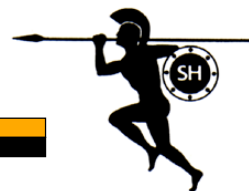


STOCKPORT HARRIERS & ATHLETIC CLUB

An equal opportunities Club: Founded 1911
Affiliated to UK Athletics: Twinned with "The Buffalo Chips, Sacramento"
www.stockportharriers.com



Stockport Harriers AC – STOCKPORT 10 Road Race Sunday 13th December 2009, race starts at 10:15 am

Numbers: Race numbers will be posted out. No SAE, is required.

Numbers are transferable but please inform us at least 48hrs prior to the race. Transfer of numbers on the day will not be possible.

PLEASE NOTE: Entries will only be allowed on the day if we fail to reach our race limit of 800. Watch the website for details.

Stadium: The track [Woodbank Stadium, STOCKPORT](http://www.stockportharriers.com/race.htm), is located a short walk away from several local car parks (see below). A start list will be displayed on the event website <http://www.stockportharriers.com/race.htm> so you can check we have your details correct & at the stadium on the day.

Directions: From junction 27 on the M60 proceed up the A626 (St Mary's Way). Go through one set of lights & at the top of the hill, turn left at the next set of lights into Hall Street (West Way Nissan Garage). A petrol station will be on the left, immediately after it, turn left into Turncroft Lane. Follow the road & you will see the entrance to [Woodbank Park](http://www.stockportharriers.com/race.htm), the stadium is situated within the park. PLEASE NOTE: There is no parking allowed within the park or stadium, other than for official vehicles.

Parking:

- (Opt 1) From the M60 follow the directions onto the A626 (St Mary's Way). At the first set of lights, turn left into New Bridge Lane, through to the next set of lights. After about 50mtrs turn right into either the [Vernon Park car park](http://www.stockportharriers.com/race.htm) or the waste ground on the Ind. Est. just after it. (15 min walk through Vernon Park)
- (Opt 2) As above but stay on the A626. At the next set of lights turn left into Hall St, then at the double sets of traffic lights turn right. [Bank Lane car park](http://www.stockportharriers.com/race.htm) is 40mtrs on the left. (10 mins walk, but limited space)
- (Opt 3) As above but on Hall St. turn left at the first set of traffic lights. The [Community Centre car park](http://www.stockportharriers.com/race.htm) is 20mtrs on your right. (5 min walk, but gets very congested)

Please keep the roads that the race route follows, free (in particular; Turncroft Lane, Graham Rd, Bideford Rd) & if parking in a local side road, please be considerate to local residents. BE WARNED there is no parking allowed on Park Lane & Porlock Close. Charity donation buckets will be at each car park. (50p suggested)

Race Day: Arrive at the Stadium with plenty of time to spare. There is plenty of room on the park & around the track to warm up, stretch & familiarise yourself with the route. There are toilets, changing rooms & a supervised baggage area at the track. (For security reasons use the baggage area & do not leave any item in the changing rooms)

Start/Finish: The race starts with two laps of the track & finishes with half a lap. There will be a safety brief two minutes before the race.

A runner competing with someone else's number without informing the organisers by email or at registration beforehand will be disqualified & will not be eligible for prizes or appear in the results. EVERYONE MUST REPORT TO THE FINISH OR INFORM THE RACE ORGANISER VIA A MARSHAL IF THEY RETIRE.

Course: The course is quite undulating over a testing 10 miles, all on the road. The start & finish are at the Woodbank Stadium with two challenging climbs at 5 miles & 8½ miles. PLEASE BE WARNED: The course, although well marshalled, is not traffic free. So be aware of traffic hazards along the way. The areas where road hazards are most likely to occur will be coned off allowing ease of passage for runners in single file. This applies twice at early stages of the race & the cones are only evident for a few metres in each case.

Prizes: will be given in the following categories:

Male & Female 1st – 10th	Male & Female Junior U20	Female V35	Male & Female V40, V45, V50, V55, V60, V65	Male V70	Team: Male & Female (1 st three to count)
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Please note: In the event of a veteran winning a senior open prize, the prize of higher value will be awarded – only one prize per person.
A veteran can only win a prize in his or her category and not win a prize in any other category, even if they finish above a younger veteran.

There is £100 prize for breaking the course record. This currently stands at: **Men** - Nick Jones, 49:38 **Women** - Pauline Powell, 57:57

All finishers will receive one of our famous Goody Bags along with a memento of the race.

We have some fantastic spot prizes donated by local businesses. All will be displayed at the stadium arena.

Spectators: We encourage spectators, & there is plenty of Parkland to explore whilst you are waiting for the runners to return. There are even points where you can cut through from the park & watch the runners on the course at various points. Alternatively bring deck chairs, rugs, cameras & a smile. Why not bring your club tent or gazebo along – there is plenty of room. There will be hot & cold drinks & food available, along with various snacks from the tuck shop. We are trying to arrange for some sort of entertainment for the children. Keep your eyes on the website for details.

Photographers: We will have photographers around the course & at the finish arena. The photographs will be available from the internet or by eMailing the photographer in the weeks following the event. See around the track & on the website for more details.

Acknowledgements: This event wouldn't have been possible without help of the St John's Ambulance, Sweatshop, Marple Phsio., More Miles, Stockport Harriers, the local businesses who have sponsored a prize & all the helpers who have contributed. We are also grateful for the permission of the Local Council & Police. However, the biggest thanks go to you for supporting the event. We hope you have a great day out & enjoy the atmosphere of a truly friendly race. Good luck!

Anthony Ward (Harrier Events)	www.stockportharriers.com	07736 811334	stockport10@hotmail.co.uk
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Vice Presidents

Dr. Ron Hill MBE Dame Mary Peters MBE Derek Ibbotson Dave Hurst