

# Preston Harriers Inter Club Race

## 14 June 2017

### Instructions to Runners

#### Venue

NEW VENUE for 2017

Penwortham Cricket Club, Greenbank Road (off Leyland Road), Penwortham, PR1 9QE

#### Facilities

There are a very limited number of toilets at the venue. There are no local public toilets.

#### Car Parking

There is limited parking in the area. Please try to **arrive early** and **car share** as much as possible.

Please use the car parks that are available. There are several near the cricket club. You will be directed by marshals to off road parking. There are also 3 public car parks which will not have marshals present.

Please see the 'Car Park Map' and 'Car Park Instructions'.

**Do not** park in the surrounding streets and be considerate to local homes and businesses.

**Do not** expect to arrive late and find a car parking space close to the cricket club.

#### Race Numbers

Most runners will already have numbers. Don't forget them. No number, no time.

Each club official is advised to bring their clubs numbers for allocating to new runners to the cricket club, rather than issue them from the back of a car.

#### Race Start

The race start is 0.6 miles from Penwortham Cricket Club. If you arrive late you may find the nearest parking is considerably further away than that. Allow sufficient time for a warm up run to the start.

The race start is on the Old Tram Road. This road is used by walkers and cyclists. Runners will not be allowed to access Old Tram Road until the start of the race. Before the start runners will be requested to gather on the stony track adjoining Old Tram Road.

#### The Race

The race route is used by pedestrians and cyclists. There are plenty of race marshals along the route, who may need to give runners instructions or warnings. Therefore, the wearing of headphones is not allowed. **Anyone seen wearing headphones will be disqualified.** You have been warned.

#### After the Race

Please do not go back through the finish area once you have completed the race.

Water will be available near the finish.

The free buffet will be at Penwortham Cricket Club. The bar will be open. The race results will be announced here.

