

## WIGAN PHOENIX

Dear Runner,  
**Standish Hall Trail Race**

Thank you for your on-line entry. Your number will be available at registration. Please find below a link to the course map (I'm afraid not all browsers will allow access to this).

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

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

PLEASE...

Complete the emergency details on your number.

Park at the rear of the hotel. DO NOT park near the start – there is ample parking at race HQ at the Britannia Hotel and it is only 1/3 mile from the start.

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

Do not wear headphones. If you must please 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 the 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.

Cover or remove your number if you walk back on the course.

Apart from that, enjoy the race.

Free results will be available as well prizes and the occasional bottle of wine.

Yours sincerely

Paul Carroll  
Race Director