

RACE INFORMATION SHEET

NORTHERN VETERANS A.C.:- The club is affiliated to **UKA** and can be your first claim club if you wish providing you are over the age of 35 and not a **1st** claim member of any other athletics club i.e. **Unattached**. If you are a **1st** claim member of a club then you can take up **2nd claim membership** of the **NVAC**. This allows you to take part in any **NVAC** championship race or any **BMAF** event as well as making you eligible to be selected to represent your country as a vet in **National** and **International** events.

An entry form is enclosed which if completed and **received** by the **NVAC** membership secretary with the selected membership fee **before 26/07/09** would make you eligible for the **2009 NVAC 10 mile championship** incorporated in this race.

Due to a complaint from the general public regarding runners using the car park and surrounding areas as a urinal the council have indicated that they will not give permission to use the facility if any more complaints are made in the future.

CHANGING AND TOILETS: There are areas on the **Fire Station** provided for getting changed as well as some toilet facilities though these are limited in number. Hot showers are available but very limited. I hope to provide some toilet facilities at the **North Beach car park**. There are some public toilets (20p reqd.) available in the area and there locations are indicated by notices on the fire station.

REFRESHMENTS: These will be available at a reasonable price on the fire station both before and after the race. The proceeds are going to the **Ormerod Home Trust Charity Appeal**. There are no Bar facilities.

RESULTS: These are being compiled by **Steve Ashcroft** and it is hoped to have some copies available for taking away. If you want a copy, sending to you at home address then either bring an **S.A.E.** with you or use an envelope provided with 50p enclosed and place it in the box that will be provided. **The results will be available on shoestringresults.com or ukresults.net as well as on the Wesham Road Runners Website www.weshamroadrunners.com**

DIRECTIONS TO THE FIRE STATION: From the **M55**
IMPORTANT - DO NOT LEAVE THE MOTORWAY AT JUNCTION 4

Follow signs for **Airport – Lytham St. Annes – A5230**

At 1st Roundabout go **LEFT (A5230)**

At next Roundabout take the **3rd LEFT (A5230 Airport)**

Follow this Dual Carriageway through 4 sets of lights (pass **Airport**)

On reaching the **Promenade** Traffic Lights turn **LEFT** for **St. Annes**. Passing **Pontins** after ¼ mile.

Approx 1 mile on, go straight through the Traffic Lights and take **7th** on left (**Beach Road**). This takes you up to the **Fire Station**.

PARKING: The fire station is not to be used for parking however there is plenty of parking on most roads in the near vicinity.

DIRECTIONS TO THE START:

Out of fire station go across road and proceed straight ahead up **BEACH RD.**

At main road turn right and proceed towards the traffic lights

Just prior to the lights cross over and enter the **NORTH BEACH** car park situated between **TODMORDEN ROAD** and the traffic lights.

Do not use your car unless absolutely necessary as car park is part of course.

The walk is about 750metres and gives you a good warm up and warm down. Please cross all roads with care they are very busy main roads.

THE COURSE: One lap of the car park to spread you out before you exit right onto a pavement and from there you head **South** towards **St Annes** passing the pier, the new **RNLI** boathouse and onto **Fairhaven lake**

seawall and then past the white church and all the way down to the windmill here you will turn at which point you will find a water station. You are now on the way back but please keep left to avoid crashing into the outward bound runners. The route now takes you along grannys bay sea wall and back onto the outward route at **Fairhaven Lake**. Once you leave the lake it is straight back to the car park were you started.

AT THE FINISH: - There will be a water station (possibly self service). A box of **Cadburys** chocolates along with other goodies will be handed to you. **Please use the bins provided to dispose of any rubbish you may accumulate.**

Please stay in your finishing position after crossing the finish line until you have passed the Recorder taking your race number for the results This is important if you want to appear on the results in the right place with the right time.

PRIZEWINNERS:- In the open race the following will receive prizes :- The **1st** and **2nd** in all age groups male and female from 35 years to 80 years. The first 2 male (4 runners) and female (3 runners) teams. Any prizes not claimed on the day will not be sent on and will be forfeited.

Those members of the **Northern Vets** eligible for entry to their championship will receive medals as per the clubs rules.

NUMBER TRANSFERS: - If you give your number to someone else they must report to the transfer desk at the **Fire Station** and complete a race transfer form to enable us to register them correctly on the final results. There is no additional cost for this facility unless it involves change to **U/A**.

OUR SPONSORS OF TODAYS RACE ARE:-

ULTRAFIT MAGAZINE AND
SWEATSHOP Wrea Green

SUPPORT THEM PLEASE IN THE FUTURE AS MUCH AS YOU POSSIBLY CAN.