

WESHAM ROAD RUNNERS And Athletic Club

www.weshamroadrunners.com

RACE DAY INSTRUCTIONS.

- ✓ The **race starts at 11am** prompt. **Clubhouse Post Code** is **PR4 0RN**.
- ✓ Please arrive early and park **only where directed by the marshals**.
- ✓ Your number is enclosed. If you are unable to run, please **return your number** to the **Race Director**. Anyone returning their number before the closing date will **receive a free entry** to the **2010 race**.
- ✓ Anyone who wants to **transfer their race number** to another person on the day may do so at a **transfer desk** at the race venue. **No charge** is made unless attached status changes.
- ✓ You must wear your number throughout the race on your **front only**. Do not forget your number or pins to attach it. **No number, No time and No memento**.
- ✓ Numbers and times will be recorded as you pass through the finish funnel. **Keep in finishing order in the funnel**.
- ✓ 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.
- ✓ Due to the permanent closure of the old race **HQ** the facilities available are now minimal. We hope to provide limited **toilets, changing and showers** in the **Squash Court** building and there will be additional **portaloos** on site.
- ✓ We intend to provide some tents for **race administration and bag storage**.
- ✓ **Presentation and refreshments** will this year be at the **Hand and Dagger Pub (PR4 0SA)** which is on the course. Directions will be available on the race websites. As **prizes are not forwarded on**, if you think you may 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 A585**. 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.

