



PRESENTED UNDER UK ATHLETIC RULES

Licence no 2012-103296

Thank-you for entering the Kirkbymoorside 10K – on 6th May 2012 at 2.00pm

The race starts from the centre of Kirkbymoorside near the Green Chilli Restaurant at 2.00pm.

Postcode for Satnav – YO62 6AA

e-mail: kirkby10km@aol.com

Parking is available at the lay by just off the A170 at Westfields on the western side of Kirkbymoorside. In addition there is an overflow car park at Ryedale Printing Group/Ryedale Laundry which is situated on the A170. Please e-mail us for further information. Please allow yourself 10 minutes to walk from these points to the start position.

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Changing facilities are limited but are available at the Race HQ (Memorial Hall). Race numbers and chips can be collected between 1000 - 1345hrs on race day.

Before the race please gather in the triangular area outside The White Swan Pub. Approximately 5 minutes before the start all runners will be called to the Start Position.

The first part of the race is uphill, as you climb out of Kirkbymoorside towards the village of Gillamoor. After this the hard work should pay off as you descend slightly to Fadmoor, where there will be a drinks station. Then it's downhill nearly all the way to Kirkbymoorside. Look out for the little teaser of an uphill just before the 8km mark!

There are two drinks stations on route. The first drinks station is at Gillamoor village and the second at Hagg Road at 7km.

Please secure your number carefully to the front of your vest and ensure that it is prominent when finishing.

Please ask any supporters not to use their cars to look for you at locations along the route as the roads are narrow and the traffic can cause problems for other runners.

There has been a change to prize giving. Prizes will be presented in the Memorial Hall at 3.40pm. The prizes will be pottery work designed and produced in Kirkbymoorside.

Refreshments will be available all day from the Memorial Hall.

**We hope you will enjoy the race and the hospitality of
Kirkbymoorside.**