

Ribble Valley 10k Organisational Details

- 1) The race will be traffic free and all roads will be closed at **10:45am, 15 minutes before the race is due to start at 11:00am.** Access to car parking **can only** be gained coming from the direction of Clitheroe Town Centre
- 2) Car Parking will be at **a)** at the school near the start of the race approx 3-400 metres away; **b)** on the public car park adjacent to Roefield Leisure Centre Centre which has a cost of 50p; **c)** on the right hand side of Eddisford Road approaching the Leisure Centre. Marshals will direct all cars approaching the Race Registration area to the relevant car parking. All other car parking will be outside the confines of the Race Course and is located within the Town Centre **NB.** If you choose to park in the Town Centre, give yourself plenty of time to get to the race, as it is approximately a mile away from where you would register or pick up your number
- 3) Please note that you should aim to get to the race, parked up and collecting your number at Roefield Leisure Centre by 10:30am at the latest. **Registration closes at 10:30am and no entries on the day will be taken after that**
- 4) Once you have picked up your race number, or had it posted pre-race to you, please ensure you write your personal details on the back of the number which can be utilised in the event of a medical emergency.
- 5) **Please also note that no cars will be able to exit the main car parks (across from the Registration area at the Leisure Centre) until the last runner has finished – approx 12:20pm**
- 6) The closing date for postal entries will be Saturday 18th December
- 7) This year the race hosts the Northern 10k Road Championships. To enter, all you need to do is select YES / NO on the Entry Form. Please note the closing date for entry into the Northern Championships will be no later than Monday 21st December.
- 8) A lead vehicle will head the race
- 9) Because the Race is traffic free with closed roads, the St John ambulance will be mobile on the road, following the race, which will cut down the time in getting to any incident
- 10) Because the roads are closed to all traffic for the duration of the race, the Start & Finish of the race this year will be in the same place on the road. To reflect the slight change in the course and the closed road environment, the course has been re-measured on Monday August 10th 2009 and the appropriate certificate will be on display at the Race along with the Race Risk Assessment

- 11) At the Start of the race, there will be barriers across the road 5 metres behind the Start line. ALL runners MUST assemble behind the barriers by 10:55am. The barriers will be removed and the field walked forward to the Start line at 11:00am
- 12) At the finish line there will be two funnels and you will be directed into an open funnel by the funnel controller. Please keep moving after you have crossed the finish line (where only times will be recorded) and ensure that you do not pass any other runner until your number has been taken at the far end of your funnel. Similarly, do not allow anyone to pass you as you will lose places in the results if this happens. No positional corrections will be made where it is evident that this has happened.**
- 13) Toilets – these have been hired and will be located outside the Leisure Centre
- 14) Water will be available at the end of the race; at the 5k mark on the course and at the finish
- 15) Race T-Shirts which are free to all entrants, can be picked up after the Race in the Main Hall where the prize giving takes place
- 16) Prize presentation for the Open Race and all categories as well as the Northern Championships will take place immediately all the results are through in the Main Hall and presented by Forbes Solicitors, the Race main sponsor
- 17) Sweatshop will be setting up a large stand in the main hall at which there will an opportunity to purchase running shoes and athletic clothing.
- 18) Results are being done by John Schofield at www.ukresults.net and will be available on that site the same day
- 19) Any queries about the Race details and/or organisation please e-mail:

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