

# **CARLISLE RACECOURSE 10KM ROAD RACE**

## **Race Information –**

### **Time/Date**

Wednesday 9<sup>th</sup> June at 7:15pm

### **Location**

Carlisle Racecourse, Durdar Road, Durdar, Carlisle, Cumbria

### **Facilities**

Toilets for both male/female are available. Ample parking and baggage lay down area. Refreshments available.

### **Registration**

Affiliated = £4 Non-affiliated £6 (cheques made payable to Carlisle Triathlon Club)

All entries to be sent to the address below by 28<sup>th</sup> May 2010.

10km Race Secretary, 10 Rudchester Close, Carlisle, Cumbria, CA2 7XL

Entries on the day available.

### **Course**

The event uses a mixture of quiet country roads which are generally flat or gently undulating. The road surfaces are generally okay but there are rougher areas especially near some of the junctions. Caution should be taken at all turns, paying attention to marshals wherever necessary. The route is 10km and will have a certificate of accuracy for distance. The run will finish directly in front of the racecourse grandstand. Athletes are requested to try and always be facing on-coming cars and cyclist. See link for map of route:

<http://www.mapmyride.com/route/gb/st%20cuthbert%20without/853126590754968282>

### **Risk Assessment**

A full course risk assessment will be on display at the event HQ on race day together with maps of the route, the race permit and the measurement certificate in accordance with UKA rules.

### **Race Safety Briefing**

The race briefing will take place at 7pm.

### **Prizes**

Prize presentation will occur as soon after the last competitor has finished. Further information will be posted on the website nearer the event

Any queries should be directed to Brian Allen email [briana@talktalk.net](mailto:briana@talktalk.net)