

Otley Athletic Club welcomes you to the

OTLEY 10-MILE ROAD RACE

Wednesday 8th June 2016 at 7.30pm. Held under the rules of UK Athletics; licence number 2016-23029.

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 OWNER'S 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 .

iPod 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 You will be withdrawn from the race IF YOU DO NOT COMPLY; this is essential for the FUTURE OF THE RACE and the health and safety of yourself and others as the race is run on open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.

There will be a **TIME LIMIT of 2 HOURS** to complete the race. After the cut off time limit of 90 minutes at Lindley Bridge (7.5-miles) athletes will be instructed that if they wish to complete the course they should act as pedestrians. The course will be unmarshalled and your time will not be recorded nor will you be eligible for prizes.

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.

The RACE STARTS at 7.30pm on Mill Way; please gather on the wide grass verge and off the road at the pumping station on Mill Way no later than 7.15pm. THE START IS APPROX 10 MINUTES' WALK FROM THE CRICKET CLUB.

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 final 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.

At the 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. The prize presentation will be at around 9.15pm. Results will be posted on www.otleyac.org.uk as soon as possible after the race.

Otley Athletic Club meets at Otley Cricket Club every Tuesday and Thursday 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; just come along on a club training night or visit us at www.otleyac.org.uk.