

WESHAM ROAD RUNNERS And Athletic Club

www.weshamroadrunners.com

RACE DAY INSTRUCTIONS

- ✓ The race starts at 11am prompt. Car Park Post Code is PR4 0RN
- ✓ Please arrive early and park only where directed by the marshals. There will be Portaloos in the race car park
- ✓ Anyone unable to run who returns their number or informs the Entries Secretary before the closing date will receive a free entry to the 2011 race.
- ✓ Anyone who wants to transfer their race number to another person on the day may do so at a transfer desk in the Race HQ. No charge is made unless attached status changes.
- ✓ Wear your number on your front only. Do not forget your number or pins to attach it. No number, No memento.
- ✓ Chip timing is being used so your time is recorded as you pass over the mat at the finish. Your chip will be collected at the finish by marshals. There will be a charge of £2 levied on anyone without a chip. Do not leave the funnel until your chip has been collected. Any runner dropping out of the race, please return your chip to the finish or Race HQ.
- ✓ Have a good run but for your own health and safety, if you get into difficulties, stop and seek help from a marshal. St John Ambulance first aiders are present.
- ✓ The race is well marshalled. Please follow the marshals instructions at all times. Keep left unless instructed otherwise by the marshal.
- ✓ Drinks stations at 5km and the finish.
- ✓ Race HQ is at St. Mary's Catholic Primary School on Darkinson Lane approx. 150yds from the car park. Online entry numbers and runners chips will be picked up from here on the day from 8.30am. There are refreshments, limited toilets with some ladies changing available. There is no parking at the school.
- ✓ Presentation will be at the Race HQ as soon as possible after the race. Prizes are not forwarded on so if you think you have won a prize, please stay or ask someone to collect it on your behalf.
- ✓ Results will be on www.ukresults.net or www.weshamroadrunners.com .
- ✓ For safety of other runners, cars leaving the finish area car park, please turn left out of the gates and follow the course. Your co-operation is appreciated.
- ✓ Finally, the roads are still open so please be aware of traffic.

DIRECTIONS TO THE WESHAM 10K ROAD RACE

- Exit the M55 at junction 3.
- At the roundabout, take the exit signposted Kirkham A585. You should pass The Fairfield Arms immediately on your right.
- At the next roundabout, take the 2nd exit, signposted Preston A585.
- At the next roundabout, head straight on.
- At the third roundabout, take the 2nd exit. You should pass the Kingfisher pub on your left.
- At the next roundabout, take the 1st exit, signposted Preston A583. This then becomes a dual carriageway.
- Go straight on at the 1st and 2nd set of lights. At the 2nd set, you should see the Bell & Bottle pub on your right.
- At the 3rd set of lights, you should see Dobbies Garden World on your right. Turn left here onto Preston Old Road, signposted Clifton & Salwick.

- Follow the road until you come to a T junction.
- Turn left, signposted Salwick.
- Where you see a windmill on your left, turn right at the crossroads onto Deepdale Lane.
- Follow this road for approx. half a mile to Salwick Club on the left.

