

# Preston Harriers Inter Club Race

## Wed 12 June 2019

### Instructions to Runners

#### Venue

Preston Cricket Club, South Meadow Lane, Preston, PR1 8HX

#### Facilities

Toilet and changing facilities are at the venue.

#### Car Parking

There is car parking at the cricket club and additional limited parking at the Avenham Park car park (opposite the Continental PH).

Runners are requested to **car share** as much as possible and to **arrive early**, allowing enough time to get to the race start.

Please see the 'Car Park Instructions' for further car park information.

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

**Please 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, or at the start to avoid congestion.

The details on the reverse of the number should be completed too.

#### Race Start

The race start is a 5-10 minute walk from Preston 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 railway bridge. This path is used by walkers and cyclists. Before the start runners will be requested to gather close to the bridge.

#### 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 Preston Cricket Club. The bar will be open. The race results will be announced here.