

Lancaster Three Bridges 10k 2022 – 10 April 2022

Dear Runner,

Thanks very much for entering this year's Three Bridges 10k. Some details about the arrangements for Sunday -

Race Details

The race starts at 1100 from our clubhouse at the Salt Ayre athletics track (LA1 5JS). For those who have booked online, please be there in good time to collect numbers. The route of the race is shown in https://gb.mapometer.com/running/route_3823455.html.

There is a water station at 2 miles and 5 miles.

Covid Measures

If you have tested positive for Covid, you must not attend this race.

The clubhouse will be open for use of toilets. The change rooms and showers will not be available.

Before and at the end of the race, please observe sensible distancing.

Parking. We have arranged a car park next to the AXA Insurance building (LA3 3PA) which is a short walk from the clubhouse, and **PLEASE use this car park**. It opens at 0915. If you are driving from the Lancaster or Bay Gateway direction, take the second right after the pedestrian crossing at Asda, into Northgate. The car park is on Northgate, on the right, just before Bookers. Look out for the yellow signs! After parking, walk back along Northgate, through the Asda car park to Salt Ayre. See attached drawing for more info.

Thanks again for entering and we wish you a safe and enjoyable race.

Three Bridges Organising Team.

