



SALOMON RIVINGTON TRAIL HALF MARATHON

SATURDAY 2ND OCTOBER 2010

10AM START

Thank you for your entry to 2010 Salomon Rivington Trail Half Marathon. We would like you to enjoy this event, so please read these instructions to make your day go smoothly!!

START TIME - The race begins at 10am sharp on the School field near to the Salomon Race Village. We recommend that you get there at least an hour before the start time to get yourself prepared for the race.

RACE HQ - Will be in the Sports Hall. It will have the information desk, fun run entry and last minute entry collection point.

LATE ENTRIES - To enable us to predict and keep reasonable control of traffic volumes and organise the admin for the race and the timing chips, there will only be entries on the day if we do not reach maximum numbers.

FUN RUN - Will start after the main race under the arch on the field. Entries on the day will be available from the Information desk.

RACE TIMING CHIP AND NUMBER - Your number and your chip have been sent to you in advance so there is no need to come and register. The chip is secured around your laces and your number must be secured to the **FRONT** of your top by 4 safety pins. Please complete the details on the back of your race number if you have a known medical condition or allergy that will help the medical staff in the event of an emergency. Your timing starts when you cross the mat at the start line please make sure you run over the mats to record both your start and finish times.

THE COURSE - marked with arrows and tape and will have mile markers. It is on tracks and trails and will have short sections on quiet roads. Please follow marshals instructions at all times.

TOILETS / CHANGING - There will be toilets and changing in the school, please follow the signs. But don't forget the extra toilet paper in your kit bag - just in case and please be respectful of the local environment.

BAG STORAGE - We recommend you leave all belongings and valuables in your locked cars. You can leave bags at the baggage area in the Information area but **AT YOUR OWN RISK** as the area is not always supervised.

FIRST AID - There will be Level 2 first aid supplied by The Bolton Search & Rescue Team who will be spread out over the course. *NB: You should be relatively fit and well and be free of colds or flu. Please*

complete the details on the back of your race number if you have a known medical condition or allergy that will help the medical staff in the event of an emergency.

DRINKS STATIONS - There will be three drink stations at approximately three mile gaps (water only) and at the finish. Please make sure you bring enough drink for yourself before the race start.

CATERING/ REFRESHMENTS - On site you'll be able to purchase food and refreshments pre and post trail run. Look out for the mobile caterers where food and drink will be available from 0830. They will be on hand to feed you up and get you back to full strength after the race!

RETAILERS - Salomon Rivington Trail Half Marathon will be the host to retailers FOOT TRAFFIC. Visit www.foot-traffic.co.uk for a selection of trail specific products for you to wear on race day.

PRIZES - Presentation time will be announced on the day. All Half Marathon runners will receive a Salomon technical t-shirt and a goody bag. 3km Fun Run runners will receive a medal and a goody bag. Runners can only win one prize. No prizes for the fun run as this is not a race and is not timed.
Half marathon prizes:

- Male & Female: First 5 finishers
- Masters Male & Female: V40, V45, V50, V55, V60+

RESULTS - Full results will be available as soon as possible on www.racetimingsystems.com and www.209events.com

RACE PHOTOGRAPHY - Race photography will be supplied by Phil O'Connor. Please log on to www.philoconnor.co.uk to view and purchase pictures.

