

Lowca 10K 2018

Briefing Notes – Race Start

Good evening and welcome to first Cumberland AC Lowca 10K. Replaces Cumberland AC's long standing local classic - Moorclose 10K – now ceased due to Moorclose Sports Centre being closed.

The course is out and back along the cycleway – with marshal along route including at turn-around. Course well marshalled but attention needed at:

Wiggle Gate 250M from start – marshalled.

Emerging from underpass (Distington Bypass) at about 1.5K – blind corner – keep to left – marshalled.

Under road bridge approx. 4.5K – large boulders to stop vehicular access.

IMPERATIVE

This is a public cycleway so care needed.

Obey instructions from marshals – for your safety!

Runners **MUST** keep left at all times to avoid clashes with returning front runners.

Beware of members of public using cycleway

If you decide not to finish the race for whatever reason please make your way to the nearest marshal. They will inform us, sort out any medical treatment for you, and arrange to get you back to the Rugby Club.

AS always with Cumberland AC there is a buffet (provided by our club members) back at the Lowca Rugby Club. Drinks available to purchase over the club bar and we'll do our best to have the results by 8.30pm

Everybody gets a PB tonight! First running of a new course.

So, take care, enjoy your race and we'll see you in the rugby club afterwards for results and prize-giving.