

THE 36th POULTRY RUN INFORMATION SHEET

Dear fellow runner,

Thank you for entering the Loftus & Whitby Athletics Club Poultry Run 2019. Detailed below is some important information about the event. Please read the information carefully and if you have any questions do not hesitate to contact Andy or Brenda.

The race is a **multi terrain winter event** and careful consideration should be given to clothing and footwear on the day. Please take the time to read the race risk assessment that will be on display close to the entrance of the leisure centre.

LOCATION:- Approach Loftus via the A173, at the Co-op shop turn into Deepdale Road continue past the pub called The Mars Inn and then turn right into Loftus Leisure Centre car park . If you are using Sat Nav. then dial in the postcode **TS13 4RS**. Approximate travelling times to Loftus from major towns/cities are:- Middlesbrough 25 mins; Newcastle 75 mins; Scarborough 45 mins; Leeds 115 mins.

FACILITIES:- Changing rooms, toilets, showers and refreshments.

PARKING:- Available at the leisure centre but limited. Please do not block or park your vehicle at the entrance to the leisure centre.

ON LINE ENTRIES:- www.poultryrun.info Your race number will be available for pick up at registration on race day.

RACE:- Sunday 15th December, the start time of the event is 11:00 am. It is a multi-terrain course approximately 8 miles in length with three challenging ascents. The start/finish is at Loftus Leisure Centre. There is a water station on the course (which will be run passed twice) located just before the first off-road section (approx 3 miles from the start), water will also be available at the end of the race.

FIRST AID:- Available at the Loftus Leisure Centre. If you require attention/help please ask any marshal on the course who will contact the leisure centre for assistance.

CHARITY 2019 :- £1.00 of every entry this year is going towards our chosen Charity Fund.
Many thanks for your support.

RACE NUMBERS:- 001 to 099 = race day entries. 100 to 499 = men. 500 to 700 = ladies. Please ensure that your number is securely pinned to the front of your apparel so that it can be easily seen by the time keepers. Please wear the correct race number for the event. Please (for Health and Safety reasons) complete the medical information on the back of your race number. Under no circumstances must race numbers be transferred without the race organisers consent.

PRIZES:- There will be poultry prizes for the following categories; **Men** – Senior, V40, V50, V60, V70 & V80; **Women** – Senior, V35, V45, V55, V65 & V75 and **Fancy Dress**. The first 5 runners in the senior (open) race and the first 3 in the Vet categories. Men's team prize – 4 runners to count, ladies team prize – 3 runners to count. In the individual race only one prize can be claimed. There will be a long sleeve tee shirt for all race entrants (600 available).

RACE RESULTS & PRIZE CEREMONEY:- The race results will be available on the day and will be posted on www.ukresults.net and on various local club web sites. The prize ceremony will take place between 12:30 and 13:00. Unclaimed prizes will NOT be forwarded to competitors so it is very important, if you think you are a prize winner, that you or your nominee remains for the ceremony to collect your prize.

CONTACTS:- Brenda Hare(race entries),Tel.No.01287 641116,email: cyclinghares@hotmail.co.uk
OR Andy Bostock (event organiser) on 01287 676987 (M) 07773556793,email : andyb763@hotmail.com

On behalf of Loftus and Whitby Athletics Club we sincerely hope that you enjoy the event.