



Hoad Hill Harriers



Paul Jarvis Memorial Mile & Relay Runners Information Sheet

Thursday 2nd May 2024

Senior Mile start: 6.45pm

Fun Run Mile start: 7.00pm

Mixed Relay start: 7:30pm

PERMIT tbc

We have made an exciting change of format to our annual Paul Jarvis Memorial Mile. The senior mile course has been officially measured and will be run under UKA permit with results reported to Run Britain i.e. counting towards your Power of 10. This will be followed by a Fun run mile for juniors and anyone else who prefers a slightly slower pace. The event will climax with a Mixed Relay.

PRIZES: There are prizes for first 3 in male and female senior and first in all Vet +40 categories as well as 1st relay team. All finishers in fun run mile will receive a certificate. The prizes will be presented after conclusion of final race.

COURSE: This is a flat, fast course following course 1 (see below) for Main Mile race and course 2 for fun run and relay race.

ENTERING 1 mile Permit Race (Age 12 & over for Affiliated Runners):

- You can pre-enter online at <https://niftyentries.com> £5 plus small admin fee.
- You can also register on the night from 5:30pm in the Sports Hall for £5. Please remember your England Athletics number to be classed as an affiliated runner. A donation will be made from entry fees to this years' Club Charity – Ford Park.

RACE VENUE: GSK Sports Club, Pulman Road, Ulverston LA12 9DR. As you approach Ulverston on the A590, go straight over at the Booths supermarket roundabout, taking the first left after 300metres 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 300 metres down Pulman Road on the right-hand side, behind a small car park. W3W reference [///lordship.hacking.limit](https://www.google.com/maps/@54.375, -3.075, 15z)
THIS SMALL CAR PARK IS FOR RACE OFFICALS AND FIRST AID ONLY

RACE PARKING: Please follow parking signs / marshal direction. The car park for runners and spectators is the first turn on the left as you approach the roundabout at the junction of North Lonsdale Road/ Morecambe road. It is the main car park for the GSK Factory so please follow the parking rules. **PLEASE REVERSE INTO PARKING SPACE. PLEASE DO NOT CHANGE OR WARM-UP IN THE CAR PARK AND KEEP CHILDREN SUPERVISED AT ALL TIMES.**

REGISTRATION: Registration opens at 5:30pm.

- Pre-entered runner numbers will be available for collection at back of Sports Hall.
- Please bring your own pins where possible - pins will also be available if needed to attach your number to the front of your running top. Ensuring the number is clearly visible to race marshals. Do not pass your number onto somebody else without notifying Registration to ensure that race results are correct and for safety/medical reasons.
- Please fill in the medical information on the back of number and your emergency contact number.

FACILITIES: Toilets are available in the sports complex. There are separate male and female changing rooms with showers. Unfortunately, there no lockers for baggage. The Sports complex has a small café which provides drinks and snacks.

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 finish – this will be cups rather than bottles.

First aiders will be at the start/finish. If you get into any difficulties on the course, please alert a marshal who will get help for you. If you need to drop out of the race and can make your way back, please let one of the marshals know and notify a race official at the finish area. This is to ensure we can safely account for everyone that started the race.

FUN RUN MILE: Anyone can take part in this event but under eights must be accompanied by an adult who should also enter and receive a number - it helps with results. You can register on the night at the Fun Run registration desk. Entry fee is a donation to the club charity. The planned route is course 2 see below. Certificates will be given to all finishers.

MIXED RELAY: This a new event for us and will be for teams of two males and two females (Min age 12). Each will run a mile on course 2 along Pulman Road. Teams can choose their own run order. There will be a prize for first team. Entry fee on the night is £10 per team.

Course 1: Permit 1mile

Course 2: Fun Run & Mixed 4x1 mile relay



**Event sponsored by Pete Bland Sports, GSK, Steven Martin Associates
Promoted by Steve Ashcroft, RunPreston**