



RUNNERS INFORMATION SHEET for the SPEN 20

Sunday 12 March 2023, start 10 a.m. prompt.

Thank you for your entry to our now well-established road race.

COURSE – The course starts and finishes on the track at Princess Mary Stadium, Cleckheaton WF15 6LW, situated approximately two miles from junction 26 of the M62 motorway. The course has been measured in accordance with licence requirements by official measurer Dene Townend. Maps of the course will be prominently displayed around the pavilion on the morning of the race. Just before the 1 mile mark Woodhead Street is now closed to through traffic and runners should be aware of the bollards. The lead vehicle will leave the course and pick up the race later.

CAR PARKING – Adequate car parking facilities are available on site and hopefully the construction of the new Swimming Pool adjacent will alleviate any difficulties in parking, however, please car-share whenever possible. Also avoid parking near the entrance gate or near the pavilion as runners will need access both exiting and entering the site during the race.

CHANGING FACILITIES – These will be available for both male and female athletes but to avoid congestion you are advised to arrive already changed. There are also adequate toilet and shower facilities.

NUMBER – The numbers have a medical template on the back and athletes are encouraged to fill in the details as appropriate. This will assist medical personnel should any emergency arise. Numbers should be pinned to the front of your vest and you are requested not to fold, cut or mutilate them in any way.

DRINKS STATIONS – We have a drink stations (water) situated at the 7 miles, 11.5 miles and 17 miles points. Due to the lack of helpers required and the fact that the race is in early March we feel this should be adequate. If you require further intake of fluids you are asked to carry these yourself.

SIGNAGE – The course will be mile marked together with warning signs informing road users that a race is in progress. These have been supplied by Promotional Displays & Sign Co. of Nottingham. The start and finish are also marked.

MARSHALLING – All race marshals and officials will be required to wear fluorescent tabards and you are requested to obey their instructions. Police personnel may also be present at strategic road junctions to assist in the safety of all runners.

RESULTS – These should be available on the morning of the race. Results will also be available on the spenac.co.uk and ukresults.net websites within a short space of time.

REFRESHMENTS – As usual at our presentations we offer at reasonable prices a varied selection of sandwiches, hot and cold food, drinks, confectionery and chocolate. These will be available before, during and after the event.

PRESENTATION – The presentation of the prizes will be made as soon as possible at the conclusion of the race. The event also incorporates the Yorkshire 20 miles Championships and these awards will also be presented.

RISK ASSESSMENT – In accordance with licence requirements a comprehensive risk assessment has been carried out for the protection of all participants in order to minimise problems associated with the event.

I PODS etc – to minimise the risk of accidents the wearing of I - pods etc are not allowed and anyone caught flouting this rule could be subject to disqualification. Marshals will be advised to monitor this rule.

Finally we hope you will enjoy Spenborough's hospitality and we hope you have a satisfying and rewarding day.

Gavin Rhodes, Race Co-ordinator