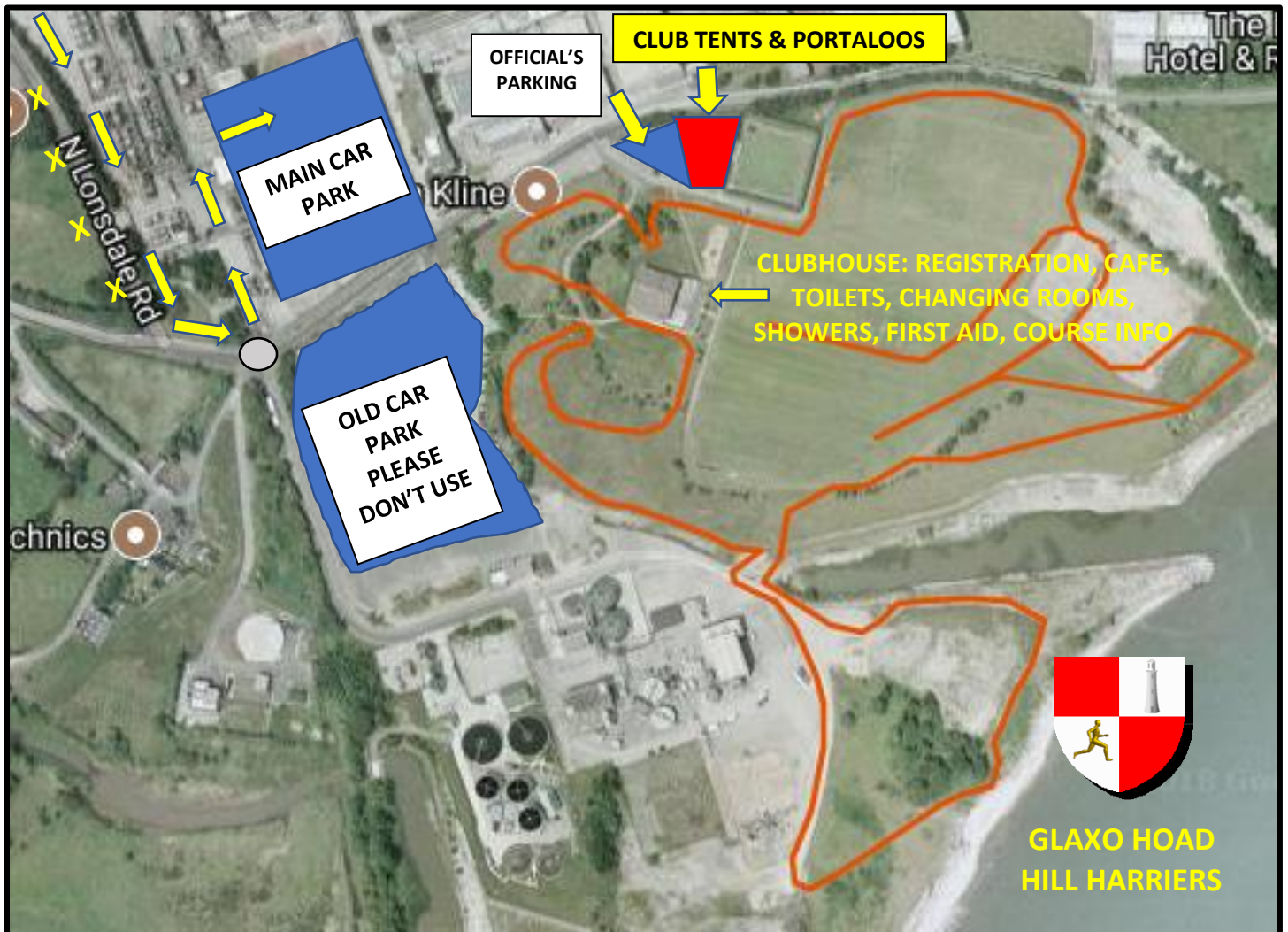


ADDITIONAL EVENT INFORMATION: GLAXO HOAD HILL HARRIERS, ULVERSTON.



DIRECTIONS FROM M6

As you approach Ulverston on the A590, go straight over at the Booths roundabout and follow the 'Runner Signs', taking the first left onto North Lonsdale Road. When you get to the t-junction at the end, turn left and approach the roundabout. Event parking is well sign-posted and is the first exit on the left, the visitors' car park for the Glaxo factory. If the car park is full, there is road parking all along the end of North Lonsdale Road as you approach the T junction (X on the map) The walk from the car park to the venue will take three minutes.

The sports complex is located straight over the roundabout (second exit) and is located 300 metres down Pullman road on the right-hand side behind a small car park (Reserved for race officials).

PLEASE TAKE CARE AS YOU TAKE THE TARMAC PATH UP TO THE CLUBHOUSE, AS THE RACE COURSE CROSSES THIS PATH. A MARSHAL WILL ADVISE WHEN IT IS CLEAR.

THE COURSE

The course is a mixture of field, slag banks covered in grass, gravel path and cinder covered areas and banking. It is advised to bring both short spikes and trail shoes/Walshes; and make a decision on what to wear, once the course is viewed.

FACILITIES

As you approach the sports complex, the club tent area is on the left, by the portaloos. There is also an additional area if the main tent area gets full, opposite the playground. It is here you will find the side door entrance to the sports hall, where registration will take place. There is also a side door here for the ladies' toilets/changing rooms. Course maps can be viewed on the outside of the windows, as you enter the main entrance to the sports club. Inside, is where the café, lounge, changing rooms, showers, toilets and First Aid are located. We also hope to provide a mobile hot food vendor.

PLEASE DO NOT WEAR SPIKES IN THE LOUNGE AREA OR WHEN REGISTERING IN THE SPORTS HALL AND PLEASE COULD EVERYONE KEEP OFF THE MAIN FOOTBALL PITCHES.

Everyone at Glaxo Hoad Hill Harriers hopes you have an enjoyable day. We would welcome feedback, whether positive or negative, to help us improve our events. Contact: adrian.newnham@btinternet.com