

## RACE INSTRUCTIONS FOR KENDAL AAC 10K ROAD RACE SERIES

**KENDAL 10K** Wednesday 9 May 2018 – 7.30pm Start LA9 7HX

Race registration takes place at Kendal Leisure Centre from 6.00pm.

The race start is across Burton Road on Natland Road fairly near the mini roundabout at the end of Romney Bridge. The finish is just a few yards further along this road.

Please take care at the start to follow the starter's instructions. All athletes will need to keep to the pavement on the river side of the road until the start of the race when traffic will be stopped for as brief a period as possible. The road from Natland to Sedgwick is quite narrow so please keep to your left and be careful of traffic. The route turns left from Sedgwick and left again before dropping back on to the road towards Natland. Please take extra care when rejoining this road. Marshals will be in place at this point but they will only be making traffic aware that people are on the road and will not stop traffic. Please cross the road immediately but be aware of the traffic which will be coming from both directions.

Registration and prize giving will be at the Leisure Centre.

The Leisure Centre is on Burton Road which is the A65 just as you leave the one way system going south towards the M6.

**LEVENS 10K** Wednesday 30 May 2018 – 7.30pm Start. LA8 8NJ

Race registration is at the Levens Institute near the Methodist Church not far from the shop and Post Office from 6.30pm.

The race start is near the Institute and the finish is close by. There are toilets in the Institute but they are not numerous so please be aware there may be queues.

The race starts downhill and then moves out onto the Lyth Valley which is very flat. The race then travels up into Brigsteer Village and through the wood where it becomes undulating.

The prize giving will be at the Hare and Hounds which is about 400 to 600m from the start further down the same road. We ask all athletes to join us for light refreshments at the pub after the race.

From the A590 turn into Levens at a sharp right hand turn off the main road. Keep travelling straight up this road past the Hare and Hounds and you will see the Institute on your right. If coming from Kendal turn off the A590 towards Levens Hall, turn right and follow the road keeping right and into the village. Follow that road, go past the shop and you will see the Methodist Church on your left and the Institute is almost in front of you.

**Levens is a small village and we would ask you to park in a sensitive manner so the villagers will welcome us back in future years.**

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### **HAWKSHEAD 10K** Wednesday 20 June 2018 – 7.30pm Start LA22 0NZ

Race registration is in the Market Hall in the village square from 6.00pm. LA22 0NZ.

The start is at the north end of the village just before the junction with the road to Ambleside and the finish is on the B5285 from Far Sawrey as it nears Hawkshead.

Toilets are available in the Market Hall and near the main car parks. Parking appears to be chargeable until 8pm but please check before you leave your car.

The road leading out is fairly narrow and we ask that all athletes keep to the left hand side of the road. The route leaves this road at Eel House and after about 800m then joins the B5285 where care should be taken when joining this fairly main road.

Prize giving will be held in the village square after the race and we invite all athletes to join us for a barbecue outside the King's Arms. Please ensure you bring your race number to ensure you can claim your free burger. Family and friends may also join us but they should pay for their burger which will be in the region of £3. There will be a vegetarian option available.

From Kendal take the A591 to Ambleside. At the traffic lights near the Waterhead Hotel turn left and follow the signs to Coniston on the A593. After about 2 miles turn left on to the road which is signposted Hawkshead.

### **ENDMOOR 10K** Wednesday 11 July 2018 – 7.30pm Start LA8 0HH

Race registration is at Endmoor Village Hall from 6.00pm. LA8 0HH. The start and finish are near the village hall.

Toilets are available in the village hall but they are not numerous and you should expect queues. Parking is free near the village hall but it is limited. We ask you to follow marshals' instructions regarding parking. You will be directed to the Club Inn at Endmoor car park once the village hall car park is full and there is no parking on the road near the village hall and the side roads nearby.

Prize giving will be held in or near the village hall after the race and we hope to be able to offer light refreshments for athletes and their friends and family but this will depend on the availability of the kitchen facilities in the hall which is not assured at this stage.

From Kendal take the A65 south and about 5 miles out of Kendal you will enter Endmoor and see the 30 mph speed limit. Travel up the slight hill and once the road has flattened out take the first turn left near the clock almost turning back on yourself and follow the road down and you will see the village hall on your left after about 400m.

**Endmoor is a small village and we would ask you to park in a sensitive manner so the villagers will welcome us back in future years.**