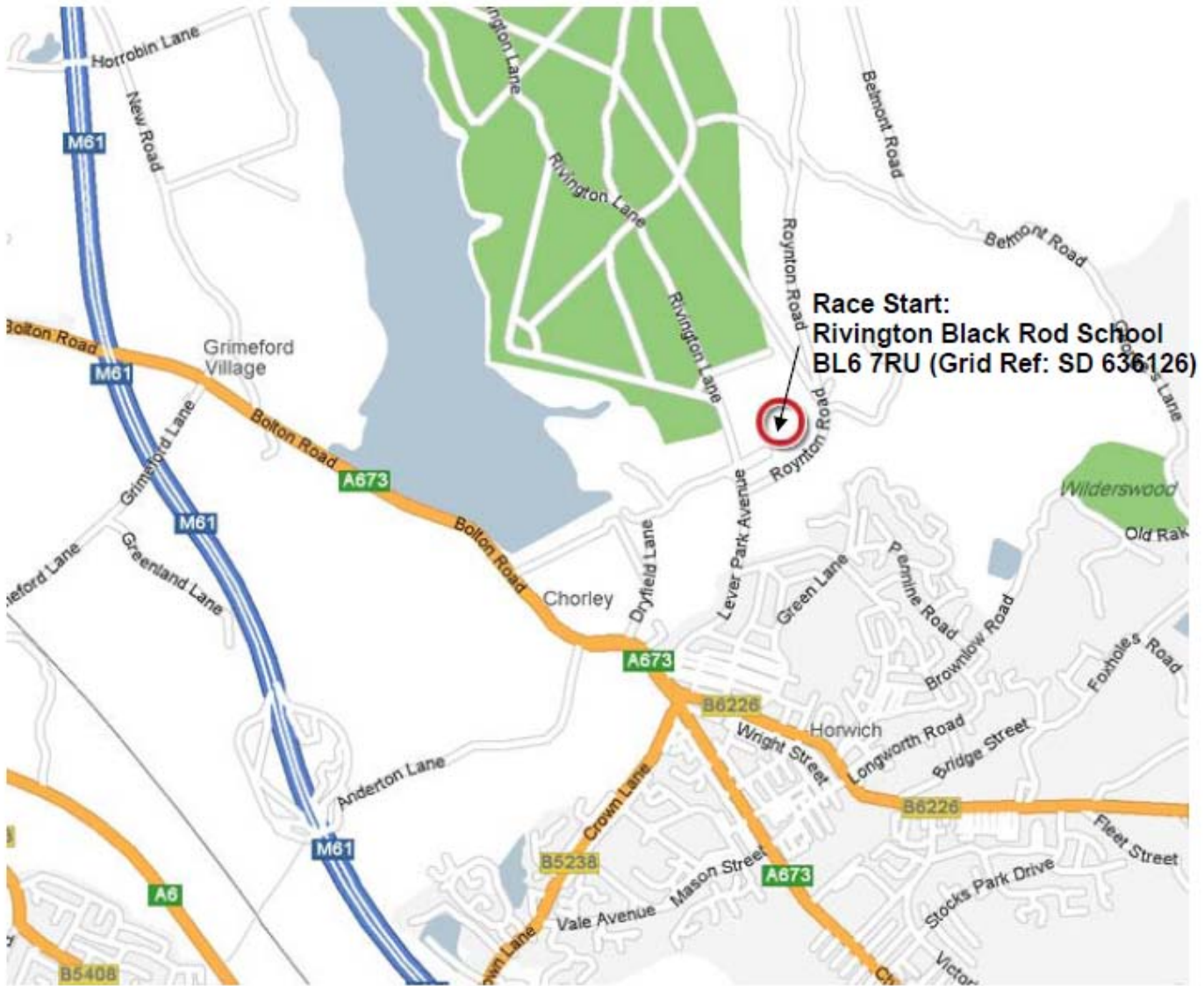
DIRECTIONS

Rivington & Blackrod High School, Rivington Lane, Rivington, Bolton BL6 7RU.

