

## 2018 SWEATSHOP 10 ROAD RACE INFORMATION

Sponsored by Tony Bolton Sports

**RACE HQ** is at - **Bispham Fire Station, Red Bank Rd, BLACKPOOL, FY2 9EA.**

- Entry is by the gate at the rear of the Fire Station.
- There is no parking on the Fire Station yard, however parking in the vicinity of the station is in most cases not restricted. Please ensure you do not block private drives when you do park.
- The toilets are very limited however there are several located at the top of Red Bank Rd operated by "Danflo" and these cost 20p to use. **Please do not use the surrounding areas as toilets.**
- Male and Female changing areas are provided at the HQ but no secure storage for bags.
- Number Transfers will be located at race HQ, along with other future race entry forms.
- **Online numbers will be collected at the Fire Station.**
- A race prize presentation will be held at approx. 1.15pm at the Fire Station.
- Winners must collect or arrange for their prize to be picked up on the day as none will be sent on.
- Goody bags to be collected at race HQ BEFORE the race on production of your race number.

**RACE NUMBERS** Please complete relevant details on the back of your number before you put it on.

**START/FINISH** These are situated on the cliff path, the seaward side of the Promenade approximately 400 metres from the Race HQ.

### **REFRESHMENTS**

Hot food is planned to be available after the race. Tea, coffee and orange juice will be available from approx. 9am. A donation would be appreciated and **All** proceeds from this service are being donated to the Motor Neurone Disease Association.

There will be an on course drink station and another at the finish. Please throw your used cups/bottles into the bins provided.

### **RESULTS**

Results should be available on the day. Results will be on [www.ukresults.net](http://www.ukresults.net) that evening.

### **RULES WHICH MUST BE ADHERED TO**

1. Runners must follow instructions given by any Marshal or Official.
2. Numbers must be worn on the front of the vest and be easily visible.

### **NOTE:**

1. The course is marked with signboards, tape, arrows and marshals.
2. First Aiders will be on the course should you be injured or feel unwell
3. If the tide is against the sea wall beware of anglers when they are casting.
4. Beware of any moving vehicles as emergency and Council vehicles do access the paths you are running on occasionally.
5. Do not cross the tram lines at any time during the race itself.
6. Take care in vicinity of pedestrians, they also have rights.

*All runners please ensure that after passing over the finishing line you do not attempt to pass other runners, nor let any pass you, before your number as been recorded. Once you have left the funnel do not go over the finishing line again and re-enter the funnel.*

**These simple rules ensure a correct result is shown for each of the runners so it is for your benefit.**

### **RACE DIRECTORS FOREWORD**

I welcome you all to our 10 Mile Race of which myself and Kath enjoy organising. Once again we have to say thank you to all our marvellous sponsors of which you the runners are the sole beneficiaries. Please support these sponsors when you can.

## **COURSE RECORDS**

SM	David Rigby	Preston Harriers	52.50	2015
JM	Jack O’Kell	Lancaster University AC	61.34	2015
MV35	Mat Rushbrook	NMAC	56.19	2015
MV40	Nick Jones	Warrington AC	55.34	2016
MV45	Gary Pennington	Preston Harriers	54.57	2015
MV50	Dave Parker	St. Theresa’s AC	60.10	2016
MV55	Paul Muller	Horwich RMI	59.21	2015
MV60	Mervyn Ward	Warrington AC	61.48	2017
MV65	Eric Ranicar	Bolton Utd	67.35	2015
MV70	Geoffrey Howard	Ilkley Harriers	70.20	2016
MV75	Ted Orrell	Clayton-Le Moors	85.39	2015
MV80	John Winters	BW&FAC	92.38	2016
SF	Katie Brough	Vale Royal AC	62.38	2017
FV35	Carmen Byrne	Holcombe Harriers	64.05	2016
FV40	Sharon Johnstone	Wilmslow AC	63.35	2016
FV45	Bev Simons	Salford Harriers	62.30	2015
FV50	Bev Wright	BW&F AC	68.03	2015
FV55	Lesley Leggett	Spensborough AC	67.47	2015
FV60	Sue Haslam	Scarborough AC	70.56	2017
FV65	Carol Douglas	Red Rose Road Runners	82.48	2015
FV70	Norma Smith	Blackburn Road Runners	92.08	2017

## **PRIZE TABLE 2018 OPEN RACE**

**(All open race position prizes are of the same value)**

**1<sup>st</sup> to 3<sup>rd</sup>** JMU20 / SM / MV35 / 40 / 45 / 50 / 55 / 60 / 65 / 70 / 75 / 80 /85+

**1<sup>st</sup> to 3<sup>rd</sup>** JFU20 / SF / FV35 / 40 / 45 / 50 / 55 / 60 / 65 / 70 / 75/80+

**1<sup>st</sup> & 2<sup>nd</sup>** Teams Male (4 to count) and Female (3 to count).

## **PRIZES NOT COLLECTED ON THE DAY WILL NOT BE FORWARDED ON**

### **FIRE SERVICE**

1<sup>st</sup> Fire Service individual – The Gordon Russell Trophy. Medals to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in Male and Female categories. Subject to agreed numbers of Bona Fide Fire Service Club Members finishing.

### **NORTHERN MASTERS**

1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> awards in all masters categories.

### **DIRECTIONS TO 10 MILE ROAD RACE FROM MOTORWAY From M55 (J3)** :- Follow signs for Fleetwood on A585.

At River Wyre pub R/About go Straight ahead, you are still on A585. Next R/About take 2<sup>nd</sup> turn (s/post Norcross). Next R/About turn right then almost immediately left into Whiteholme Rd. At mini R/About turn left onto Ashfield Rd and pass large college on your right and carry on St/through 2 mini R/About. After last one take 5<sup>th</sup> road on your right Ingthorpe Ave and proceed St/through a mini R/About. After 200 yds take Right lane approaching R/About and go straight across. This is now Red Bank Rd and the Fire Station is 250 yds. on your right set back behind 2 large grass covered traffic islands. **Or use FY2 9EA for your satnav.**

**From M6 (J32):-** Follow signs for Fleetwood on A6 passing Garstang on your left after about 5 miles until you reach a junction signposted A586 Fleetwood/Blackpool, turn right. Stay on the A586 through Churchtown, St Michaels, (speed camera) and Gt Eccleston . At the first set of traffic lights go straight ahead and approaching the next set of traffic lights get into nearside (left) lane and continue straight ahead on A586 passing to the left of the Shell garage at these lights. Stay on the A586 through several more sets of lights passing through Poulton Le Fylde and on in towards Blackpool until you reach a Traffic Light controlled R/About take 1<sup>st</sup> exit left onto dual carriageway St. Walburgas Rd. and on up to R/About turning right into 4<sup>th</sup> exit (Newton Drive) then take the 4<sup>th</sup> road on the left (St Clements Ave) At the end of the road turn right and the fire station is 50yds up on the right. **Or use FY2 9EA for your satnav.**