



www.lancaster-race-series.co.uk

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

**PLEASE NOTE CHANGE OF VENUE
THE STATION PROMENADE**

Old Station Buildings, Marine Rd W, Morecambe LA4 4DB

Practicalities:

- ★ You will need to collect your race number from the Station Promenade LA4 4DB from 9.30am, please wear it on the front of your shirt.
- ★ Parking is available in Morrison's car park (3 hour limit) or at various pay & display car parks or there is unlimited parking farther along the prom beyond Aldi (5 minute walk).
- ★ Toilets are available at the venue.
- ★ There will be a limited baggage drop at the venue. Please leave your bags in your car or travel light.

The Race:

- ★ The start is at 11am on the walkway beside the Midland Hotel.
- ★ Please observe safe distancing at all gathered areas.
- ★ Please keep to the left on the course.
- ★ 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.
- ★ Please collect your medal at the self-service point at the end of the finish funnel.

- ★ A route map for each event can be found on our website or at:
10 mile: <https://www.mapmyrun.com/routes/view/4823371408>
10k: <https://www.mapmyrun.com/routes/view/4823381209>
5k: <https://www.mapmyrun.com/routes/view/4823351938>

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 1st February.
- ★ Finalised results will be sent to Power of 10 and Run Britain on Wednesday 2nd February.

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.