

WIGAN PHOENIX

Standish Hall Trail Race

HQ - STANDISH COMMUNITY HIGH SCHOOL, KENYON ROAD, WN6 0NX

Thank you for your on-line entry. Your number will be available at registration which opens by 13.00 at the latest (please arrive early). Please find below a link to the course map (I'm afraid not all browsers will allow access to this and if so I can't help you).

<http://www.movescount.com/moves/move49505230#.VK7-SLiYGeU.email>

(Follow the course with your cursor - each of the triangles represents an approximate mile point).

PLEASE...

Complete the emergency details on your number.

Refunds are not available but if you cannot attend, transfers to a colleague or our next event are FOC **in advance of the online closing date.**

DO NOT park near the start – there is ample parking at race HQ and it is only 2/3 mile from the start.

Do not use the field near the start as a toilet - the farmer gets very angry.

If you must wear headphones you **MUST** only use one earpiece so that you are aware of other runners and can hear marshals' instructions.

Follow the marshals' directions and look out for red/white tape in the wood.

Be aware of natural hazards - mostly wood debris/overhanging branches. It can be very muddy in places.

Keep to the left especially in the wood where runners are using both sides of the track.

Do not ask the timekeepers for your time when you finish.

Remember to cover or remove your number if you walk back on the course.

Free results will be available as well the usual prizes, a pie and the occasional bottle of wine.

Paul Carroll, Race Director