



Thirsk 10 **March 15th 2020**

Thirsk 10 starts 10.00 am - fun Run 9.00 am – please note the earlier start times.

Wheelchairs at 09:50 am (these will be lead round route by marshal on cycle)

Thank you for entering the races organised by members and friends of Thirsk and Sowerby Harriers.
Please read the information below:

Race Headquarters are at Thirsk Racecourse on the A61 between Tesco and Thirsk Station postcode YO7 1QL. Follow signs for Thirsk Racecourse

The 10 mile race starts on Newsham Road, taking in Sandhutton, Busby Stoop and Carlton Miniott before finishing back at the racecourse. Map of course on club website, mile markers around the course.

Car Park – please follow signs. Do not use the main racecourse entrance. Your car will not be able to leave the car park after completing the 10 mile race until 12:00 pm so as not to impede the progress and safety of later finishers.

Facilities – toilet and refreshments available, sorry no showers.

First Aid – AED Medical will be in attendance.

Late Entries – available until 30 minutes before the start of the race with an extra charge of £2 if the race is not full. They will qualify for race prizes.

Secure Baggage Storage Area will be available and manned, but Thirsk & Sowerby Harriers will not accept responsibility for any contents or loss.

Postal Entries and Online Entries – all numbers and timing chips will be distributed at the race headquarters on the day.

Race Numbers – please fix this firmly with 4 pins to the front of your vest or shirt. It is a rule of UKA that you fill in the medical details on the reverse.

Thirsk 10 – the course is fast and flat, fully on roads and lends itself to a fast finishing time! Do not warm up on the racecourse itself. Please assemble in front of the grandstand 20 minutes before the race as directed by race marshals. You will be walked to the start. You may wish to wear a disposable bin bag or the like if the weather is cold. These will be collected after the race and brought back to race headquarters where they may be collected if required. Supporters wishing to see the start of the race will need to be well up Newsham Road.

Please keep to the left at all times and follow marshal's instructions. The roads will be open to traffic in some places and headphones (including bone conductors or similar) **MUST NOT** be worn. Anyone using headphones will be disqualified and their time will not be included in the results. You are responsible for your own safety and have a duty of care to other runners.

Dogs are not allowed in either race.

Please do not drop litter around the course.

Water Stations – at approx. 3 miles and 6 miles and at the finish.

Finish – on the racecourse. You should be aware that there is a sharp left turn into the racecourse just before the finish. T-shirts and water are available beyond the finish. Please pass through the finish area quickly to make room for others.

Prize Giving – for the Thirsk 10 Race, this will be as soon as possible after 12:15pm. Results available at www.ukresults.net

Good luck and we hope you enjoy the race

