



HEAPEY AND WHEELTON VILLAGE HALL COMMITTEE
35th Dressers' THROUGH THE VILLAGES' RACE

Ordnance Survey Map 102 GR 605212

Welcome to the **35th** year of the Through the Villages' Race. **Please note that the parking of all runners' vehicles must take place down Whins Lane or near the old Police Station.** This is a requirement of the Police, and is done with the express intention of ensuring a safe start and finish area. If you park down Whins Lane you will find signs directing you to the Village Hall. **The Police have insisted that when you finish the race you DO NOT WARM DOWN ON THE COURSE!** The parking area is no more than ten minutes walk away from the start, but as with all races **ARRIVE EARLY.** Limited changing facilities are available at the Hall etc. All runners are cordially invited back to the Hall for **FREE** food and drinks provided by Villagers, at no cost to the runners.

NB. A runner MAY only run for a SENIOR OPEN TEAM or A VETERAN TEAM but not both! Veterans please let me know beforehand. More importantly - if you cross the road from left to right on the A674 or Bury Lane without authority from the Police or marshals YOU WILL BE DISQUALIFIED. There is a time limit of 100mins, after which you can self time and receive your medal.

And the most important instruction of all - Have a good run, enjoy yourselves, come back again - the Villages' Race always has a few surprises in store for you.

See you on Sunday 4 November 2018 - prompt start at 10. 30 am.

Kind regards
 Terry Dickenson (01254 830591)

DO NOT WARM DOWN ON THE COURSE – YOU WILL BE LIABLE TO DISQUALIFICATION! Police request

No Headphones,earphones or such devices or animals are permitted on safety grounds