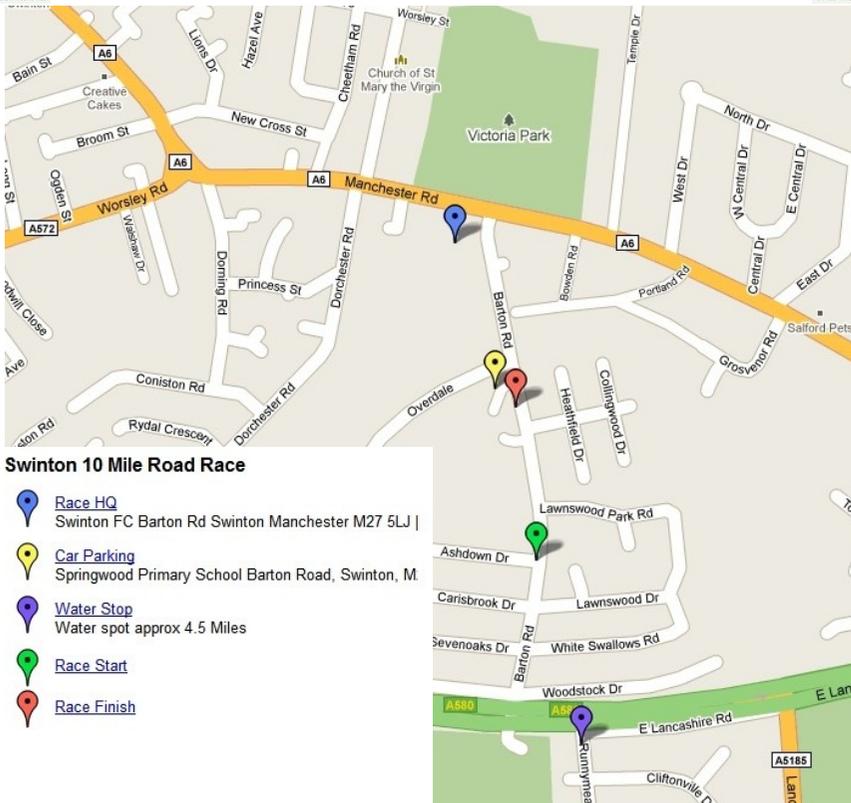


RACE INFORMATION

(continued)



A donation from race proceeds will be made to the Christie Hospital Appeal



Swinton 10 Mile Road Race

- Race HQ**
Swinton FC Barton Rd Swinton Manchester M27 5LJ |
- Car Parking**
Springwood Primary School Barton Road, Swinton, M
- Water Stop**
Water spot approx 4.5 Miles
- Race Start**
- Race Finish**

Join Us

Swinton Running Club is proud of its friendliness and welcomes newcomers to come down and meet us for a run, to see if we meet your expectations.

We meet at 7:30pm on Mondays and Wednesday at Swinton Moorside Cricket Club.

The club can provide you with the opportunity to train and compete at whatever level you choose. We are affiliated with England Athletics for Road, Fell and Cross Country running. We have members from fun runners up to International level - all enjoying taking part in a sport that provides the chance for everyone to find the event that suits them best. We regularly compete in local races at all age and ability levels. Some members just come down to the club to run and don't want to enter races, but prefer to train with like minded people and enjoy the social side of being with a club.

1st Swinton 10 Mile Road Race

Replacement race for the popular Swinton Half Marathon

Run under UKA Rules, Licence No. Applied for

Presented by
Swinton Running Club



SUNDAY 26th SEPTEMBER 2010

START TIME: 9:30am

Registration:
Swinton FC Clubhouse
Barton Road, Swinton, M27 5LJ

Car Parking:
Springwood Primary School
Barton Road, Swinton, M27 5LP



RACE INFORMATION

Dear Runner,
Thank you for entering the 2010 Swinton 10 Mile Road Race. This is the first running of this race, which we hope will become just as popular as the Swinton Half Marathon it replaces. We hope this information sheet covers all you need for the day. If there is anything missing please call Ian Thomas (01942 864339) or Steve Doxey (01204 408416).

