

EVENT GUIDE



Ribble Valley 10K

Sunday 29th December 2024

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TOP FLIGHT

By RunThrough 

Frbes
Solicitors

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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.

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



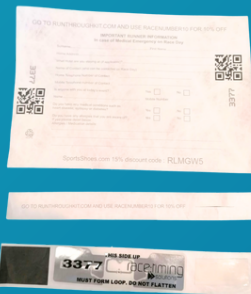
**Race Pack
Collection Times:**

8:30-9:30am

****IF YOU'VE ENTERED PRIOR TO THE 28TH NOVEMBER 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.

[CLICK FOR ENTRY LIST & RESULTS](#)



Included:

Bib number

Baggage Label

Timing Chip



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](#)



SPECTATORS

COFFEE

Spectators are more than welcome!

There will be a catering van along with a coffee vendor on the Car Park for Food & Drinks and the Leisure Centre will be serving hot and Cold drinks in the Reception area.

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.



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.

Please treat the facilities with care with respect to those cleaning the venue after.

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

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 Top Flight YouTube Channel [HERE](#).

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.

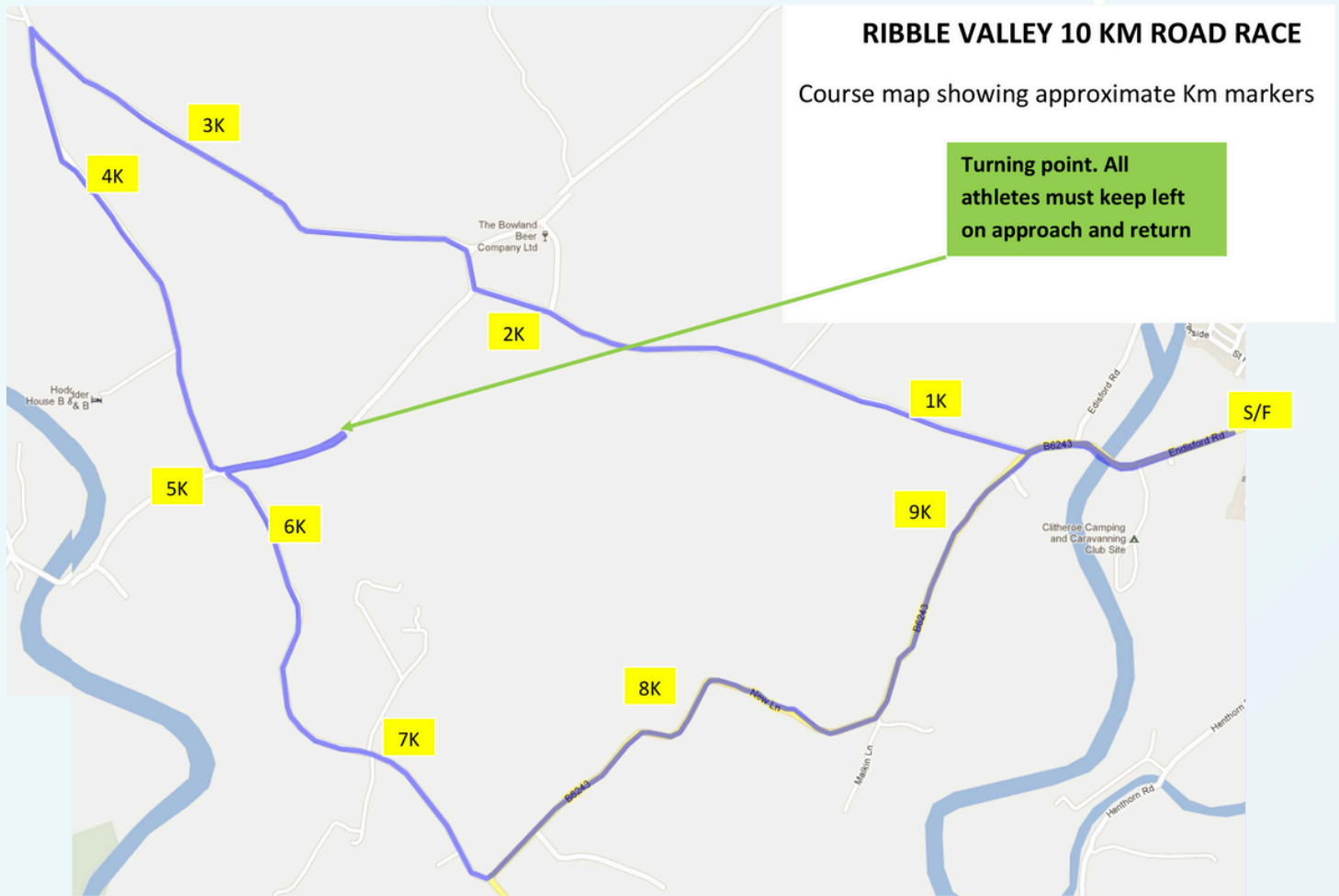
**LOOK OUT FOR THE LITTER
ZONE SIGNAGE!**