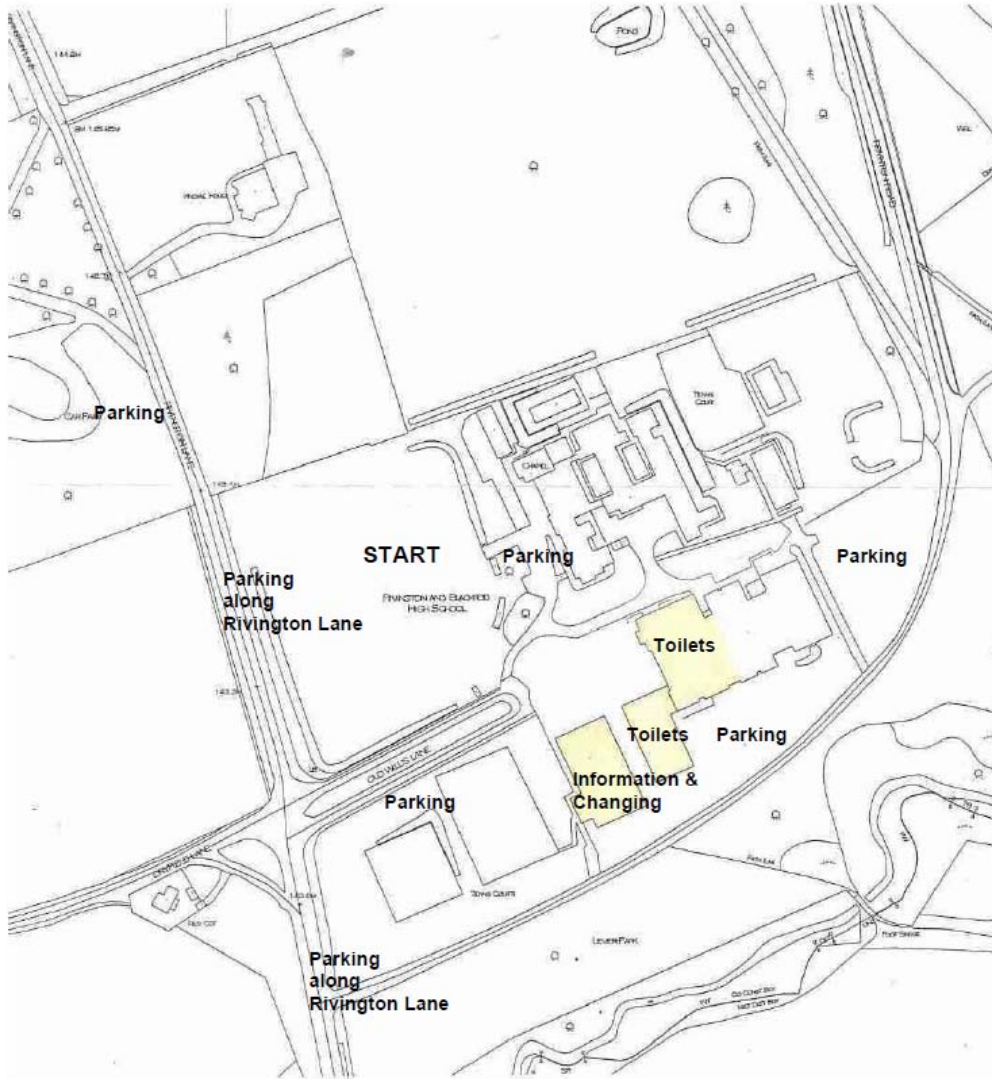
From the M61, junction 6 take the A6027 past the Reebok Stadium, take the left fork at the Beehive roundabout along the A673 sign posted Horwich. Continue along this road passing the Fire Station on your left until you reach a mini-roundabout, go straight past and take the first right into Lever Park Avenue. Travel along this road which joins into Rivington Lane, the school is situated on your right.

BY BUS - For details of bus routes to the school please visit www.gmpte.com or telephone 0161 228 7811.

PARKING - Parking will be spread over all the car parks in the School and along Rivington Lane. Please follow signs and marshals instructions and park with consideration for local residents.



Race Start:
Rivington Black Rod School
BL6 7RU (Grid Ref: SD 636126)



To A673

ANY QUESTIONS? - Please contact 01252 373797 or email info@209events.com

