

### **Details for County 10 Mile Road Championships**

- \*Parking is only permitted at the school, NOT at the church, in the square or outside or opposite the community centre.
- \*Access to the community field & community centre is behind the goalposts down from the school carpark.
- \*Number collection in the community centre in the village.
- \*It is recommended that athletes warm up & cool down in the community field behind the community centre to avoid disruption to traffic and residents. There is a gravel path measuring 600m around the field.
- \*The start is approx 1k outside the village at 10am so allow sufficient time to get to the start.
- \*Runners must stay on the left-hand side of the road at all times unless otherwise instructed by stewards. Stewards instructions must be adhered to at all times for runner's safety as the road will be open to traffic.
- \*There will be two water stations en route, at approx mile 4 & at mile 7.
- \*Refreshments and presentations afterwards in the community centre.