



[www.lancaster-race-series.co.uk](http://www.lancaster-race-series.co.uk)

## Thank you for entering the Lancaster Half Marathon

### PLEASE NOTE:

*As sections of our races are on roads,  
WE DO NOT ALLOW THE USE OF HEADPHONES  
unless they are BONE CONDUCTIVITY HEADPHONES as authorised  
by England Athletics.*

### Practicalities:

- ★ You will need to collect your race number from the Lancaster & Morecambe AC clubhouse, LA1 5JS from 9.30am, please wear it on the front of your shirt.
- ★ Parking is available in the Salt Ayre parks. Please car share if possible.
- ★ Toilets are available at the club house and Salt Ayre Sports Centre.
- ★ Bags can be left at the venue.

### The Race:

- ★ The start is at 11am on the athletics track.
- ★ Please observe safe distancing at all gathered areas.
- ★ Please keep to the left on the course.
- ★ Be aware of safe distancing on the course, particularly when overtaking.
- ★ Sealed bottles of water will be available at the start/finish area and at the water stations on the course (6).
- ★ Please collect your medal and t-shirt at the self-service point at the end of the finish funnel.
- ★ A route map can be found at: <https://www.mapmyrun.com/routes/view/5686142833>

## First Aid:

- ★ A First Aid post will be located near the start/finish area.
- ★ If you need attention on the course, please speak to the nearest marshal who will notify the medics.

## Results:

- ★ Manual times will be used for this event
- ★ Provisional results will be published shortly after the event on Facebook: <https://www.facebook.com/steve302>. If you have any queries about the results contact [steve@runpreston.com](mailto:steve@runpreston.com) by midnight on Tuesday following the event.
- ★ Finalised results, in time order, will be sent to P10 on Wednesday following the event.

## Family and Friends:

- ★ Please support your athlete at a safe distance from the general public at the start/finish area and around the course.
- ★ Please follow the codes of conduct for [Runners & Spectators](#)