

PENISTONE 10K ROAD RACE
SUNDAY JUNE 24th 2018 AT 11.00 am
RUNNERS INFORMATION SHEET

Thank you for your entry to the above race. Could you please note the following points which will greatly assist the smooth running of the event:-

START TIME – The race will start at 11.00am prompt.

DIRECTIONS - Competitors should arrive in Penistone as early as possible. The Post Code for the Football Club is S36 6AT and the Grid Ref. 249031. There is some parking at the entrance to the Football Ground and at the rear on the grounds. Please note anyone parking on the grounds behind the Clubhouse will not be allowed to leave until the last runner has finished. Parking is also available within a quarter of a mile of the start at Penistone Railway Station and beside Penistone Paramount Cinema. **PLEASE DO NOT PARK ON THE ROADS WHICH FORM PART OF THE COURSE NEAR THE START. NO PARKING SIGNS AND CONES WILL BE SITED ON THESE ROADS.**

REGISTRATION/CHANGING - The race reception for registering is situated in the clubhouse. You will be given your number, chip timer along with your goodie bag before the race so please arrive early. Please attach your chip to your shoe as per instructions. Changing and showers are available at the Football Club.

TOILETS – Toilets are available in the Clubhouse and changing rooms.

TRADE STAND – RunDirect will have a Trade Stand on site from early morning. Prize vouchers can be exchanged directly after the Prize Presentation.

MEDICAL CONDITION - If you have a known medical condition which may affect you during the race, please let the Organisers know before the race starts so that this information can be passed to the Medical Staff on duty. Also can you enter this information on the rear of your number. Vie Medic Services Ltd will be at the finish and Woodhead Mountain Rescue Team will be providing the First Aid around the course. WMRT are a Voluntary Organisation so please contribute to their Sponsorship Buckets which will be place in the Reception Area.

THE START - The race will start on the driveway to the Football Club. **NOTE This is new start position for 2018.**

THE COURSE – The course is the same as last year and has been accurately measured by an Accredited Course Measurer. It is the flattest route we could find in Penistone whilst avoiding the main roads. The route comprises mainly of country lanes which will be relatively traffic free. There are some right turns across the traffic lane so please obey any instructions from the Marshalls. Between 6.5 and 9.5 Km, the route is along the Trans Pennine Trail. Always keep to the left hand side as other users will still have access to the Trail. A drinks table will be sited just past the 5K point. The course is unsuitable for wheelchairs.

The race will be lead by an Official car on the road and a bike on the Trail and there will be a back up vehicle. Athletes must not be accompanied or followed by others on bikes. Dogs are not allowed.

THE FINISH - The finish area is at the top of the drive behind the Clubhouse. Please keep moving once you have crossed the finishing line, making your way as quickly as possible through the recording system whilst remaining in order. Your chip will be collected as you finish. It is vital that the funnels are kept flowing at all times so please **KEEP MOVING AND STAY IN YOUR FINISHING ORDER**. Bottled water will be available at the finish. **Please do not exit from the finish area through the finish line/funnel area but use the gate at the back of the Clubhouse.**

PRESENTATION - The Prize presentation will commence at approx. 12.30 p.m. In the Clubhouse.

PRIZES - A prize list will be posted on the information board. **Please note that Vets. will only count for individual Vet and Vet team prizes.** Medals will be presented for the South Yorkshire 10K Road Championship.

REFRESHMENTS - Drinks will be available just past the 5K point and immediately after the race. The bar will be open and food will be on sale in the Clubhouse during the day.

RESULTS - A result sheet will be available for inspection after the race. Results will be published on the Club Web Site www.pfrac.co.uk, at <http://my5.raceresult.com/62323/results?lang=en> and at other race result internet sites.

GENERAL - The race is subject to the Rules of Competition of U.K. Athletics. Runners are reminded that vests should contain no advertising material and that only competitors wearing official Club vests will score in the team race. Numbers should not be folded in any way. Under UKA Rules, the wearing of earphones is strictly prohibited as competitors must be able to hear instructions from race organisers, police, marshals and race officials before, during and after the race. Anyone caught wearing them will be disqualified, stopped from crossing the finish line and will not be eligible for prizes

FINALLY - Penistone Footpath Runners & AC have organised a Road Race since 1984, initially in conjunction with Penistone Show but in 2012, from the current venue. We hope you enjoy the course and your visit to Penistone.