



PENNY LANE STRIDERS 10K ROAD RACE

Under UKA Rules, Licence 2019-36136

SUNDAY 23rd JUNE 2019 at 10.30am

Part of Merseyside Road Running Grand Prix

RACE INFORMATION

Race Headquarters: Police Club, Riversdale Road, Aigburth, Liverpool L19 3QN



Facilities include:

- Toilets, changing and shower facilities
- entry on day desk / race number collection point
- pacers
- baggage tent
- refreshments for sale
- free photos

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 from Liverpool City Centre along Aigburth Road

EVENT TIMETABLE

- 09:00 Race Headquarters open for number collection, entry on the day (if available) and enquires
- 09:15 Baggage store opens
- 09:15 Massage tent opens
- 10:20 Runners proceed to the start line
- 10:30 Race starts
- 12:00 Presentations
- 12:30 Race Headquarters closes

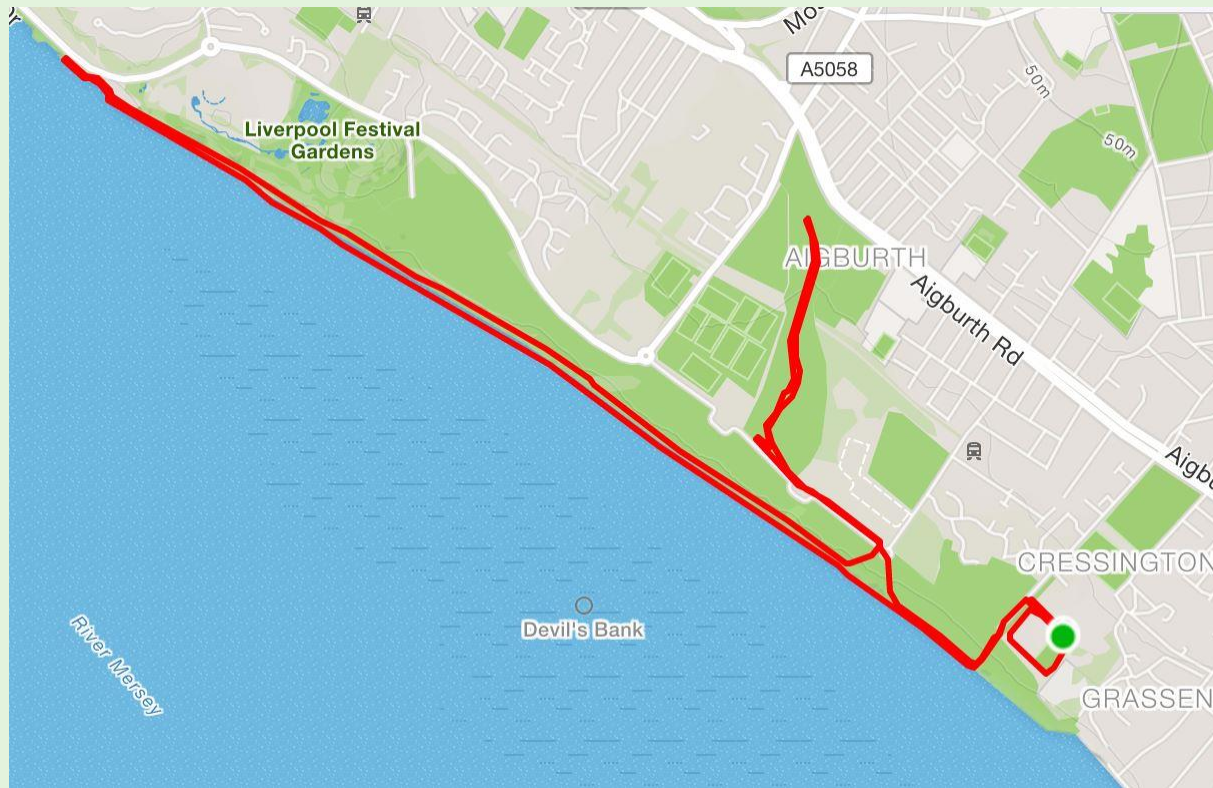
Please collect your number and timing chip on the day of the race before 10am.

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. You should wear your race number on the front of your vest. Please complete the Medical Information Form on the reverse of the number.

Safety The race will be fully marshalled; first aid cover will be available out on the course and at the Finish. Please obey the instructions of marshals at all times. St John's Ambulance will attend on the day of the race.

Runners are not allowed to run with dogs or **wear personal stereos.**

Course



The Race begins at 10.30am and both the Start and Finish are situated within the Police Club grounds in front of the clubhouse.

The course takes in the scenic River Mersey Waterfront along Otterspool Promenade, and Park. It is accurately measured and certified. Each kilometre is marked.

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 places 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.

Results and Prizes 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

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 **must** be worn)

Men's (4 to count) - £20

Women's (4 to count) - £20

All finishers will receive a commemorative technical t-shirt.

About Penny Lane Striders Running Club

Penny Lane Striders Running Club is a friendly club with has over 300 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: **<http://www.pennylanestriders.club>**

Further Information

If you need further information about the race please contact the Race Secretary at pennylane10K@hotmail.com