


## PENNY LANE STRIDERS 10K ROAD RACE

Under UKA Rules, Licence pending

**SUNDAY 26<sup>th</sup> JUNE 2016 at 10.30am**

### RACE INFORMATION

Venue	The race venue is the Police Club, Riversdale Road, Aigburth, Liverpool L19 3QN
Race numbers / timing chips	<p>Race numbers and chips should be collected on the day of the race between 9am and 10am.</p> <p>We use chip timing for the 10k race. You run over a timing mat at the start and at the finish, and this records your time.</p> <p>Apart from prize winners, times will not be available immediately after the race but will be available on this web site within a few days of the race (hopefully on race day).</p> <p>It is important to attach your chip correctly; there will be ifixing nstructions and stewards available to help.</p> <p>You should wear your race number on the front of your vest. Please complete the Medical Information Form on the reverse of the number.</p>
Directions, Travel and Parking	<p><b>By car</b> – Riversdale Road is off Aigburth Road (A561) in south Liverpool and the Police Club is at the end of the road immediately adjacent to Otterspool Promenade. There is no parking within the Police Club itself, but parking is available on Riversdale Road and in a small car park at the end of Riversdale Road by the Red Bull on Otterspool Promenade (first come first served). Further parking is available at another car park at the end of Mersey Road, and on Otterspool Drive (accessed via Jericho Lane).</p> <p><b>By Merseyrail</b> – Northern Line – nearest Station – Aigburth situated on Mersey Road.</p> <p><b>By bus</b> – service 82 along Aigburth Road</p>
Facilities	Race Headquarters are at the Police Club. Facilities include: changing and shower facilities --- toilets --- entry on day desk --- race number collection point for on-line entries --- information and enquiries point --- baggage tent --- refreshments may be purchased in the club house
Safety	<p>The race will be fully marshalled and first aid cover will be available out on the course and at the Finish. Please obey the instructions of marshals at all times.</p> <p>Red Cross will attend on the day of the race.</p> <p> Runners are not allowed to run with dogs or <b>wear personal stereos.</b></p>
Start and Finish	The Race begins at 10.30am and both the Start and Finish are situated within the Police Club grounds in front of the clubhouse.

<p>Course</p>	<p>The course takes in the scenic River Mersey Waterfront along Otterspool Promenade, and Otterspool Park. It is accurately measured and certified. Kilometre markers will be displayed (see course map).          The course is flat and on "road" surfaces, except for the Start and Finish areas which are on grass. There are a number of kerbs and narrow gaps to negotiate which mean that the race is not suitable for wheelchair athletes. Entries by persons with other disabilities will be considered if advised to the Race Secretary in reasonable time before the date of the race.          In a number of locations the course is "out and back" so please keep to the left to avoid those running in the opposite direction. There will be water stations at approximately half way and at the Finish (see course map). Water will be provided in sterile containers by personnel wearing protective gloves.</p>
<p>Results and Prizes</p>	<p>Results will be posted, and prizes awarded as soon as possible after the end of the race. Results will also be available on the Club website <a href="http://www.pennylanestridersrunningclub.co.uk">www.pennylanestridersrunningclub.co.uk</a> and on <a href="http://www.ukresults.net">www.ukresults.net</a>          The Prizes are as follows:          Individual Men &amp; Women – 1<sup>st</sup> - £50, 2<sup>nd</sup> - £30, 3<sup>rd</sup> - £25          1<sup>st</sup> MV40, MV45, MV50, MV55, MV60, MV65, MV70, MV75 - £25          1<sup>st</sup> FV35, FV40, FV45, FV50, FV55, FV60, FV65, FV70, FV75 - £25          Only one individual prize per competitor.          Team prizes (club colours to be worn) Men's (4 to count) - £20 Women's (4 to count) - £20          All finishers will receive a commemorative technical tshirt.</p>
<p>About Penny Lane Striders Running Club</p>	<p>Penny Lane Striders Running Club is a friendly club with has over 250 members of all standards. We cater for road, cross country, trail and fell running. New members are always welcome. If you are not a member of a running club and would like more information about us then ask any of the officials at the race or visit our website to view information about joining our Club and about our training programmes. Alternatively come down to our club nights and give it a try - we meet at Garston Leisure Centre every Tuesday and Thursday at 6.45pm for a 7.00pm start.           Website: <a href="http://www.pennylanestriders.club">http://www.pennylanestriders.club</a></p>
<p>Further Information</p>	<p>If you need further information about the race please contact the Race Secretary at <a href="mailto:pennylane10K@hotmail.com">pennylane10K@hotmail.com</a></p>