



BARNSELY 10K



Race Instructions

Royston Leisure Centre, Station Rd, Royston, Barnsley, South Yorkshire S71 4HZ

Sunday 27th November 2016

Start 10.00am

Numbers to be collected on Race Day for On-line entries

Dear Runner,

Thank you for your entry in the above event. Please find below race instructions for the Barnsley 10K:

- Directions.** From the **M1 North** leave at junction 38 and take the 4th exit onto Haigh Lane (Signposted Woolley and Woolley Edge). From the **M1 South** leave at junction 38 and take the 1st exit onto Haigh Lane. Drive through the village and at the crossroads at the top of the hill turn right to Staincross (Woolley Edge Lane). After approximately 2 miles at the next junction (Give way) turn left on to Shaw Lane. After 250yds straight across at the staggered crossroads onto the **B6428** Lee Lane. After approximately 1 mile you will reach Royston. Continue through Royston to the traffic lights then turn left into Station Road.

From Doncaster A635 turn right at Ardsley roundabout onto the A633 along and follow the signs for Monk Bretton. Go straight across the first roundabout onto Rotherham Rd (A633) then at the lights turn right into Burton Rd. At the roundabout go straight on (Fish Dam Lane) the **B6132** past Ardagh glass and Premier Foods, Royston is approximately 2.5 miles. Continue to traffic lights and go straight on into Station Road.
- Registration.** This year we again have chip timing to enable accurate finishing times to be collated. This should also allow results to be provided as you finish. We are again using disposable chips these are already attached to the rear of your number. Numbers can be collected on race day from 8am at the **Civic Hall**.
- Course Safety.** Please keep to the left hand side of the road at all times unless instructed to do so by marshals. Bear in mind that the course is on public roads and be aware of other road users. There are speed humps on the road for the first couple of hundred yards please exercise caution when running through this section.
- Parking.** Car Parking is available in the **Co-op car park** and there is also plenty of street parking in the local area especially, please be considerate towards local residents when parking. Please avoid parking on **Station Road** as this is the finish area and can become congested. Try and arrive at least **1 hour** before the race to ensure you can park in an appropriate place.
- Toilets / Changing.** These facilities are in the **Civic Hall**, we will also have PORTALOOs positioned behind the civic centre.
- Directions to the start.** The start it is just off **Midland Road**, in **Royston Park**. Please congregate in the park see attached map.



BARNSELY 10K



7. **Prize Giving.** This will take place at the **Civic Hall**, Station Road at 12.00pm. North of England officials will be present to ensure that UK rules are applied and all competitors are asked to adhere to these rules at all times. Athletes are reminded that only competitors wearing official club vests will score in the team races (3 to count). Numbers should be worn as given, do not reduce in size or fold.
8. **Warming up.** Please do not warm up on Midland Rd use Royston Park.
9. **Course marking.** The course has been measured by a NoEAA representative and is accurate. Markers will be placed at every mile. At the finish please keep moving when you have crossed the finish line, making your way as quickly as possible
10. **Water station.** There will be a water station just after the 3-mile point and at the finish.
11. **Results.** Will be available on the website www.barnsleyac.co.uk or by post if you leave your name, address on an envelope. This should be left with 50p at the late entries desk in the sports hall.
12. **Fun Run.** This will start promptly at 9.15am and will be a road-based loop around the Royston Park. Again, please follow marshal's directions and wear your number to the front of your top. If members of your family plan to enter on the day please allow **an hour** before the start to make sure you are not disappointed.
13. **Headphones.** In accordance with UKA rules wearing of headphones is prohibited for runner safety. Anyone wearing headphones on race day may be disqualified by the race referee.
14. **Run Direct** are this year providing vouchers for the prize giving and will have a stall with running shoes, clothing and equipment.
15. **Run Britain.** Ours is a runbritain-licensed event and therefore your time is included in calculating your free runbritain handicap score. More than 38,000 runners of all standards have now claimed their runbritain handicap score. As well as giving you a current score, between scratch and 36.0, your free personalised running biog page includes your current national ranking, your position on the national ladder, your progress graph, your strongest distance, a head-to-head comparison with other runners and downloadable training schedules to improve your score next time you race. Your handicap score also updates automatically every time you complete a licensed event. From March to November you can also enter the free monthly Reward Running competition which offers prizes for runners of different ability categories who improve their scores by the biggest margins. To claim your score now, click on <http://www.runbritainrankings.com/user/claimhandicap.aspx>

We hope you enjoy yourselves and have a good race.

If you have any comments or suggestions for improving the race next year, please email them to mark.hurrell@blueyonder.co.uk



BARN SLEY 10K



CIVIC HALL

TOILETS

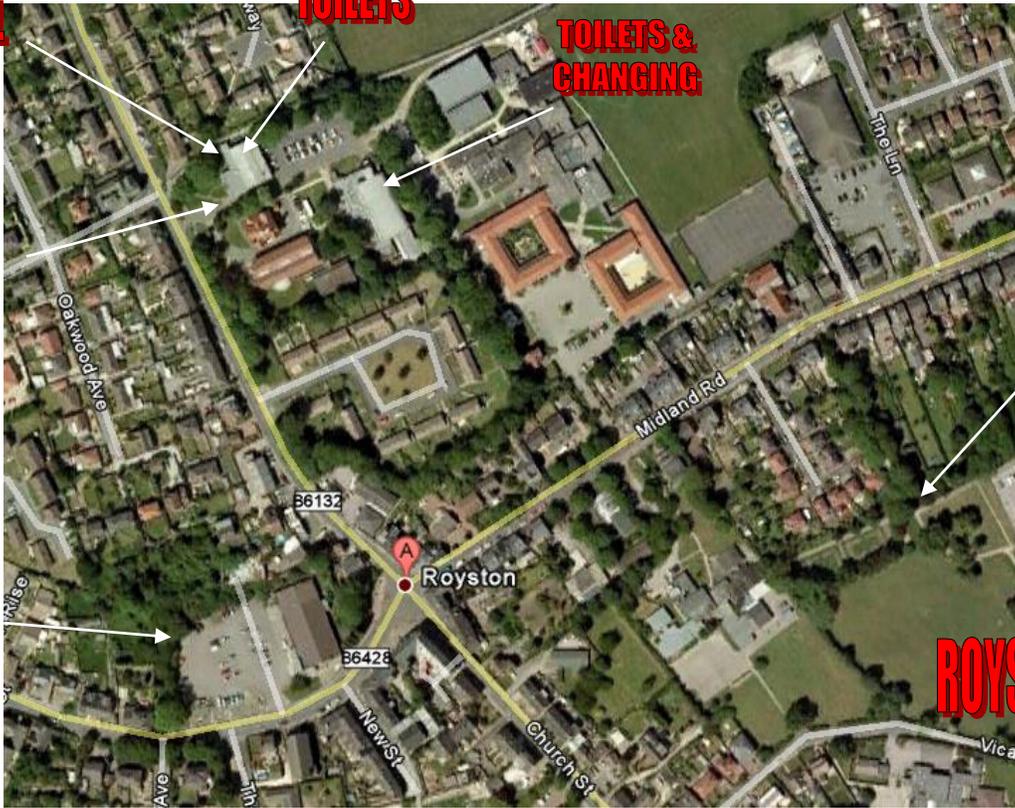
TOILETS & CHANGING

FINISH

START

CAR PARKING

ROYSTON PARK



JNC 38





BARNSELY 10K

