



Hoad Hill Harriers



Xmas 10K & 1mile Fun Run Runners Information Sheet

Sunday 7th December 2025

Fun run start: 11am 10K start: 11:30am

PERMIT 2025 - tbc

PRIZES: There are prizes for first 3 in male and female and to all Vet +40 categories. 1ST U18 & U16. Team prizes (**CORRECT CLUB VESTS TO BE WORN**) for male and female – first 3 to count. Medals to all fun runners & mementos to all 10k finishers. The awards ceremony will take place as soon as results are available and results will be posted on Run Britain and our website/fb page.

COURSE: This is a flat, fast course through minor roads in Ulverston to the Buddhist Monastery and back. The route is open to the public so be aware of traffic, cyclists and pedestrians. In line with UKA rule 240 S5 the wearing of headphones or similar devices (other than those medically prescribed) is not permitted. Runners should keep to the left-hand side of the road, using pavements where possible and follow instructions given by marshals. As there is a section of road at three and a half miles where there is no pavement for a further half mile, we do not permit running with dogs or buggies and is not suitable for wheelchair users. Maps of the courses are available to view at the GSK Sports Club on the day and on our website under course [events](#).

ENTERING: 10k (minimum age 15)

You can pre-enter online using the following link [online pre-entry \(niftyentries\)](#)

- Pre-entry: £13 EA affiliated club runners, £15 Non-EA affiliated runners (a small online registration fee will apply).
- Postal entries: to Xmas 10k, GSK Sports Club, Pulman Road, Ulverston, Cumbria, LA12 9EG. Please make cheques payable to GSK Hoad Hill Harriers. A link to entry form can be found on our website under race event. Closing date is Friday 5th December.
- On the day: you can register from 10:15am in the Sports Hall at an **additional cost of £3**. Please remember your valid England Athletics number to be classed as an affiliated runner.

RACE VENUE: GSK Sports Club, Pulman Road, Ulverston LA12 9EG. As you approach Ulverston on the A590, go straight over at the Booths supermarket roundabout, taking the first left after 300metres onto North Lonsdale Road. When you get to the T junction at the end of North Lonsdale Road, turn left and approach the roundabout. The sports complex is located straight over the roundabout (second exit) and 300 metres down Pulman Road on the right-hand side, behind a small car park. W3W reference ///lordship.hacking.limit

THIS SMALL CAR PARK IS FOR RACE OFFICALS AND FIRST AID ONLY

RACE PARKING: Please follow parking signs & marshal directions. The car park for runners and spectators is the first turn on the left as you approach the roundabout at the junction of North Lonsdale Road/ Morecambe Road. It is the private car park for the GSK Factory so please follow the parking safety rules.

- **PLEASE REVERSE INTO PARKING SPACE.**
- **PLEASE DO NOT CHANGE OR WARM-UP IN THE CAR PARK, KEEP CHILDREN SUPERVISED AT ALL TIMES – THERE IS A PLAY AREA AT THE SPORTS COMPLEX**
- **NO PICNICS OR TABLES – USE SPORTS COMPLEX**
- **ONLY USE DESIGNATED CAR PARK EXIT FOR PEDESTRIAN & FOR VEHICLES**

These rules are for your safety and the safety of GSK workers.

REGISTRATION: Registration opens at 10:15am & will close 5mins before each race.

- Pre-entered runner numbers will be available for collection at back of Sports Hall.
- Please bring your own pins where possible - pins will also be available if needed to attach your number to the front of your running top. Ensure the number is clearly visible to race marshals. Do not pass your number onto somebody else without notifying Registration to ensure that race results are correct and for safety/medical reasons.
- Please fill in the medical information on the back of number and your emergency contact number.

FACILITIES: Toilets are available in the sports complex with portaloos in small car park. There are separate male and female changing rooms with showers. Unfortunately, there are no lockers for baggage. The Sports complex has a small café which provides drinks and snacks.

MARSHALS, WATER STATIONS & FIRST AID: Marshals will be at all key parts of the course including turns and junctions. There will be a water station half way at the bottom entry of the Conishead Priory and at the finish – this will be cups rather than bottles.

First aiders will be at the start/finish and around the half way point at Conishead Priory. If you get into any difficulties on the course, please alert a marshal who will get help for you. If you need to drop out of the race and can make your way back, please let one of the marshals know and notify a race official at the finish area. This is to ensure we can safely account for everyone that started the race.

FUN RUN MILE: Anyone can take part in this event but under eights must be accompanied by an adult who should also enter (free) and receive a number (it helps with results). You can pre-enter on line (a small registration fee applies) or register on the morning at the Fun Run registration desk. Entry fee is £5. The course is off road around the perimeter of the sports complex. If the conditions are too wet or muddy, then an alternative route is available along the road outside the complex. Medals will be given to all junior runners.

**Event sponsored by Pete Bland Sports, GSK, Steven Martin Associates
Results by Steve Ashcroft**