

EVENT GUIDE



Ribble Valley 10k
Sunday 31st December 2023

Ribble Valley 10K

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TRAVEL

Address: Roefield Leisure Centre, Edisford Road, Clitheroe, BB7 3LA

The race will be traffic free and all roads will be closed at 9:15am. Please make sure you leave plenty of time to arrive. The town centre is approx 1mile away from the Leisure centre.

These are the roads affected:

B6243 Bawdlands, Edisford Road and New Lane from Lancaster Drive through to B6243 Whalley Road, Great Mitton. This includes the junctions of B6243 with Edisford Road (U22901) and Clitheroe Road (C573).

Clitheroe Road (C573) from its junction with B6243 Edisford Road through to Clitheroe Lane(C574), Bashall Eaves. This includes the junctions of Clitheroe Road with BASHALL Lane, Twitter Lane and Birdy Brow.

Clitheroe Lane (C574), Bashall Eaves to its junction with B6243 New Lane, Great Mitton. This includes its junction with Birdy Brow.

Car Parks

Car Parking will be at the school near the start of the race (approx 400 metres away) and on the public car park adjacent to Roefield Leisure Centre- please note this is Pay & Display.

There will also be street parking available on the right hand side of Edisford Road approaching the Leisure Centre and on one side of the Lane leading to the Caravan Park site opposite the Leisure Centre.

Marshals will direct all cars approaching the Race Registration area to the relevant car parking.

Please also note that no cars will be able to exit the main car parks (across from the Registration area at the Leisure Centre) until the last runner has finished.

By Bike

Cycle racks are available at the leisure centre. Please ensure you do not lock your bike to anywhere other than the designated areas.



what3words

**If using the app What3Words, use the words
///pegs.soaps.myth for exact event village
location**

Race Pack Collection

Start Time:

10:00am

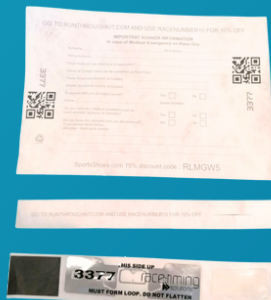


**Race Pack
Collection Times:**

8:30-9:30am

****IF YOU'VE ENTERED PRIOR TO THE 12TH DECEMBER YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST****

- If your pack hasn't arrived or you've entered after this date, on arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- Attach your number to the front of your shirt (we recommend safety pins or magnets).
- Your timing chip will be attached to the bottom of your race bib, tear this off and slot into your shoe laces.
- If you have received your pack, simply turn up and run, you don't need to check in.



Included:

Bib number

Baggage Label

Timing Chip

[CLICK FOR ENTRY LIST](#)



Please take a couple of minutes to fill out the brief runner information form below and on the back of your bib. This will help us in case of an emergency!

[CLICK FOR FORM](#)



Step 1



Step 2



Step 3



Step 4



X



X

SPECTATORS ✓ **COFFEE** ✓

Spectators are more than welcome!

A catering Van will be sited on the Car Park for Food & Drinks and the Leisure Centre will be serving hot and Cold drinks in the Reception area.



TOILETS & CHANGING

Female Runners – Toilets/Showers/Changing – these are available in the Swimming Pool Building next to the Roefield Leisure Centre.

Male Runners will change in the Football Pavilion immediately outside the Roefield Leisure Centre.

There will also be portable toilets on site situated on the Main Car Park.

UNDER NO CIRCUMSTANCES SHOULD TOILETS IN THE LEISURE CENTRE BE USED BY RUNNERS.

BAGGAGE

- Please limit the number of belongings you bring to the event.
- There is no specific bag drop for this event, we advise runners to leave any belongings in cars or with spectators where possible.
- Although the sports hall will have staff in throughout the event, any belongings left in here will be at your own risk.

REFRESHMENTS

There will be a water station at the 5k point on course.

There will also be a bottle of water waiting for you at the finish line.

We recommend bringing your own water to stay hydrated in the lead up to the event.





