

COMPETITOR INSTRUCTIONS

IMPORTANT INFORMATION:

START TIME IS 9AM

PARKING WILL BE AT THE START AREA AT KINGMOOR PARK

BUSES WILL BRING YOU BACK TO THE START CAR PARK FROM THE FINISH AREA AFTER YOU FINISH THE RACE

These 3 points are VERY important so please REMEMBER them - thank you...

Getting Here (To the Start Area)

Whether travelling north on M6 or south on M74, exit at Junction 44 and follow the signs for the A689(W). At the first roundabout approach in the right hand lane taking the 3rd exit for Asda and Rockliffe.

Head for Rockliffe and go straight on at Asda traffic lights. Travel approximately half a mile going over a small bridge and past Galla Rosso Restaurant and take the next left.

Drive into the area and follow the signs to the race car park.

The event postcode is CA6 4SJ

The Railway and Bus Stations are only a short distance away. A taxi rank is located at the train station and Kingmoor Park is approximately 4 miles and no more than £10 in a taxi.

Free Parking/Shuttle Bus

Parking is available at THE START area at Kingmoor Park North (Capita entrance) for all runners. Limited parking spaces of around 100 is available at Greens of Gretna for runner supporters. Runners should follow the signs to the Car Park when entering Kingmoor Park and Runner supporters should follow the signs to the car park when entering the grounds of the Hotel.

All runners are requested to arrive at Kingmoor Park from 8am until 8.45am in order to pick up your required race number and then allow good time for a warm up as you head over to the start line which will be located 300 metres from the Registration area... Be aware the race will start at 9am prompt...

Shuttle buses will transfer runners back to the start area from the Finish of the race... The shuttles will be working from 10am until the last runner is ready to be taken back to the Start area so will allow you good time to finish and rest and enjoy race goodies and also refreshments available at the Hotel..... Coffee's, Bacon & Sausage butties as well as hot and cold drinks will be on sale at the finish area...

ON SATURDAY 27TH JANUARY YOU WILL BE ABLE TO PICK UP YOUR NUMBER PRIOR TO THE RACE DAY IF YOU ARE LOCAL TO CARLISLE. THE ADDRESS TO COLLECT IS CHIVERS SPORTS, 6 ABBEY ST, CARLISLE, CA3 8TX...

Saturday 27th - Number pick up from 11am - 3pm

Sunday 28th - Number pick up - 8am to 8.45am

We will allow pick up for friends but will need confirmation to confirm you are happy for someone else to pick up you number to 07846468664

Changing/Baggage/toilets

There will be no changing and baggage for competitors so we recommend that you come ready to run! or change and leave valuables in your car. There will be a small number of event toilets available for you to use prior to the starter horn going off.

Registration

All pre-entries should have been sent an entry confirmation email from Active Network. You do not need to bring anything with you to collect your race number. We will arrange numbers to be picked up by alphabetical surname and our staff will hand you your number.

If you have not received a confirmation email don't worry because the fact that you have received this information pack proves we have you as a registrant.

The race will be timed by UK Results with all results posted on the event website www.x-border10k.co.uk by 6pm on Race Day.

The race is gun timed and not chip timed.

Registration on the day will be open from 8.00 am to 8.45 am in the signed registration room.

Entries can be made on race day but are £22.00 for all runners. Note we currently have a high entry late entries will not be guaranteed a medal.

Entries will be open right up to the event day and your friends or family can still enter via www.x-border10k.co.uk

Race Numbers

Your race number is personal to you; please do not give it to anyone else if you are unable to take part in the race. The swapping of race numbers, for whatever reason, can place runners at risk and is strictly prohibited.

Please secure your race number to the FRONT of your vest or t-shirt using four pins, one at each corner.

The administration team will have safety pins for you.

Race Information

We will have a race commentary team and trained marshals to make your participation in the race as smooth and as enjoyable as possible. Please follow their instructions. After finishing, please walk through the finish to collect your Medal, water and food.

Note: The shuttle buses will be located on the main road close to the 'THIS IS SCOTLAND SIGN' about 400 metres from the finish area. You will be able to see them clearly and staff will manage the filling up and setting off of the buses.

Course

The race will start from the Kingmoor Park and go in exactly the opposite direction to the previous X Border 10k events. A Race lead vehicle will lead the runners back to Gretna. Course Marshals will be located at various points around the course for your safety.

There will be a water station located close to the half way point of the 10K course, and water will be available for runners when they complete the course at the finish...

Prizes

All finishers in will receive a Medal when they finish the race. It is a striking Medal and we are sure you will love what we have produced for you.

There are also cash prizes in the following categories totalling £220.00:

Male 1st - £40.00

Male 2nd - £25.00

Male 3rd - £10.00

Female 1st - £40.00
Female 2nd - £25.00
Female 3rd - £10.00

Male / Female 40 (1st) - £10.00
Male / Female 50 (1st) - £10.00
Male / Female 60 (1st) - £10.00
Male / Female 70 (1st) - £10.00
Male / Female 80 (1st) - £10.00

All cash prizes will be handed out on the day wherever possible. If you are a prize winner and you don't receive your money please get in touch with the event organisers post event.

Health Issues

If you feel unwell at any time please stop running and make your way to the nearest marshal who will assist you. Alternatively, alert a fellow runner.

If you have had an illness recently please consult your GP before the race to get his/her opinion as to whether it is safe for you to compete. If you are advised not to run please do not feel tempted to take part.

If you are taking any medicines at all please write down your name, contact phone number and details of your medicine/condition on the back of your race number. This will, in the unfortunate event of you being unwell, help the first aid crew to deal with your situation efficiently and sympathetically.

Event Contact Details

Following receipt of this information you may have more queries. If you do please do not hesitate to contact mike.james@endurance-sports.co.uk or contact Mike James (Race Director) on 07846468664.

OTHER EVENT INFORMATION

Endurance Sports Ltd are organising the 4th Gelt Gladiator on June 9th & June 10th...

There is a price rise on January 31st so if you would like to try something a little different by taking part in a mud obstacle event please visit www.geltgladiator.com