



www.lancaster-race-series.co.uk

**Thank you for entering the
Christmas Cracker 10k and Santa Fun Run
Fun Run 11am start
10k 12 noon start**

Practicalities: NEW VENUE- Priory Hall

- ★ Please collect your race number from the Priory Hall (signed from Royal King's Arms and Castle) from 9.30am, please wear it on the front of your shirt.
- ★ Be aware that parking outside the castle is prohibited. There are a few spaces alongside the castle, but it is best to park in the Dallas Road car park and walk to the venue. (5 minute walk)
- ★ There are a few toilets at the venue. Women please use the disabled toilet as well as the 'ladies' alongside it.
- ★ Bags can be left at the far end of the Priory Hall.

The Race:

- ★ The **Fun Run** start is at **11am** on the cycle path near the Millennium Bridge. It will be clearly signed from race HQ. Please allow 5 minutes to walk to the start.
- ★ The **10k start** is at **12 noon** on the cycle path near the Millennium Bridge. It will be clearly signed from race HQ. Please allow 5 minutes to walk to the start.
- ★ Please observe safe distancing at all gathered areas.
- ★ Please keep to the left on the 10k course.
- ★ On the Fun Run Course please keep to the paths as directed by the marshals.

- ★ 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 station on the course (10k only). Please dispose of bottles in the sacks provided or at the mile markers.
- ★ Please collect your medal and water from the Priory Hall after the race. Santa will be in the Priory Hall to give presents to the children.
- ★ A route map for the 10k can be found at: https://www.mapmyrun.com/routes/view/add_to_website/4626683824#

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 after the event.
- ★ Finalised results will be sent to Power of 10 and Run Britain on about 72 hours after the event.
- ★ Please note: there will be no official results for the Fun Run

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.