

BORDER HARRIERS AND AC
68th BRAMPTON TO CARLISLE 10 MILE ROAD RACE 2019

The oldest 10 mile road race in the UK will be run on Sunday 17 November starting at 11.30am. The route of the course is via the B6264, including a loop through Newby East and Crosby-on Eden, finishing at The Sands Centre, Carlisle CA1 .

The start and changing is at William Howard School, Brampton CA8 1AR, situated on the A6071 Brampton- Longtown Road. Buses to the start will leave the Sands Centre, Carlisle CA1 1JG between 9.30am and 10.15am, fare £5 payable on the day.

There is pay and display parking at The Sands. There is a larger alternative pay and display car park at Devonshire Walk CA3 8UL, some 10 minutes walk away. This can be found immediately west of Carlisle Castle. From The Sands (Hardwicke Circus) follow the A595 Workington/Cumberland Infirmary signs past the Castle, through the traffic lights, doubling back around the roundabout next to McVitie's Biscuit Factory, heading back past Sainsbury's, through the lights again and then first left (car park signed) just before reaching the Castle.

There is no chip timing so no registration is required. Race numbers for online entrants should be collected at the School from 9.30am. There is an information section on the back of each race number which you are urged to complete. A baggage bus will leave from the School front car park at 11.20am prompt; baggage will be taken into The Sands Centre for collection from the squash courts.

It is imperative that the A6071 is kept clear until runners are called to leave the school grounds and line up. No warming up should take place on that road; there is a quiet lane adjacent to the school. The roads on the course will not be closed to traffic. Runners must keep well over to the left hand side of the road at all times, unless directed otherwise by signs or marshals. For your safety, no head phones, or similar devices, are permitted to be worn (UKA Rule 240 S 4).

After you cross the finish line please move promptly down the funnel in finishing order for your number to be taken at the end. A memento will be awarded on production of your race number. Prize giving will take place in the Sands Middle Hall as soon as possible after the race finishes – a comprehensive cash prize list will be on display at the start. Provisional results sheets will be available in exchange for a donation to charity. Service buses run from Carlisle Bus Station to Brampton at five minutes past the hour.

If you have any queries regarding the race you can contact the entries secretary Richard Claydon at rhclaydon@hotmail.com

If you would like to learn more about Border Harriers, please visit our website at borderharriers.co.uk.

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