

WIGAN PHOENIX

21 Pilgrims Way
Standish
Wigan
WN6 0AJ

Dear Runner,

Standish Hall Trail Race

Thank you for your on-line entry.

Please find below a link to the course map.

<http://www.movescount.com/moves/move49505230#.VK7-SLiYGeU.email>

(Delete the pace graph, click on altitude and follow the course with your cursor - each of the triangles represents a mile point)

Your number will be available at registration. If you would like your number in advance please send an SAE to me at the address below.

Please complete the emergency details on your number.

We would prefer it if you did not wear headphones. If you must please only use one earpiece so that you are aware of other runners and can hear marshals' instructions.

Please also note that we would prefer it if you did not park near the start – there is ample parking at race HQ at the Britannia Hotel and it is only 1/3 mile from the start.

Please park at the rear of the hotel.

Enjoy the race.

Yours sincerely

Paul Carroll
Race Director