



PENNY LANE STRIDERS 10K ROAD RACE



Under UKA Rules, Licence applied for

SUNDAY 28thth June 2015 at 10.30am

RACE INFORMATION

Race entry and race numbers/timing chips	Race numbers should be worn on the front of the vest and should not be folded, cut or mutilated in any way. Competitors should complete the Medical Information form on the reverse of the race number. Disposable chips to be attached to running shoe - see envelope for instructions for attaching chips.
Venue	The race venue is the Police Club, Riversdale Road, Aigburth, Liverpool L19 3QN
Directions, Travel and Parking	By car - 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). By Merseyrail - Northern Line - nearest Station - Aigburth situated on Mersey Road. By bus - service 82 along Aigburth Road
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
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.
Course	The course takes in the scenic River Mersey Waterfront along Otterspool Promenade, and Otterspool Park. It is accurately measured and certified (Course Measurement Certificate NoE 13/021), and 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. Regrettably 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



	<p>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 www.pennylanestridersrunningclub.co.uk and on www.ukresults.net</p> <p>The Prizes are as follows: Individual Men & Women - 1st - £50, 2nd - £30, 3rd - £25 1st MV40, MV45, MV50, MV55, MV60, MV65, MV70, MV75 - £25 1st FV35, FV40, FV45, FV50, FV55, FV60, FV65, FV70, FV75 - £25 Only one individual prize per competitor. Team prizes (club colours to be worn) Mens (4 to count) - £20 Womens (4 to count) - £20 All finishers will receive a commemorative medal.</p>	
<p>Safety</p>	<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> Runners are not allowed to run with dogs or wearing personal stereos.</p>	
<p>Further Information</p>	<p>If you need further information about the race please contact the Race Secretary at pennylane10k@hotmail.com</p>	
<p>About Penny Lane Striders Running Club</p>	<p>Penny Lane Striders Running Club has approximately 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.</p>	
<p>Sponsors</p>	<p>LIVERPOOL MUTUAL HOMES</p> <p>Pride in Our Homes, Proud of Our Neighbourhoods 08006781894</p> <p>www.liverpoolmutualhomes.org</p> 	<p>Fit For Free Ltd The Matchworks 140 Speke Road Garston Liverpool FIT FOR FREE <i>fitness for everybody!</i> L19 2RF</p> <p>0345 548 5040</p> <p>info@fitforfree.co.uk</p>

