



Hoad Hill Harriers



Summer 10K & 1mile Fun Run Runners Information Sheet

Wednesday 14th August 2024

Fun run start: 6.30pm 10K start: 7.00pm

PERMIT 2024-48010

PRIZES: There are prizes for first 3 in male and female and first in all Vet +40 categories. Team prizes (**CORRECT CLUB VESTS TO BE WORN**) for male and female – first 3 to count. Medals to all fun runners & mementos to 10k finishers. The awards ceremony will take place as soon as results are available and results will be posted on Run Britain and our website/fb page.

COURSE: This is a flat, fast course through minor roads in Ulverston to the Buddhist Monastery and back. The route is open to the public so be aware of traffic, cyclists and pedestrians. In line with UKA rule 240 S5 the wearing of headphones or similar devices (other than those medically prescribed) is not permitted. Runners should keep to the left-hand side of the road, using pavements where possible and follow instructions given by marshals. As there is a section of road at three and a half miles where there is no pavement for a further half mile, we do not permit running with dogs or buggies and is not suitable for wheelchair users. Maps of the courses are available to view at the Glaxo Sports Club on the day and on our website under [course events](#).

ENTERING: 10k (minimum age 15)

You can pre-enter online using the following link [niftyentries](#)

- Pre-entry: £12 EA affiliated club runners, £14 non-EA affiliated runners (a small online registration fee will apply).
- Postal entries: to Ulverston Summer 10k, GSK Sports Club, Pulman Road, Ulverston, Cumbria, LA12 9DR. Please make cheques payable to GSK Hoad Hill Harriers. A link to entry form can be found on our website under race event. Closing date is Tuesday 6th August
- On the Night: you can register from 5:30pm in the Sports Hall at an **additional cost of £3 - CASH ONLY**. Please remember your England Athletics number to be classed as an affiliated runner.

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

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 with portaloos in small car park. 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 half way at the bottom entry of the Conishead Priory and at the finish – this will be cups rather than bottles. First aiders will be at the start/finish and around the half way point at Conishead Priory. 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 (free) and receive a number - it helps with results. You can pre-enter on line (a small registration fee applies) or register on the night at the Fun Run registration desk. Entry fee is £4. The course is off road around the perimeter of the sports complex. If the conditions are too wet or muddy, then an alternative route is available along the road outside the complex. Medals will be given to all junior runners.

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

