



Ellesmere 10K 2016

**Lakelands School Ellesmere
Shropshire SY12 0EA**

Sunday 28th August 2016

Start Time 11.00am

**Thank you for entering the Ellesmere
10k!**

This race is fast and scenic!

CAR PARKING & RACE HEADQUARTERS

Car parking and Race Headquarters are at the Lakelands School, Oswestry Road, Ellesmere, SY12 0EA. If approaching from Oswestry / A5 direction follow signs for Ellesmere and the school is on your right hand side as you enter the town. If approaching from Shrewsbury, Whitchurch or Wrexham follow signs through the town for Oswestry and the school is on your left hand side. Do not park on the main road or the surrounding side roads please. Full changing and shower facilities will be available in the Sports Centre at the school, as well as refreshments.

START / FINISH

This year the Start and Finish will be on the school field.

RACE NUMBER, CHIP TIMING, T-SHIRT and GOODY BAG

Your race number which you were allocated on entry will have chip attached this year.

Please note your race number when entering as you will need this on the day. Please collect all of the above from Race Registration on the day of the race!

SAFETY

This race is being held under UKA rules and is a no ipod / mp3 / personal stereo event. Please ensure you warm up and down within the school grounds and not on the public roads. This is not a traffic free race, you must run on the left hand side of the road at all times unless instructed otherwise by a course marshal.

Please follow marshals instructions at all times.

Results will be on our web site shortly after the race.

www.oswestryolympians.com

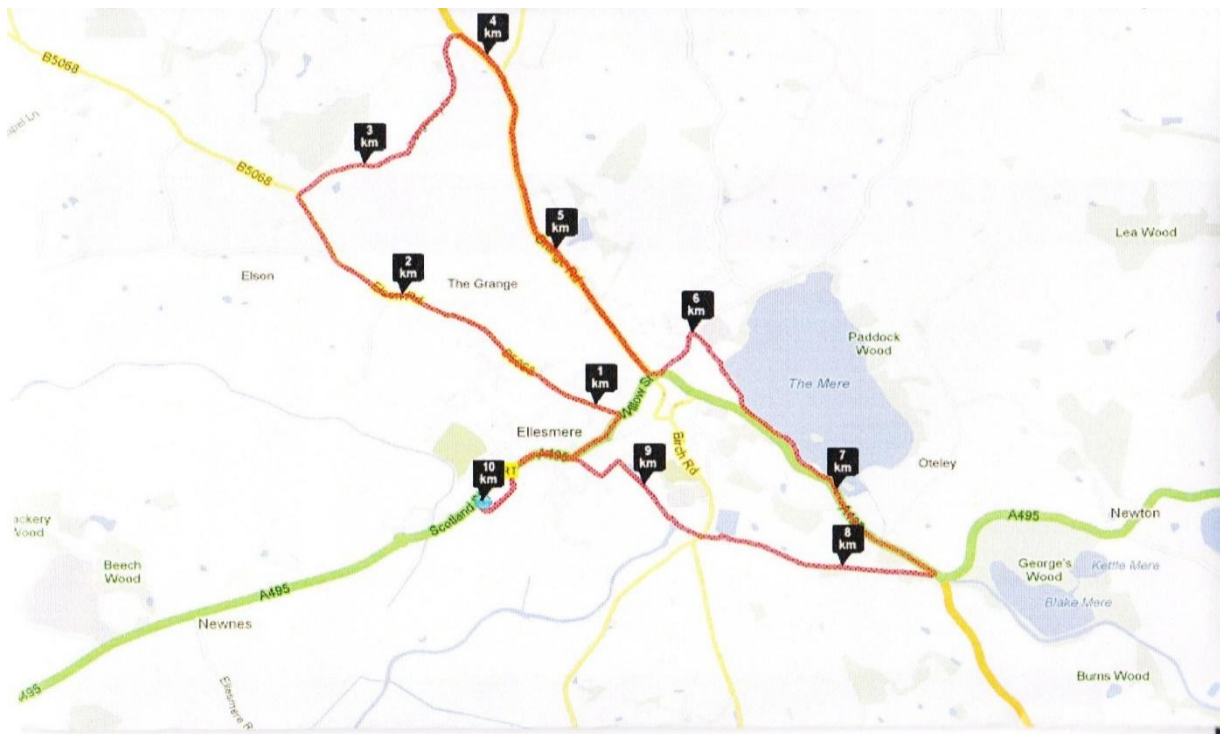
And

www.racephotos.org.uk





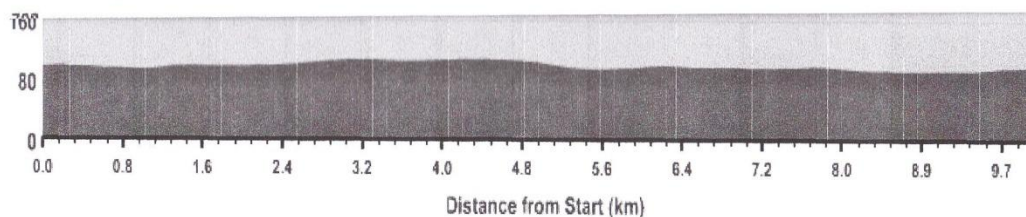
"Even if you are working hard in the race and even if it's tough, don't forget to SMILE - Bryan Dale will be around the course taking photographs - yes, do try to smile through the pain! His pictures can be found after the race on his website <http://www.racephotos.org.uk> - totally **free** for you to download he'll even send the high-resolution digital original to you by email if you ask - again for free. Also, about 3 weeks before the race, Bryan will put a banner on the website with an interactive map for you. Just click on the coloured dots to see a photograph of that spot on the course."



Total Climb : 31 metres
Average Climb Rate : 3 metres per km

Hill Profile

Flat Equivalent Distance : 10.21 km





If you are unable to make the race, please fill in this form and the new entrant can hand into race registration

Before 10 am on race day.

Race Number

Name of New Entrant

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Address

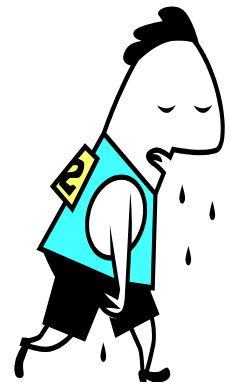
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Date of Birth

Age on Day.....

UK: A Club/ or state Unattached

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Have Your Say

How can we improve for 2017? Please forward your ideas to
pad44@btinternet.com

Many Thanks to our Sponsors



SHREWSBURY



ELLESMERE



Special
Thanks To

Ellesmere Town Council
Shropshire Highways
Shropshire Council
British Waterways
Lakelands School
Ellesmere Rangers F C

Record Holders

Tom Humphries Cannock & Stafford AC 29 Min 12Sec

Michelle Ross-Cope City of Stoke AC 35 Min 16 Sec