

# **BORDER HARRIERS AND AC**

## **70th**

# **BRAMPTON TO CARLISLE**

# **10 MILE ROAD RACE 2022**

The oldest 10-mile road race in the UK will be run on Sunday 20 November 2022, starting at the earlier time of 10.00am. On our 70<sup>th</sup> year we are updating to chip timing and have additional traffic management in place as well.

### **THE COURSE**

The route of the course is via the A689 and B6264, including a loop through Newby East and Crosby-on Eden, finishing, as last year, towards the southerly end of Eden Bridge, not far from The Sands Centre, Carlisle. New traffic regulation measures will ensure dedicated use of the footway and adjacent traffic lane.

### **THE START**

The start with changing facilities is at William Howard School, Brampton CA8 1AR, situated on the A6071 Brampton- Longtown Road. Buses to the start will leave from outside the Sands Centre, Carlisle CA1 1JG from 8.00am at a fare of £6, payable when entering the race. There are no team coach parking facilities at the school or guaranteed car parking.

### **HEADPHONES**

The race is held on roads, many of which won't be closed to traffic and as such, only bone conductor headphones will be allowed.

### **PARKING**

There is parking at The Sands, currently free at weekends. There is also a much larger alternative free facility at The Castle Car Park, Devonshire Walk CA3 8AN, less than 15 minutes walk away. This can be found immediately west of Carlisle Castle, a couple of hundred metres past McVitie's Biscuit Factory and Sainsburys.

### **ENTRIES**

Entries are online only, closing on 9 November unless the limit of 900 is reached earlier. There will be no entries on the day. All athletes will be chip timed. All entrants will be sent their race numbers, together with final

instructions, in good time for the race. There will be an information section on the back of each race number which you are urged to complete.

### **BAGGAGE**

A baggage bus will leave the start at 9.50am prompt and take bags to the finish for collection.

### **PRIZES AND COMMEMORATIVE T-SHIRT**

The venue for the presentation of prizes, is tbc and will be notified with final instructions. Each finisher will receive a commemorative 70<sup>th</sup> anniversary t-shirt.

### **ADDITIONAL INFORMATION**

There are hourly service buses to Brampton from Carlisle Bus Station at five minutes past the hour during the afternoon, although there is no parking available at the school itself.

If you have any queries regarding the race, you can contact the entries secretary Richard Claydon by email at [rhclaydon@hotmail.com](mailto:rhclaydon@hotmail.com)