

# 2010 "ULTRAFIT ST ANNES 10" ROAD RACE INFORMATION

**RACE HQ** is at **St Anne's fire station**, St Andrews Rd North. 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. Transfer of numbers will be located here along with other race forms plus free books/magazines. 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.**

**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 **Previous actions of some runners using the car park as a toilet was complained about and we have been warned that if this happens this year then use of the car park will be withdrawn in future which means no race . There will hopefully be 2 portable facilities provided for you, but PLEASE do not use the car park to relieve yourself at any time.**

## REFRESHMENTS

These are available at the Fire Station. After the race a hot meal is available at a small charge. Tea, coffee and orange juice with a biscuit will be available at a small charge from approx. 9am. All proceeds from this service is being donated to "**Ormerod Home Trust**" It is hoped to have an orange juice drink available at the finish line. A 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 one at the finish.

## RESULTS

Results should be available on the day. Anyone wanting them sent to them bring an SAE or use one of the envelopes provided, leaving 50p inside the envelope. Results will be on [www.ukresults.net](http://www.ukresults.net) that evening.

## 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 and yellow 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.

## RACE DIRECTORS FOREWORD

Once again can I welcome you all to the 19<sup>th</sup> 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.

### COURSE RECORDS (New Course 2003)

SM	John Brown	Salford Harriers	50.54
MV35	Paul Marchant	Rothwell Harriers	53.46
MV40	Eddie Simpson	Dallam AC	54.26
MV45	Paul Muller	Horwich RMI	53.58
MV50	Ian Scott	Quakers RC	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	74.07
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	Alison Bennett	Ilkley Harriers.	66.58
FV45	Sue Samme	Lytham St. Annes RR	64.02
FV50	Anne Sweeney	Preston Harriers	68.33
FV55	Christine Matthews	Ilkley Harriers	77.09

FV60	Carolyn Douglass	Red Rose RR	82.27
FV65	Kath Robertshaw	Otley AC	79.00
FV70	Evelyn Elkington	Lancaster & M/CambeAC	91.32
JFU20	Rachel Crowe	Lytham St Annes RR	70.42

### **FIRE SERVICE CHAMPIONSHIP.**

**1<sup>st</sup> Fire Service individual – The Gordon Russell Trophy.** Medals to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in Male and Female categories. Subject to agreed numbers of Bona Fide fire service club members finishing.

### **PRIZE TABLE 2009**

#### **OPEN RACE**

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

**1<sup>st</sup> to 3<sup>rd</sup>** JMU17/JMU20/SM/MV35/40/45/50/55/60/65/70/75+

**1<sup>st</sup> to 3<sup>rd</sup>** JFU17/JFU20/SF/FV35/40/45/50/55/60/65/70+

**1<sup>st</sup>** 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 1<sup>st</sup> Roundabout go LEFT (A5230)

At next Roundabout take the 3<sup>rd</sup> 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.

Passing Pontins after ¼ mile. **(The camp is now shut but still in situ at the moment)**

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

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