

# TRAFFORD 10km ROAD RACE

SUNDAY 7<sup>TH</sup> MARCH 2010, 9:30am START

As you will be aware, the race was originally scheduled for Sunday 21<sup>st</sup> February. However, we had a very unexpected and heavy snowfall overnight which meant the course was unsafe to run on, particularly so as the council would not close the roads due to the weather.

Runners who entered the original race have all had their entries carried forward to the rescheduled race on 7<sup>th</sup> March. If for whatever reason you are unable to make the race on 7<sup>th</sup> March, you have the opportunity to defer your entry to the race in spring 2011, to do this you need to email [dave@davenorman.fsnet.co.uk](mailto:dave@davenorman.fsnet.co.uk)

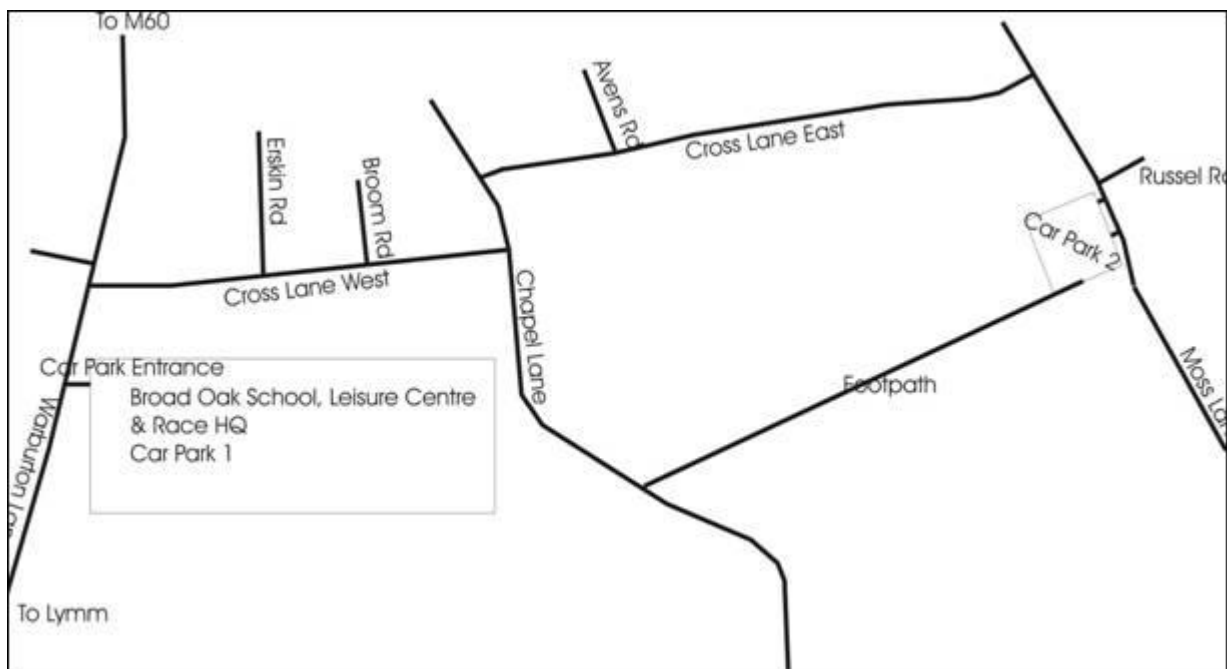
Alternatively, if you have a friend or clubmate who wishes to run in your place, this is fine. However, the replacement runner MUST fill in an entry form at race registration, and provide the name of the runner they are taking the place of. If this is not done, the wrong name will appear on the race results sheet.

## IMPORTANT INFORMATION regarding Numbers and chips:

You will need to go the Registration Desk inside the Sports Hall at Partington Leisure Centre to obtain your race number and running chip. There will be a full list of all runners names and numbers on display, please look your number up and queue for the relevant desk. **Without your chip/number you will not be permitted to finish the race and will not be included in the race results.** Chip and number collection is available between 08:00 and 09:15. Numbers should be secured safely to the front of your kit using safety pins. Instructions for chip attachment will be available on race day.

## Directions/Parking:

We are expecting in excess of 700 runners and ask runners to car share where possible. From junction 8 of the M60, follow the A6144 sign posted Carrington. Drive through Carrington and continue on the A6144 until you reach Partington. There are 2 race car parks. Car Park 1 at Broadoak School, just off the A6144 Warburton Rd (please note this Car Park will be closed from 9:00am and for the duration of the race). Car Park 2 is located on Moss Lane, Partington just near the junction of Russell Road. There is a tarmac path leading to Chapel Lane just near the Leisure Centre entrance (this Car Park is approximately 800m from the race Start and will close at 9:15am). The leisure centre car park will be closed to accommodate the race finish. Leisure Centre postcode is M31 4ES.



## Course:

The course has been measured and certified to be an accurate 10km. The route is flat, one lap, mostly on quiet country lanes. Road closures will be in operation across the entire course. Runners must obey marshals instructions at all times. There is a drinks station just after 5km and drinks will also be available at the finish.



**The Start:** PLEASE NOTE THE START IS DIFFERENT TO PREVIOUS YEARS. The new start as of September 2009 is at the junction of Chapel Lane and Cross Lane West. Start is at 9:30am, please arrive early, ready changed.

**Changing showers and toilets:** Available at the leisure centre. There are a limited number of coin operated lockers available but you are advised to store your kit in your car if possible.

**First Aid:** Manchester Medical Services will be in attendance

**Results:** Computerised results will be available as soon as possible on the day.

**Photography:** [www.mickhall-photos.com](http://www.mickhall-photos.com), [www.flamingphotography.co.uk](http://www.flamingphotography.co.uk)

**Presentation of prizes:** Will take place in the sports hall. There is an increased prize list this year and a full range of prizes for all categories.

**Sweatshop:** Our race sponsors Sweatshop (Hyde) will be in attendance on race day selling a range of running shoes, clothing and accessories. If you would like them to bring anything specific, please phone the shop on 0161 366 9191. To have a look at some of the products available, look at [www.sweatshop.co.uk](http://www.sweatshop.co.uk).