

Ellesmere 10K 2018

**Lakelands School Ellesmere
Shropshire SY12 0EA**

Sunday 26th August 2018

Start Time Fun Run 10:45am

Start Time 10k 11.15am

**This year in conjunction with Criftins &
Cockshutt C of E Primary Schools we will
be holding a 2K FUN RUN for children
under the age of 11.**

**Under 8s must be accompanied by an adult
over 8s may run with or without an adult**

**Thank you for entering the Ellesmere
10k or Fun Run!**

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. Please note that this car park will be closed at 10.30am due to the Fun Run so alternative parking will need to be found in the town centre. 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 for both events will be on the school field.

10K ENTRANTS RACE NUMBER, CHIP TIMING, T-SHIRT

10k Entrants your race number which you were allocated on entry will have the 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!

FUN RUN ENTRANTS RACE NUMBER.

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

SAFETY

This year please take extra care when you are entering and exiting the school premises as we will have many children waiting for the fun run to begin.

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. The 10k 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

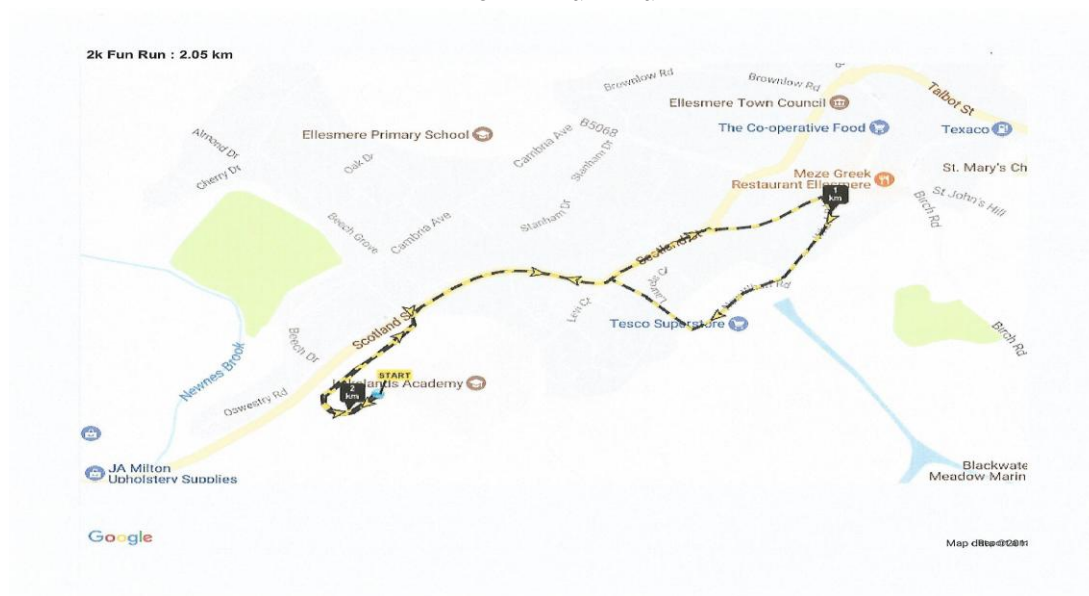


"Even if you are working hard in the race and even if it's tough, don't forget to SMILE - Bryan Dale will be around the course taking photographs - yes, do try to smile through the pain! His pictures can be found after the race on his website <http://www.racephotos.org.uk> - totally **free** for you 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."

The 10k Race



The 2k Fun Run





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

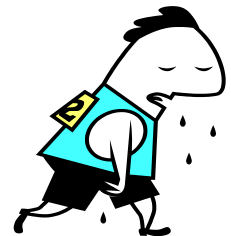
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Date of Birth

Age on Day.....

UKA: Club/ or state Unattached

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Have Your Say

How can we improve for 2019? Please forward your ideas to
pdav44@yahoo.com

Many Thanks to our Sponsors



ELLESMERE

Special Thanks To

Ellesmere Town Council
Shropshire Highways
Shropshire Council
British Waterways
Lakelands School
Ellesmere Rangers FC
Ellesmere Cricket Club
Ellesmere Rotary Club
Ellesmere Garden Society
Criftins C of E Primary School
Cockshutt C of E Primary School

Record Holders

Tom Humphries Cannock & Stafford AC 29 Min 12Sec
Michelle Ross-Cope City of Stoke AC 35 Min 16 Sec