



www.lancaster-race-series.co.uk

Thank you for entering the Morecambe Festival of Running 5k, 10k or 10 mile

Practicalities:

- ★ You will need to collect your race number from Jo & Lee's Cafe LA2 6EQ from 9.30am, please wear it on the front of your shirt.
- ★ Please use the first section of the car park, before the building starts. If this is full please park on the road along the prom.
- ★ Please use the portaloos as there are no toilet facilities at the cafe.
- ★ Bags can be left at the venue.

The Race:

- ★ The start is at 11am at the front end of the car park.
- ★ Please observe safe distancing at all gathered areas.
- ★ Be aware of safe distancing on the course, particularly when overtaking.
- ★ Sealed bottles of water will be available at the start/finish area and at the water stations on the course (at 10k and 10 mile turn).
- ★ Please collect your medal and tea/coffee voucher at the self-service point at the end of the finish funnel.
- ★ Route maps can be found on our website: www.lancaster-race-series.co.uk

First Aid:

- ★ A First Aid post will be located near the start/finish area.

- ★ If you need attention on the course, please speak to the nearest marshal who will notify the medics.

Results:

- ★ Manual times will be used for this event.
- ★ Initial results will be published on our website within 48 hours of the event. If you have any queries about the results contact steve@runpreston.com by midnight on Tuesday.
- ★ Finalised results will be sent to Power of 10 and Run Britain on Wednesday.

Family and Friends:

- ★ Please support your athlete at a safe distance from the general public at the start/finish area and around the course.
- ★ Please follow the codes of conduct for [Runners & Spectators](#)

Covid 19 awareness:

- ★ Please continue to practice safe distancing.
- ★ Hand sanitiser is available at the start/finish area.
- ★ Please do not attend if you are showing any symptoms of Covid-19 as outlined by the NHS.