



LANCS FIRE A.C. **RUDOLF'S RED NOSE RACE INFORMATION SHEET**

Prizes will be for first and second in ALL categories from JU20 to V85 Male and Female. There will be a presentation on the Fire Station after the race for individual winners to choose a Runners Centre Voucher and Chocolates. Second place prizes will be chocolates.

Hot/cold drinks with mince pies and biscuits will be available immediately after the race and any donations toward the cost will be appreciated. ALL donations will go to The Fire Fighters Charity.

It is unlikely that this race will be cancelled due to weather conditions. Runners however should arrive at the race with shoes suitable for any prevailing conditions, including wet and icy ones and also have appropriate clothing available.

CHANGING AND TOILETS: There are areas on the Fire Station provided for getting changed as well as some toilet facilities though these are limited in number. Hot showers are provided however there is only one of these available for ladies. There are no toilet facilities at the start and finish areas. There are some toilet areas in the adjacent Stanley Park.

RESULTS: These are to be produced by Steve Ashcroft (www.ukroadraces.info) and hopefully copies will be available for taking away.

PARKING: The Fire Station as very restricted parking facilities, however there is plenty of parking on most roads in the near vicinity. The Zoo car park is pay and display however the overspill car park is available to us free on the day and this is the area were we also start and finish the race. **Cars leaving whilst the race is in progress must take extra care and all must be moved before 2pm.** This car park is a Kilometre from the fire station and provides a good warm up if the weather is nice, otherwise go in a car.

DIRECTIONS TO THE FIRE STATION:

For Sat. Navs :- Fire station post code is – **FY3 9RA**

From the M55:- Leave the M55 at J4. At R/About take 3rd left signposted A583 Blackpool and follow this road for around half a mile. Beware there are several speed cameras on this road inbound and outbound. 200yds after you have passed the CLARENCE PUB (on your left) turn right at the traffic lights (a right turning lane is provided) signposted for Stanley Park and Blackpool Zoo. Through the next set of T/Lights and then left at the mini R/About. Straight through the next 2 mini r/abouts then take the 3rd exit from the next R/About and up the hill adjacent Stanley Park. At the top you will see the fire station directly in front with the entrance to your left.

YOU ARE ADVISED TO PARK ON SURROUNDING ROADS IF POSSIBLE.

From M6 (J32):- Follow signs for Fleetwood on A6 passing Garstang on your left after about 5 miles until you reach a junction signposted A586 Fleetwood/Blackpool turn right. Stay on the A586 through Churchtown, StMichaels(speed camera) and Gt Eccleston . At the first set of traffic lights go straight ahead and approaching the next set of traffic lights get into nearside (left) lane and continue straight ahead on A586 passing to the left of the Shell garage at these lights. Stay on the A586 through several more sets of lights passing through Poulton Le Fylde and on in towards Blackpool until you reach a Traffic Light controlled R/About take 1st exit left onto dual carriageway St. Walburgas Rd. and on up to R/About turning right into 4th exit (Newton Drive) then take the 4th road on the left (St Clements Ave) At the end of the road turn right and the fire station is 50yds up on the right.

YOU ARE ADVISED TO PARK ON SURROUNDING ROADS IF POSSIBLE.

THE COURSE: The course is mostly off road on a very good trail surface (Bridle path) however it does have large puddles after heavy rain. There are 2 kissing gates to go through please do not climb over adjoining gates at any time. As you leave the caravan park road you have to go on about 200yds of grass which does have mown paths, take the one the marshal points out to you it is the least muddy, turn right on the gravel path leading to a kissing gate. Follow the marshals instructions they are for your benefit I promise you.

Whenever you are on the Bridle path you will notice a wood rail type fence on your **RIGHT** do not leave it unless a marshal tells you to or you will certainly get lost.

The only roads you are on are access roads, please treat them with caution, it is the Xmas holidays and I would like you to have a lovely Xmas Day not one spent in hospital. At the finish you will be running against the flow of any traffic leaving the car park. **PLEASE BE EXTRA VIGILANT.**

AT THE FINISH :- There will be a water station (possibly self service) you will also collect your goody bag which should contain a small bottle of wine, chocolate and a delicious mince pie.

As we are only using the minimal number of marshals please stay in your finishing position until you have passed the Recorder taking your race number for the results this is important if you want to appear on the results in the right place with the right time.

PRIZEWINNERS:-

This year category winners will receive a £5 voucher sponsored by **THE RUNNERS CENTRE** and Chocolates or Sweets, (if you stop for the presentation at the Fire Station), otherwise you will receive a £5 voucher in the post after the Christmas holiday period. There will be chocolate for second place winners.

First and Second: JM (U20), SM, MV35,40,45,50,55,60,65,70,75,80,85+.

First and second: JFM (U20), SF, FV35,40,45,50,55,60,65,70,75,80,85+.

ONLINE ENTRIES:-

Numbers to be picked up on the day at the Fire Station – FY3 9RA

NUMBER TRANSFERS :- If you give your number to someone else then please inform them to complete the transfer form available on the Fire Station on the day. This service will end at approx. 10.30am on race day.

OUR SPONSORS OF THE RUDOLF RACE ARE :-

THE RUNNERS CENTRE, LANCASTER, 10 Kings Arcade, King Street, Lancaster, LA1 1JZ. Tel: 01524 845 559

A Merry Christmas & Happy New (Running) Year ☺

Dave Waywell & Kath Hoyer

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