

2012 "ULTRAFIT ST ANNES 10" ROAD RACE INFORMATION

RACE HQ is at **St Anne's fire station, St Andrews Rd North, St. Annes, FY8 2JQ**. Parking is not permitted on the fire station however there is ample parking on roads around the HQ. There are very limited toilets in the HQ's but there are some within close proximity to the fire station. There are changing areas; however shower facilities are extremely limited. Online numbers and Number Transfers will be located here along with other future race entry forms. **Tony Bolton Sports** will also have his mobile shop in attendance.

Goody bags can be collected here BEFORE the race on production of your race number.

RACE NUMBERS Please complete relevant details on the back of your number before you put it on.

START/FINISH is in the **North Beach car park** on west side of **Clifton Drive**, 50yds south of **Todmorden Road**, before the **Clifton Drive/Highbury Road traffic lights**. Please do **not** park in this car park as it is part of the course. Please note that the car park is now a pay and display one and we have no concessions.

Some runners using the car park as a toilet were complained about and we have been warned that if this happens again then use of the car park will be withdrawn in future which means no race. There will be portable facilities provided for you, but **PLEASE** do not use the car park to relieve yourself at any time.

REFRESHMENTS

These are available on the **Fire Station**. A hot meal is available after the race for a **small** charge. Tea, coffee and orange juice will be available from approx. 9am. Again a **small** charge will be levied. **All** proceeds from this service are being donated to a local charity.

An on course drink station is located at the Windmill (5 mile) please throw your used cups onto the grass, not over the sea wall. There is another drink station at the finish.

RESULTS

Results should be available on the day. Anyone wanting them sent to them please bring an SAE with you. Results will be on www.ukresults.net that evening and also on www.weshamroadrunners.com.

RULES WHICH MUST BE ADHERED TO

1. Runners must follow instructions given by any Marshal or Official.
2. Keep on the pavements, grass or paths, wherever possible.
3. Numbers must be worn on the front of the vest and be easily visible.

NOTE:

1. The course is marked with white flour/ paint on footpaths, tape, arrows and marshals.
2. There are no Police in attendance.
3. Beware of moving vehicles when crossing roads it is your responsibility not the marshals.
4. Take care in vicinity of pedestrians, they also have rights.

ALL RUNNERS PLEASE ENSURE THAT AFTER PASSING OVER THE FINISHING LINE YOU DO NOT ATTEMPT TO PASS OTHER RUNNERS, NOR LET ANY PASS YOU, BEFORE YOUR NUMBER AS BEEN RECORDED AT THE END OF THE FUNNEL.

ONCE YOU HAVE LEFT THE FUNNEL UNDER NO CIRCUMSTANCES MUST YOU GO OVER THE FINISHING LINE AGAIN AND RE-ENTER THE FUNNEL

These simple rules ensure a correct result is shown for each of the runners so it is for your own benefit.

RACE DIRECTORS FOREWORD

Once again can I welcome you all to the 21st running of the race and once again we have to say thank you to all our marvellous sponsors of which you the runners are the sole beneficiaries. Please support these sponsors when you can. Their names will be posted at race HQ on race day.

COURSE RECORDS (New Course 2003)

SM	John Brown	Salford Harriers	50.54
MV35	Steve Littler	Wesham RR	52.44
MV40	Gary Pennington	Preston Harriers	53.38
MV45	Paul Muller	Horwich RMI	53.58
MV50	Ian Scott	QuakerRC	58.10
MV55	Stephen Moore	Lytham St. Annes RR	57.56
MV60	Geoff Howard	Ilkley Harriers	62.11
MV65	Ted Orrell	Clayton Le Moors	66.50
MV70	Ted Orrell	Clayton Le Moors	72.58 * F.Gibbs Bingley Harr. &AC 68.04
MV75	Mike Walsh	Wesham RR	80.49
JMU20	Karl Lee	Wesham RR	63.05
SF	Pauleen Powell	Blackburn Harriers	57.30
FV35	Debbie Robinson	Tipton Harriers	55.17
FV40	Tracey Dutton	Wigan Phoenix	64.41
FV45	Sue Samme	Lytham St. Annes RR	63.06
FV50	Caroline Wheelhouse	Doncaster AC	66.20
FV55	Christine Matthews	Ilkley Harrier	77.09
FV60	Jenny Adams	NVAC	80.35 * L.Lyness Barrow&F. Striders 69.44
FV65	Kath Robertshaw	Otley AC	79.00
FV70	Evelyn Elkington	Lancaster & M/C AC	91.32
JFU20	Rachel Crowe	Lytham St Annes RR	70.42

*2010 race runners were sent wrong way by marshal with minimal change to distance.

FIRE SERVICE CHAMPIONSHIP

1st Fire Service individual – The Gordon Russell Trophy. Medals to 1st, 2nd and 3rd in Male and Female categories. Subject to agreed numbers of Bona Fide Fire Service Club Members finishing.

NORTHERN VETERANS A.C CHAMPIONSHIP

1st, 2nd and 3rd awards in all vet categories. Team awards will be presented in all appropriate categories. Only members whose entry was received before the championship closing date will be eligible for awards.

PRIZE TABLE 2012OPEN RACE

(All open race position prizes are of the same value)

1st to 3rd JMU20 / SM / MV35 / 40 / 45 / 50 / 55 / 60 / 65 / 70 / 75 / 80 +

1st to 3rd JFU20 / SF / FV35 / 40 / 45 / 50 / 55 / 60 / 65 / 70+

1st Male (4 to count) and Female (3 to count) Teams.

PRIZES NOT COLLECTED ON THE DAY WILL NOT BE FORWARDED ON

DIRECTIONS TO 10 MILE ROAD RACE FROM M55 MOTORWAY **IMPORTANT - DO NOT LEAVE THE MOTORWAY AT JUNCTION 4**

Follow signs for Airport – Lytham St. Annes – A5230

At 1st Roundabout go LEFT (A5230)

At next Roundabout take the 3rd LEFT (A5230 Airport)

Follow this Dual Carriageway through 4 sets of lights (pass Airport)

On reaching the Promenade Traffic Lights turn LEFT for St. Annes.

Approx 1 mile on, go straight through the Traffic Lights and take 7th on left (Beach Road)

This takes you up to the Fire Station. There is no parking on the fire station.