RACE START

At the start of the race, there will be a separate pen area for those athletes who have the qualifying time for the Elite Race.

All other runners will assemble behind that Pen. ALL runners MUST be in place to start the race by 9.50am.

The barriers will be removed and the field walked forward to the Start line at 10:00am.

DURING THE RACE

There will be marshals all around the course. Please be aware to look out for yellow KM signs 1-9.

We ask that you remain to the left of the path where possible. This will allow for anyone needing to overtake to have a clear path on your right and ensure not only the safety but allow for the best experience throughout the race.

Please also be aware that we will have a safety car ahead of the lead runner. This will be live streaming the race onto the Ribble Valley Facebook page.

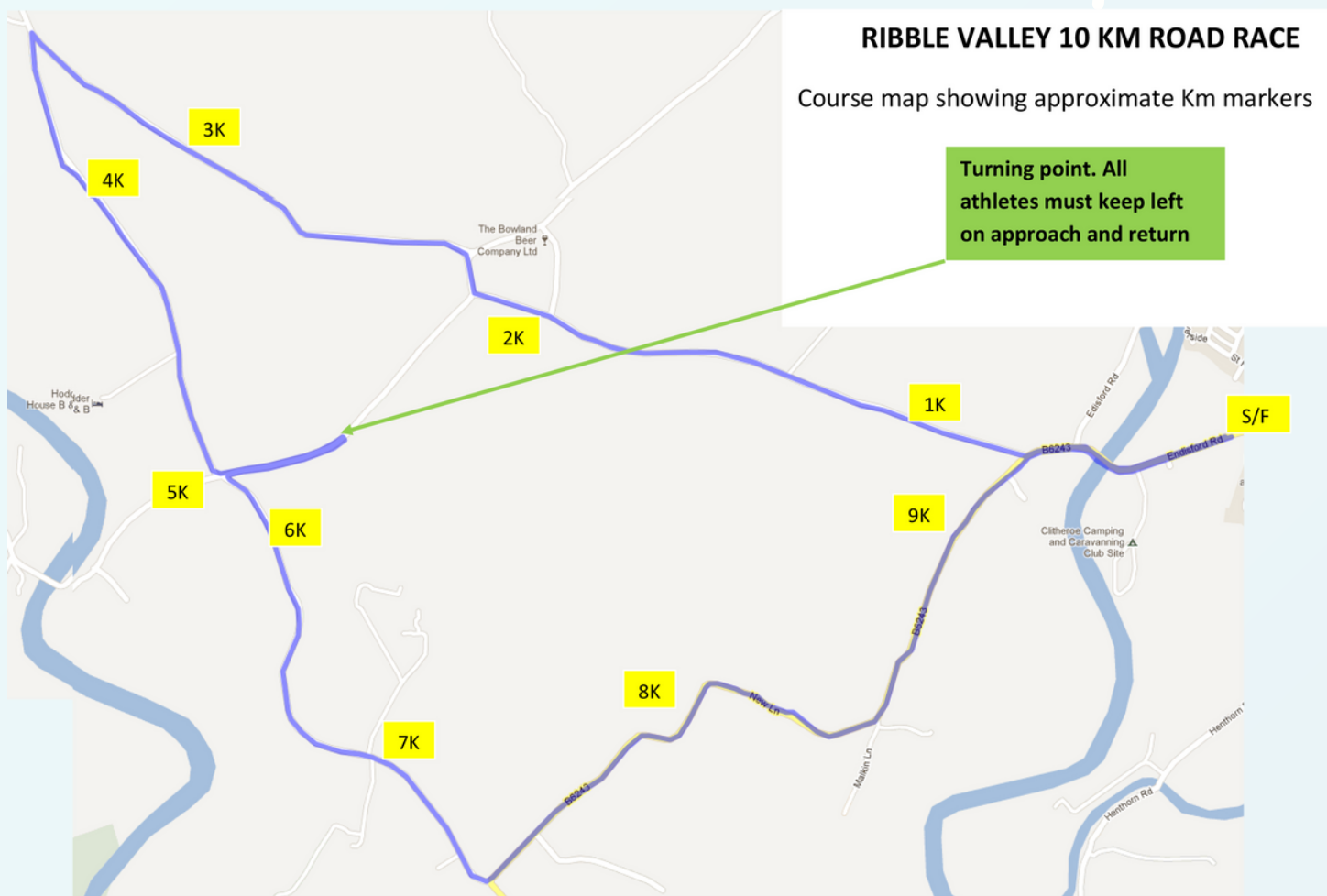
Please discard all litter and bottles within the signed litter zone. There will be large bags and bins within this area that you will pass just after the water station.