Race HQ	Registration, toilets, refreshments and officials will all be based at the Swinton FC Clubhouse, Barton Road, Swinton, M27 5LJ. Barton Road can be accessed from either the East Lancs Road (A580) or Manchester Road (A6) (see map on page 4). We would request that wet clothing, shoes are changed before you enter the clubhouse after the race.
Changing	Competitors should come ready changed as there are no facilities for changing or storage of bags at the clubhouse. There are no Shower facilities available at the clubhouse.
Parking	Parking for all competitors will be at the Springwood Primary School, Barton Road, Swinton, M27 5LP. Marshals will be positioned on Barton Road to direct you to the car park.
Race Number	Your race number is enclosed so please don't forget it on the day. Please pin the number on the front of your vest. You may be disqualified by the Race Referee if the number is mutilated or folded in any way. Any medical information should be recorded on the back of the number as should an emergency contact telephone number for a friend or nearest and dearest. If you have been advised not to run or are feeling unwell on the day you should not compete in the race.
Personal Stereos I-Pods etc.	Please note you are not permitted to use personal stereos etc during this event. If you do use them the Race Referee will remove your name from the results. Clearly if a competitor is wearing such a device they cannot easily and instantly demonstrate to others that they can hear the instructions of marshals, comments or warnings from other runners or other road users. You are responsible not only for your own safety but also that of others, wearing such items reduces the ability to act on that responsibility. This policy is taken in line with UK Athletics rules and policies.
Registration	If you've already entered and have received your number then simply turn up on the day in good time for the start. If you need any information on the day call at race headquarters between 8am and 9.15am. Please try to arrive in good time as the event will start promptly at 9.30am.
Toilets	These will be available at the Race HQ, as with all similar events they will be busy near to the race start so please make sure you go before leaving home!!!
Start & Finish	The start is on Barton Road, approx 5 minutes walk from Race HQ. The finish is also on Barton Road.

RACE INFORMATION

(continued)

The Course	The course is an undulating run through the streets of Swinton, Monton & Salford. The course has been measured by a UK Athletics approved course measurer and the mile markers are accurate to within 15/20 metres. Water will be available at approx 4.5 miles.
Marshals	Marshals will be present throughout the course at all major road junctions and at every turn point on the course. Like all Marshals they do this job just a few times each year so that you can race, they are not experts, bear with them they will be doing their best. Please follow any instruction given to you by the marshals or the police. Your safety is their prime concern, but there will be other road users so please be sensible & considerate. Please remember that Marshals are volunteers, giving up their Sunday morning so that you can race. Thanking them with a kind word or a nod on the way round the course is not compulsory but would be appreciated by most. It must be understood that whilst Marshals will do all that they can to make your race safe, YOU are responsible for yourself during this event. Marshals are not the Police nor emergency services. They are not allowed to stop traffic. A Marshal will lead the race in a car with time clock and a sweep vehicle will follow the rear runner home. Emergency vehicles must be given priority at all times.
Presentation	The presentation of prizes and trophies will take place as soon as possible after the last runner has completed the course. Prizes will be awarded on the basis of one prize per person – please notify a race official if you believe there may be a problem with the results – before the prize giving if possible. Prizes will be awarded to the first 5 finishers and the first vet in all age categories where there is a competitor. The prize list may be increased on the day dependant on the number of entries so don't rush home too early as you may be surprised. There will be a race memento to all finishers.
First Aid	St. John's Ambulance will be on duty at the finish and will follow at the end of the race. If you need help stop and notify the nearest marshal who will organise assistance for you.
Results	Computerised results are provided by John Schofield's Race Results Service (http://www.ukresults.net) and will be available on the day or by post at a cost of £2 by completing an envelope on the day.
Risk Assessment	A full risk assessment has been undertaken for the race. Marshals will be located at all major road crossings and at any turns. They will endeavour to ensure that any junction may be crossed without delaying the race but neither has authority to stop or divert traffic so you must still use your own judgement as to whether it is safe to cross any junction whether marshalled or not. Failure to obey any instruction given to you by a Marshal or the Police will result in disqualification from the race.

**We look forward to seeing you on the day, or maybe sooner if you wish to come and join us to train.
Enjoy the Race and thank you for your support.**