

Otley Athletic Club welcomes you to the

# OTLEY 10 MILE ROAD RACE

On

Wednesday 10<sup>th</sup> June 2015 at 7.30pm

Held under the rules of UK Athletics. Licence number 2015-12795

You are advised to be in Otley no later than 7.00pm. There will be a large, signposted and marshalled, car park close to Otley Cricket Club but no parking at the Cricket Club.

PLEASE NOTE: CARS ARE LEFT AT THE OWNERS RISK.

PLEASE DO NOT PARK ANYWHERE ON THE MAIN ROAD NEAR THE START AND FINISH OR AT ANY POINT ALONG THE ROUTE.

RUNNERS MUST STAY ON THE PAVEMENT AT ALL TIMES AND KEEP WITHIN THE CONED AREA OVER POOL BRIDGE . I POD or any other MP3 players with earphones MUST NOT BE WORN. You will be withdrawn from the race IF YOU DO NOT COMPLY. This is essential for the FUTURE OF THE RACE and the Health and Safety of yourself and others as the race is run on open roads.

Full changing facilities are available for men and women but with limited space. No registration needed for pre-entered competitors. Late entries are taken on the night and ARE eligible for prizes so why not bring along a friend or club rival!

Members of UK Athletics affiliated clubs must wear club vests and race numbers must not be altered, transferred, removed or mutilated in any way.

START: At the bottom of Gallows Hill. The race will start promptly at 7.30pm however please gather in the car park area at the bottom of Gallows Hill no later than 7.15pm. NOTE THE START IS APPROX 15 MINS WALK FROM THE CRICKET CLUB.

COURSE: Runners MUST STAY ON THE PAVEMENT ALONG POOL ROAD and remain on the pavement if there is one at all times. If not stay as close to the left hand side of the road as is possible throughout the race. OBEY THE MARSHALS AND KEEP INSIDE THE CONES OVER POOL BRIDGE (about 2.5 miles). In the last mile the pedestrian footway on Otley Bridge must be used, keeping to the left. Marshals will be present around the course and their instructions should be followed in the interests of safety. Spectators are asked not to follow runners around the course. The picturesque grandstand finish is around the cricket pitch perimeter. FINISH: Please remain in finishing order and pass quickly through the funnel. A trail car will follow the race to pick up stragglers/injured runners. **If you withdraw from the race for any reason please give your name and number to a marshal.** Red Cross first aiders will be in attendance. Refreshments, BBQ and bar facilities will be provided through the evening in the Cricket Club's clubhouse. The prize presentation will be at around 9.15pm. Results will be posted on [www.otleyac.org.uk](http://www.otleyac.org.uk) as soon as possible after the race.

Otley Athletic Club meets at Otley Cricket Club on Tuesdays and Thursdays at 7.15pm. Members are active in various forms of athletics, particularly road, fell and cross country running where all standards are catered for. Anyone interested in joining will be most welcome. Contact Club Secretary John Dade [johnpdade@googlemail.com](mailto:johnpdade@googlemail.com) or visit the club's website [www.otleyac.org.uk](http://www.otleyac.org.uk) for more information...or just come along on a club training night.