

BORDER HARRIERS & ATHLETIC CLUB

Coulthard
& CO.

Lubrication & packaged systems

Sponsored by William Coulthard & Co for past 26 years.

Supported by Lloyd Jaguar Land Rover, Carlisle
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70th BRAMPTON TO CARLISLE 10 MILE ROAD RACE **Sunday 20th November 2022** **Start Time 10:00am**



Officially the oldest 10 mile road race in the UK.

This fast accurate course attracts over 700 runners each year.

The race starts at William Howard School, Brampton and finishes on the Eden Bridge, Carlisle (close to the Sands Centre) via the A689, through Newby East, A689, and B6264.

Previous winners include Ron Hill, Steve Cram and Angie Pain.

Prizes

- £250 to first male + additional £100 if sub 49 minutes.
- £250 to first female + additional £100 if sub 55 minutes.
- Comprehensive cash prizes for individual, veteran and UKA teams (male and female).
- Race memento for all finishers. Please state required Tee Shirt size with entry.

Race Entry

- Enter at www.race-results.co.uk. Online entries only – no postal or on the day entries.
- Entries close at 11:59pm on 9th November 2022.
- Entry Fees: UKA Affiliated - £24, Unattached - £26.
- Border Harriers Members Entry Fee - £12.

Race Rules

- In accordance with UK Athletics rules.
- Minimum age 17 on day of race.
- NO HEADPHONES to be worn during the race, Only Bone Conduction headphones are allowed.
- Race numbers are not transferable.
- Club vests must be worn for UKA Affiliated entries.

Other Information

- Buses running from the Sands Centre to the start. Cost of £6 to be paid with entry.
- Free baggage bus running from the start to the finish.
- In accordance with UK rules – Licence Pending.
- Course measurement certificate number 21/342 dated 21st October 2021.
- Presentation of prizes to be held in as soon as possible after the completion of the race. Venue of presentation to be confirmed. Please note prizes to be collected on the day.