

Sessay Swift 6k

Wed Aug 16th 2023 at 7.15 pm

Welcome to the 11th running of this rural race at the village of Sessay near Thirsk, organised by Thirsk and Sowerby Harriers. Thank you for entering. We hope you will enjoy this fast, flat road race, but remember, it is on roads and there will be some traffic so please, for your own safety, do not wear headphones of any kind. Keep left at all times and follow marshals' instructions. All turns will be to the left. It is an evening race so remember to wear light-coloured clothing so you can be easily seen by traffic. Wear your race number securely pinned to the front of your vest.

We will aim to walk you down to the start at about 7.05 pm, and, bearing in mind there is a full about turn before the race, it would be helpful if faster runners were at the back at this point and slower runners in front.

Numbers to be collected from the village hall and will be issued in alphabetical order of your surname. Please look out for the appropriate table.

PLEASE BRING YOUR OWN SAFETY PINS

The race headquarters are at Sessay Village Hall, postcode YO7 3BS. Toilets are available, and plenty of hand sanitisers, but there will be no changing, showers, or baggage area. The race starts 100 metres or so from the village hall and

the finish is off-road, within the grounds of the village hall. Note a sharp left turn to the finish area where water will be available. Warming up can be done on the cricket field.

No late entries and no entries on the day

Car parking will be on the cricket field, adjacent to the Village Hall, where marshals will assist with parking. Please **DO NOT park on the roadside** as this will be on the course, and will be of inconvenience to residents (whose goodwill we hope to foster)

Prizes will be distributed outside, as soon as possible after the race, 1st, 2nd, and 3rd, male and female, and age groups under 25, 25-39, 40-49, 50-59, 60-69 and 70+, male and female.

No runner to receive more than one prize and all prizes to be collected on the night.

Sessay Cricket Club will be putting on a barbecue and there will be a bar available. A good opportunity to re-stock after the race. Have some money with you ready.