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



[CLICK FOR INTERACTIVE MAP](#)

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.

TOP FLIGHT RACES

WHAT IS TOP FLIGHT?

Top Flight is a 12 Race Series across the UK with an Elite Prize Structure per race and for the overall series, with the aim to support the up and coming elite athletics scene in the UK. The aim of the series is to provide a new high level competition platform and to reward excellent performances.

ATHLETE INFO

The race will start at 10:00am. Please gather at the start line 10 minutes before to gain access to the elite pen.



You can find out more about the series and all the athletes in the race by watching our Pre Race Show on RunThrough TV!

ELITE PRIZE MONEY

1ST - £450
2ND - £200
3RD - £175
4TH - £150
5TH - £125
6TH - £100
7TH - £75
8TH - £50
RUNTHROUGH RECORD - £500
COURSE RECORD - £200
UK LEADING TIME - £200



SERIES PRIZE STRUCTURE

The winner of each series race receives 25 points, the second-place finisher 18 points, with 15, 12, 10, 8, 6, 4, 2 and 1 points for 3-10th.

Best of 3 scores count to overall series total and a chance to win the series prize money at the end of the year.

1st-8th Prize money listed to the left will be awarded to all performances under qualifying time of Sub 30m00 (Men) 33m15 (Women). This time capped prize money will top up the prize money awarded for the main race.



PRIZE GIVING

The Ribble Valley 10k has built up a reputation over many years and it relies on the goodwill of club volunteers alongside our sponsors to ensure we continue.

We intend to streamline the presentation this year. It will start at approximately 11.15am.

We ask all prize winners to attend the Roefield Centre Hall after the race to receive their cash prize.

It is important to us you are there to support us and our sponsors.

We appreciate you may need a cool down but we also appreciate you do not want to be waiting around too long after the race.

The presentation will include the medals for the Northern Athletics 10k Championship, and the generous prize list provided by the race and Blackburn Harriers AC. Any additional time capped Top Flight pay outs will be communicated with the athletes after the race.

Any prizes that we are unable to ascertain at 11.15 particularly vet prizes will be handed over as soon as we are able on the morning.

We want to avoid extra cost and volunteer time by sending cash/bank transfers after the event and hope you understand.

Please show your support by being in the Roefield Centre Hall at 11.15 and we hope you have a great run and day with us.

Race Cash Prizes:

1 st 10 men and women – winners £300

Course Record prize £500 male and female

1 st men's and women's team (3 to count) £105 per team

1 st three junior men and women

Vets and Vets team prizes

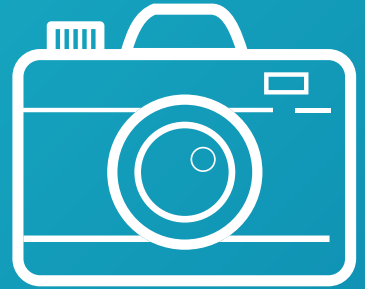
Northern Athletics medals

1 st 3 male and female



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

How will my results show?

Results will be listed in Gun Time order (time from the start of the race, to you finishing). You will also be able to see your Chip time (the exact time from when you cross the start line to your finish). The difference between times may be due to it taking a few minutes to get everyone over the start line.

Your category is determined by your age, anyone under 35 is classed as a senior, 35+ will be listed as Vets in 5yr increments. This will further be categorised as Female, Male or Open (All non-binary, or those who prefer not to say).

What is the minimum age for this event?

10k- 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?

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 at 11:15 in the sports hall. The presentation will include the medals for the Northern Athletics 10k Championship, the prizes for the Run Through Top Flight Series and of course the generous prize list provided by the race and Blackburn Harriers AC.

Ribble Valley 10K

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