

Thank you for supporting the race. You are all experienced athletes so I will keep the instructions as brief as possible.

1. Race Numbers/Race HQ - Numbers have today been posted to those who requested it when signing up (UK addresses only). If it does not arrive or if you did not request a posted number, you can collect one on the day from Race HQ which is Pulford Village Hall Wrexham Road Pulford CH4 9EU. It will be open on race day from 07:30. Alternatively, we will be at Race HQ on Saturday 22nd March from 1:00pm until 2:00pm for number collection. I will also be running a lap of the route (3.5 miles) after this if anyone wants to join me for an easy run. You can leave baggage at Race HQ and there will be toilets there on race day and the day before. If you receive a transferred place please make arrangements to get the number from the person involved (if posted).

2. Parking - Official parking is at Darland High School Chester Road Rossett LL12 0DL which is approx half a mile from Race HQ. There will be limited parking at Race HQ. There is also some parking at Rossett Business Village LL12 0AY which is a 10 min walk to Race HQ. Please have a look at these postcodes and plan your day. Please arrive early.

3. Race - The course map is attached and the race will start at 09:30. There will be plenty of signs. The race starts at the junction of Straight Mile and Old Lane. It will take you approx 10 minutes to get from Race HQ to the start so give yourself plenty of time. The race is almost two laps of the triangular course with a drink station half way round and there will be km markers. Kit left at the start will be brought to the finish.

4. Prizes - There will be a short presentation at Race HQ at 11:00am for the top 3 men and women. Additional prize winners will be contacted after the week after the race.

5. Spectators - If you have anyone coming to support you we would advise them to park outside of the village (at the school LL12 0DL). We will also be livestreaming the race.

If you have any questions in the build up or I have missed anything please let me know. I am unlikely to respond to emails after Saturday morning (22nd March) so please take a note of my number below for any last minute queries.

Please arrive early.

PULFORD 10K ROUTE & INFO

