



HOAD HILL HARRIERS SUMMER 10K ROAD RACE

AND 1 MILE FUN RUN

Wednesday 21st August 2019

RUNNER'S INFORMATION SHEET



Welcome to Hoad Hill Harriers 10K road race and Fun Run Mile.

The Fun Run Mile starts at 6:30; and the 10k at 7:00 pm.

This fast course regularly attracts between 200 – 300 runners. There are no restrictions on the numbers taking part. The fun run mile attracts between 70 and 90 junior and senior runners. We hope you find the following information useful for race day.

ENTERING: 10K (Minimum entry age is 15)

You can pre-enter online at www.ukroadraces.info or using the link https://bookitzone.com/steve_ashcroft/C6iFFX

- PRE – ENTRY: £10 for EA affiliated club runners, £12 for Non EA affiliated runners. (a small online registration fee will apply)
- You can also make a postal entry to: Ulverston Summer 10K, GSK Sports Club, North Lonsdale Road, Ulverston, Cumbria, LA12 9DR – Please make cheques payable to GSK Hoad Hill Harriers. A link to the entry form can be found on the main page. Closing date for postal entries is one week before the race.
IF YOU MISS EITHER THE ONLINE OR POSTAL DEADLINE, YOU CAN REGISTER ON THE DAY.
- You can register on the day from 5:30 in the sports hall. In line with all other club races, registering on the day will cost an extra £2 for affiliated and non-affiliated runners. Please remember your England Athletics number to be classed as an affiliated runner.

RACE VENUE:

GSK Sports Club, North Lonsdale Road, Ulverston, Cumbria, LA12 9DR. As you approach Ulverston on the A590, go straight over at the Booths Supermarket roundabout, taking the first left after 300 metres onto North Lonsdale Road. When you get to the t-junction at the end Of North Lonsdale Road, turn left and approach the roundabout. The sports complex is located straight over the roundabout (second exit) and is located 300 metres down Pullman road on the right-hand side, behind a small car park.

THIS SMALL CAR PARK IS TO BE USED BY OFFICIALS/MARSHALS/FIRST AIDERS ON RACE DAY.

(There are maps on the club section on our website, showing the club's location)

RACE PARKING:

Please follow parking signs or marshal direction. The car park is the first turn on the left as you approach the roundabout at the junction of North Lonsdale Road and Morecambe Road. It is the main car par for the GSK Factory.

REGISTRATION:

Registration opens at 5:30pm. Pre-entered runners' numbers will be located on a separate table. Pins will be available to attach your race number to the front of your running top. Please ensure that your number is not folded or covered - it needs to be clearly visible to the race marshals. Do not pass your running number onto somebody else without notifying Registration to ensure that results are correct and for safety and medical reasons.

Please fill in the any relevant medical information on the back and an emergency contact number.

TOILETS/CHANGING/SHOWERS:

Toilets are available in the sports complex and additional portaloos are provided outside as you enter the complex. There are separate male and female changing rooms with showers. Unfortunately, there are no lockers for baggage.

REFRESHMENTS:

The sports complex has a small café which provides crisps, sweets and hot and cold, alcoholic and none alcoholic drinks. Outside caterers or a BBQ may also be available.

MARSHALS, WATER STATIONS & FIRST AID

Marshals will be at all key parts of the course including turns and junctions. There will be a water station at the bottom entry to Conishead Priory at almost the mid-way point and at the finish - this will be in cups not bottles. Water is also available at the finish. First aiders will be on the course and at the finish area. If you get into any difficulties on the course, please alert a marshal who will get help for you.

THE COURSE

The route you are running is open to the public so be aware of traffic, cyclists and pedestrians. In line with UKA rule 240 S5 the wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted. Runners should keep to the left-hand side of the road and follow instructions given by marshals. As there is a section of road at three and half miles where there is no pavement for a further half mile, for safety reasons, we do not permit running with dogs or buggies. Maps of the courses are available to view at the Glaxo Sports Club on the day.

(A map of the course is also available to view on the page for this race in our events section prior to the event.)

AWARDS RESULTS:

There are prizes for the 1st five male and female finishers and the first finisher in all vet categories. For the male and female team prizes, the 1st 3 count (club vests must be worn) There are medals for all finishers, including fun runners.

The awards presentation will take place as soon as results are available. Results will be published on the Hoad Hill Harriers Facebook page, Hoad Hill Harriers Website, www.ukroadraces.info and UK Road Races.info Facebook site.

Photos will also be posted on our Facebook site.

THE FUN RUN MILE:

Anyone can take part in this race, but under eights must be accompanied by an adult. You can pre- register online (a small online registration fee applies) or register on the day at the Fun Run registration desk, entry fee is £2. The course is off -road, around the perimeter of the sports club complex. If the conditions are too wet or muddy, then an alternative route is available along the road outside the sports complex. Course maps will be displayed in the Sports Hall prior to the event and course notification will be on our FB site if the alternative road course is to be used. Medals will be given to all registered runners at the end of the race.

EVERYONE AT HOAD HILL HARRIERS HOPES YOU HAVE A GREAT RUN