spectators should not cross the pit lane once race finishers have started to use the Pit Lane
- Please always follow the instructions of marshals

### PRIZES

- Trophies will be presented in the main pits starting at around 9.00 p.m. Age category prizes will be sent to winners after the event
- There are trophies for the First Man, First Lady, First Wheelchair Athlete, First Team (first four runners to count) and Fastest Motorsport Team (first four runners to count).
- Age category prizes – Men M20, Senior Man, M40 – M80, Ladies F20, Senior Lady, F35 – F80. One trophy/prize per winner.



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### PHOTOGRAPHS

- Race Photographs will be available from MICK HALL PHOTOGRAPHY - <https://www.mickhall-photos.com>
- The event may be recorded, and videos, photographs and other recordings may be taken. By entering the Silverstone Grand Prix 10K race you agree to the publication of such photographs, videos, recordings and/or likenesses of you and their use by us now or in the future for the purposes of film, broadcast, radio, tv, publications, future events and publicity.

If you (or your parent/carer if you are under 18) do not wish your image to appear as a significant part of any photograph, video or recording published on the web, you should put a large thick red cross across your race number.

### RESULTS

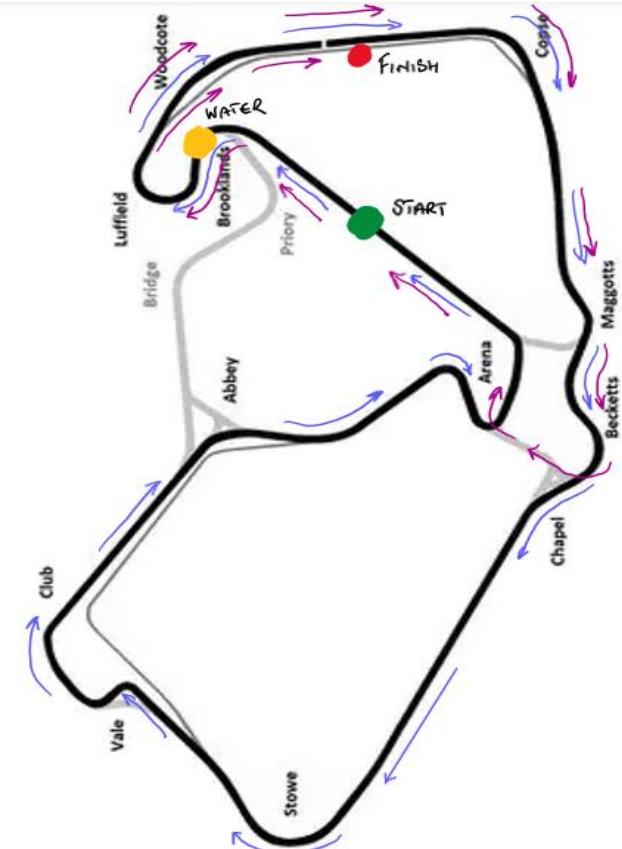
Results will be published on the Silson AC website [Silson AC | Silverstone GP 10k](#) as soon as possible after the race



## SILVERSTONE GRAND PRIX 10K

### THE SILVERSTONE GRAND PRIX 10K COURSE

- The course is one lap of the main Grand Prix Circuit (blue arrows), followed by one smaller lap (purple arrows)
- The start line (green dot) is on the Wellington Straight whilst the finish line (red dot) will be in the pit lane. Water station is marked by a yellow dot
- To avoid there being anyone on the circuit in the dark, any competitor who does not complete their first lap by **20:25** will be asked to stop
- The race will be run under UK Athletic Rules
- Please always follow the instructions of marshals
- As this is a lap course (even though it is closed to traffic), **UKA rules** (page 365) **do not permit the use of headphones/earphones including bone conduction earphones** and anyone using them will be disqualified.



Silson AC hope that you enjoy your race and look forward to seeing you again in 2027