



Race Licence Number: 2024-45981

BLACKBURN ROAD RUNNERS WINTER WARMER 10K RACE & JUNIOR 2K FUN RUN

SUNDAY 4th FEBRUARY 2024

Junior 2k Registration open from 08:30 - Fun Run Starts at 10:00

10k Registration open from 09:00 - 10k Race Starts at 11:00

Thank you for entering our event Please read the following information carefully.

Location & Parking - Witton Park, Blackburn, BB2 2TP

Parking is available at the main entrance to Witton Park (Please note there is a charge for parking of 80p for up to 2 hours and £2 for all day via Pay & Display machines. Please bring change and leave enough time for queuing. Please display ticket correctly. (Prices correct as of 30/01/2024). There is ample free parking beyond the entrance gates at Tower Road (which is a 10-15 minute walk through the park) and also limited parking at Witton Park High School off Buncer Lane (Signposted Car Park C). **The barrier here will be locked by 13:00 so please do not leave your vehicle after the end of the race.**

There will be car park marshals at the main entrance if you require directing to the parking areas. Parking is at your own risk.

Your entry

Race numbers will be available for collection on the day at registration. **Please check carefully and fill in your ICE details on the reverse.** Your timing chip will be in the form of a tag which you must attach to your shoe to be removed at the Finish Line. Only 10k numbers are valid for the 10k race and only 2k numbers for the Junior fun run. Please do not use an invalid number in the race or you will be disqualified.

Toilets/Changing Room/Baggage Drop

Portable toilets for our event will be situated on the avenue directly ahead of the main park entrance. Changing rooms are not available this year. A runners Baggage Drop will be available in the Indoor Track area next to 10k Race Registration. Please note, although every effort will be made to keep items safe & supervised, any items left in the Indoor Track or Baggage Drop area are left at your own risk. **Please leave valuables at home.**

First Aid

Rossendale & Pendle Mountain Rescue Team will be available to provide first-aid and medical assistance on the day. They will be situated near the Pavilion and will also be following runners en route in a specially equipped medical response vehicle.

Refreshments

The Pavilion Café will be open from 09:00. There will also be a well-stocked Charity cake stall in the Indoor Track area to raise money for our 2024 nominated club charity - ELHT&Me Breast Cancer Care.

Cancellation

In the event that the race has to be cancelled due to adverse weather, this will initially be broadcast via social media and BBC Radio Lancashire and subsequently by email. If in doubt please check on our Facebook page before travelling. Should the race be cancelled then the rescheduled date for the event will be **Sunday 11th February 2024** (one week later). If this is not possible there will be a deferral offered to the next available event. **No refunds will be offered.**

For your own safety, please do not run in another person's number.

Race transfers will be available on the day. If you wish to transfer, please go to the 10k Registration desk and speak to the entries manager Lisa Ingham. Email entries@blackburnroadrunners.net

Junior Fun Run - Minimum age 5 years, maximum age 15 years on 04/02/2024

Please ensure children are wearing suitable trainers for running - not wellies or fashion trainers.

Ensure that younger children are suitably supervised. Parents can run alongside the younger ones if necessary. We aim to make the event as safe as possible but it is your responsibility to supervise the children in your care at all times. The Junior 2k event is run entirely within the confines of Witton Park, is fully marshalled and traffic-free. The area is open to other park users. There will be a fun warm-up routine to music shortly before the Junior race led by two of our club members. We have a dedicated Child Welfare team and the **'Lost Children' point will be situated at the Activity Room to the right of the Pavilion cafe. Any marshal should be able to assist.**

2k Junior Fun Run Prizes

There are prizes for the first male and female across the Finish Line. There are also four age categories: 5-7, 8-10, 11-13 & 14-15. There will be prizes for the first male & first female in each age group. Prizes will be presented in the Indoor Track area as soon as possible after the race results are in. (Approx. 10:30)

10k Race – minimum age 15 years on 04/02/2024

The race starts and finishes on the athletics track. The circular route begins with one anti-clockwise lap of the track and ends with one clockwise lap of the track before reaching the Finish Line. The central portion of the course is run on the outskirts of the park on public roads, via Buncer Lane, the village roads of Pleasington and back to Witton Arena. It is a challenging course and the section out of the park and up Buncer Lane is almost entirely uphill. A course map of the 10k route is available here <https://www.plotaroute.com/route/2496916?units=km>. Water is available on tables for you to pick up in bottles at the 5k point and at the Finishers Area. Please be responsible and **DO NOT THROW YOUR USED BOTTLES INTO THE UNDERGROWTH**. Simply drop onto the road near a marshal or place in the green bins provided and we will take care of the rest.

Each runner has a personal responsibility to act responsibly and to stay safe. The roads are open to traffic. On the route there are sections of road without pavements; please be careful and adhere to marshals instructions. There are also some areas of uneven ground, humps and pot holes. If you or another runner becomes ill or succumbs to injury please alert the nearest marshal and we will get assistance to you as soon as possible. Medical vehicles will be on hand. Throughout the course there are other road & path users so please be considerate and respectful to others. For your own safety please be sensible and aware of other users sharing the route, but also ENJOY the run! **Please keep left at all times and DO NOT RUN IN THE MIDDLE OF THE ROAD. You will be running at your own risk.**

IMPORTANT: FOR SAFETY REASON, 'IN-EAR' EARPHONES OR HEADPHONES OF ANY KIND ARE NOT PERMITTED IN THIS UK ATHLETICS LICENCED EVENT. IF YOU ARE SEEN WEARING THEM AT ANY POINT DURING THE RACE YOU WILL BE DISQUALIFIED BY THE UKA RACE ADJUDICATOR WITHOUT RECOURSE

10k Pacers

If you are aiming for a specific time, there will be experienced & trained Blackburn Road Runners pacers available for the 10k race for the following times: 38 mins, 40 mins, 45 mins, 50 mins, 55 mins, 60 mins, 1 hr 5 mins and 1 hr 10 mins.

10k Race Prizes

Prizes will be presented in the Indoor Track area as soon as possible after all relevant results are available to us. (We are aiming for 12:30) Provisional results will be displayed as soon as they are available at or close to the 10k Race Registration desk. Full sets of results will be available on the internet on Sunday evening, please see www.ukresults.net
Prizes will be awarded in the following categories:

Overall Winners: Male 1st, 2nd & 3rd and Female 1st, 2nd and 3rd across the line

Age Category Prizes: First Male and First female from these categories - J15, V35, V40, V45, V50, V55, V60, V65, V70, V75, V80

Club/Team prizes: 3 prizes for the first 3 clubs/teams with 20 Runners over the Finish Line & 5 prizes for clubs/teams with 10 runners across the Finish Line (cumulative times).

Thanks go to **Andrew O'Sullivan MBE** (Race compère) **Tommy Spurr** (VIP Race Starter) **Ron McAndrew** (UKA Race Adjudicator) **John Schofield** (Timekeeper), **Rosendale & Pendle Mountain Rescue Team** (First Aid Response) plus all the park staff, marshals and other supporters - without whom the event could not take place. Please show your appreciation.

If you require any further information please do not hesitate to contact us on entries@blackburnroadrunners.net

NICOLA C. MURPHY

Race Director

MGS Technical Plastics *** EMPINE Print Marketing *** Dave Short Kitchen & Bathroom Fitters***
Livewire Systems Ltd *** Paul Doyle PT *** Great Harwood Windows Ltd *** Splash @the Hub *** JLR
Combustion Engineering Ltd **