THE FINISH LINE

Please continue walking through the finish funnel to collect your medal and water allowing other runners to finish behind you.



COURSE MAP



PRIZE GIVING

Prize presentation for the Open Race and all categories as well as for the Northern Championships Medals will take place in the Main Hall immediately after all the results are processed- please listen out for announcements on the day for this.

All Prizes – Over £2230.00 – Will be paid in Cash.



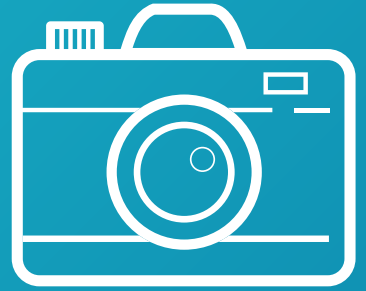
MEDICS

Medical - provided by Rossendale & Pendle Mountain Rescue Team. There will be one of their cars/ambulance following the race and situated out on the course.

Should you need medical assistance please notify the closest marshal, and help will be called.

PICTURES

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.



click the camera to visit the page!



SOCIAL MEDIA

For updates leading up to the race, please check out our facebook page @RibbleValley10k



click the icons to visit our page!

**RESULTS AVAILABLE AT
WWW.RESULTS.RUNTHROUGH.CO.UK**



F.A.QS

Is the event chip timed?

Yes!

What is the minimum age for this event?

15

Is there a time restriction to complete the race?

Yes, due to road closures in place please get in contact with us at ribblevalley10k@gmail.com if you plan to take more than 90mins to complete your race as we may need to make special arrangements around the course and event village.

I can no longer make the event, can I get a refund?

We are sadly unable to refund or transfer your entry within 14 days of the race as your race pack and everything associated with your entry fee including your medal, and post race goodies have already been paid for by this time.

Can I transfer my entry to a friend or swap distances?

We are sadly unable to transfer your entry or edit associated details within 14 days of the race as your race pack and everything associated with your entry have now been processed.

Will there be a water station on the course?

Yes, we will have a bottled water station out on the course for you to help yourself to at 5k.

Am I allowed to wear headphones?

Headphones are not permitted, unless bone conducting as we require all runners to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

Where should I park for the event?

There is parking on opposite the leisure centre, if parking on the surrounding roads please use parkopedia.com to find somewhere suitable for you as spaces can be restricted on race day.

Where is the best place to spectate?

We advise staying within the event village to catch the start and finish. If you'd like to head out onto the course, please be considerate of other runners on the race route.

Will there be a prize giving?

Yes, there will be a prize giving after all results have been processed.

COURSE RECORD TIME – BONUS PRIZE £500.00 CASH

MARC SCOTT (2019) – 28.32 & JESS WARNER-JUDD (2022) – 31.18.

1ST MALE & FEMALE – £300.00

2ND – 10TH MALE & FEMALE – £150, £110, £75, £50, £30, £25, £20, £20, £20

1ST TEAM (3 TO COUNT) – £15 X 3

1ST VET TEAM (3 TO COUNT) – £15 X 3

1ST, 2ND & 3RD JUNIOR MALE & FEMALES (U20) – £20, £15, £10

1ST VET (IN ALL CATEGORIES) MALE & FEMALE – £20

Ribble Valley 10K

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by...***



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