



Lytham Hall Autumn 5K

Sunday 9th October 2011 @ 11:00am

Race Day Information

Dear Runner,

Welcome to the Lytham Hall Autumn 5K Road Race. Please find below Race Day information.

Directions to Lytham Hall

Lytham Hall is situated very close to the centre of Lytham. The main entrance to the grounds of Lytham Hall is about 100 metres from Lytham Railway station on Ballam Road, directly opposite the entrance to Aegon UK (formerly Guardian Insurance). Postcode for all you Sat Navvies out there is FY8 4JX.

Race HQ

All entrants will need to pick up their numbers on the day from the Race HQ which will be in the main courtyard behind Lytham Hall. Directions to it will be clearly signed from the Car Parks. Entries on the day will also be taken at Race HQ. An area to store your baggage will be available here.

Car Parking

Once inside the grounds of Lytham Hall please drive up to the hall where the parking areas will be clearly marked. **DO NOT PARK ANYWHERE OTHER THAN OFFICIAL CAR PARKS** please. There is **NO PARKING** on the race course. Obey the marshals and officials at all times.

The Start

The race will start at 11:00am prompt. The start line is behind Lytham Hall, about 50m from the Race HQ and next to the car parks. As the course uses the road leading up to the hall, no cars will be allowed through the main gates after 10:50am.

The Course

Other than a short section running on the pavement on Ballam Road, the course is completely on road and within the grounds and surrounding area of Lytham Hall. There will be marshals and directional signs throughout the course including markers after every kilometre. The finish is immediately adjacent to Lytham Hall. As with most road races the quality of the surface varies at different points on the course. You will encounter some potholes and there are about 3 or 4 speed bumps to look out for. Please take care. After about 3km the course will also cross a cattle-grid but this will be covered for the race to enable runners to go straight across it.

Toilet Facilities

Toilets are situated around the courtyard next to the Race HQ and Registration.

At the finish

There will be drinks and a goodie bag available for every runner at the finish. There are no water stations around the course.

After the race

Refreshments will be available from 9:30am on the day at the Lytham Hall cafe. All runners and spectators have free access to the grounds and are welcome to stay behind after the presentation of prizes. Entrance into Lytham Hall itself is available to everyone (for an extra charge).

Prizes

Prizes will be presented at approx. 12:15pm in the courtyard next to Race HQ.

Feedback

This is the second year of us running an event at Lytham Hall. We hope to continue with both Spring and Autumn 5K events next year. We appreciate all of your comments (good and bad) so please feedback anything you particularly like about the race or something we could improve or add for next time.

Thank you. Have a great race.

The Lytham 5K Race Team

If you have **any** queries:- (07989) 403 247, e-mail LythamHall5K@Quaseb.co.uk or www.quaseb.co.uk

