



STAINLAND LIONS ROAD RUNNERS

BLUEBELL TRAIL 10

4th MAY 2008 10:00 AM



TRAVEL/PARKING

Heath Rugby Club is situated at Stainland Road, West Vale, Nr. Greetland, Halifax, HX4 8QA. There are various car parks in the vicinity of the Rugby Club/Start/Finish and marshals will be on hand to direct. Parking within the Rugby Club grounds will be strictly for officials only.

CHANGING

Changing facilities are available for both male and female competitors, with limited showers available for females at Heath Rugby Club. **It is advisable to bring clean dry socks/shoes as the course incorporates a river crossing to the finish.**

REGISTRATION/START

Please bring along the race confirmation email/letter supplied and proceed to your designated Area to collect your race number. Entries on the Day will be available from within the clubhouse, subject to availability.

Registration will be between 08.00am and 09.30am, please try to arrive early to minimise queues. Registration will close at 09.30am. Please note numbers must not be folded, cut or mutilated. The race will start at 10:00 am within the grounds of Clay House, directly across the road from Heath Rugby Club.

COURSE The course will be marshaled and marked; it is just over 10 miles in length. *

From the start at Clay House the race follows the Calderdale Way through North Dene Woods to Copley, turn right onto Copley Lane, and go past the Old Rishworthians Rugby Club on the road to join the canal towpath. Follow the towpath to the basin at Salterhebble and onto the Hebble Trail. This part of the course has a few small sections of road in it where the Hebble Trail is split. At the end of the Hebble Trail in Halifax (by Nestle) turn right and head up Trooper Lane to Southowram, this is the main uphill section in the race and is approximately half a mile long and climbs just over 500 feet. At the top of the hill you will cross Beacon Hill Road at the junction with Southowram Bank to join the track which will take you around the front of Beacon Hill. Enjoy the views at the top of this hill if you have time. From Beacon Hill the race follows tracks down towards Sunny Bank and back again through to Southowram, next to the Church on Church Lane. Turn left and cross the road after about 30m, joining the Calderdale Way to the end of School Lane (a short section of Leg 6 of the Calderdale Way Relay). Turn left down towards the cricket club; follow the track to the right hand side of the pitch through Elland Park Woods, down Plains Lane onto Park Road. Turn right, cross Park Road and turn left onto the canal by the Barge & Barrel pub, follow the towpath for about half a mile where the marshals will be situated to mark the river crossing to the finish within the grounds of Heath Rugby Club.

* Should adverse weather conditions affect the river crossing to the finish, the route will be extended by a further mile along the canal towpath towards Salterhebble basin and back along the B6112 to finish within the grounds of Clay House.

Two male runners from Stainland Lions Road Runners will be the back markers for the race, **if for any reason you retire from the race please advise your nearest marshal or wait for the back markers who will be identified as such. For your safety, please adhere to the marshals instructions at all times, particularly wherever there is a road crossing.**

There are two drinks stations, one at the top of Trooper Lane (4 mile point) and another next to the Church in Southowram (7 miles).

FINISH

The finish is situated within the grounds of Heath Rugby Club; water will be available at the finish. Refreshments will be available to purchase in the clubhouse.

PRIZES & PRESENTATION

The presentations will take place inside Heath Rugby Club as soon as possible after 12.30PM. Prizes for 1st, 2nd & 3rd Overall and Female, 1st 2nd & 3rd, plus 1st of each age category and 1st team. One prize per athlete.

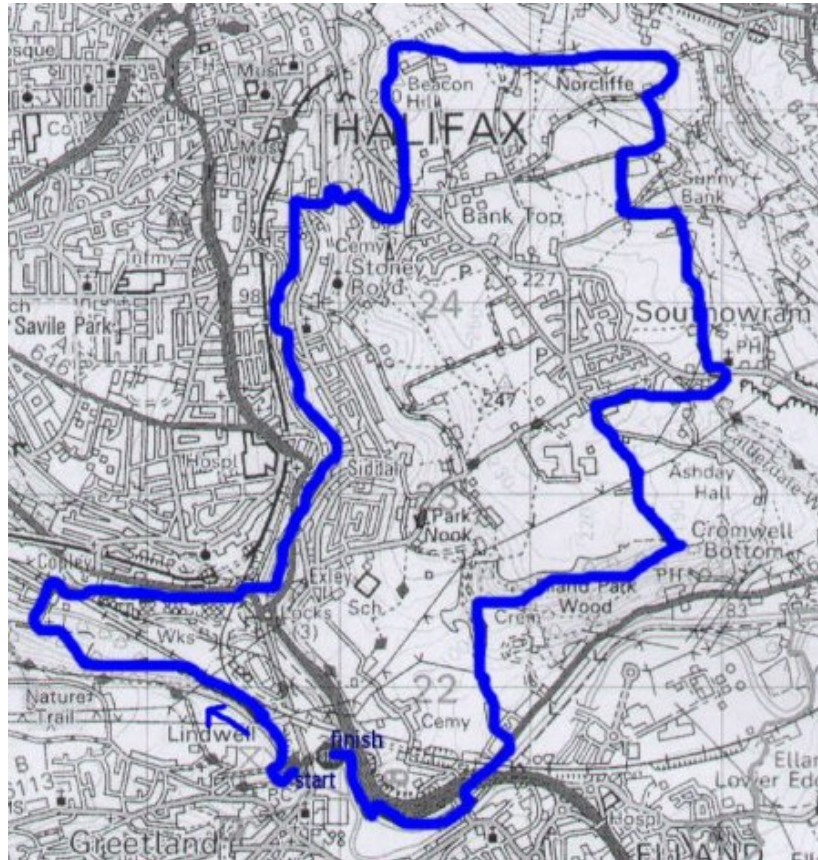
FACILITIES

SMK Sports' mobile shop will be in attendance with a selection of sportswear and would be pleased to see you before or after the race. A manned baggage area will be available for use; pre-printed labels can be collected with your race number. Back to Fitness Physiotherapy will be available for free pre and post race massage.

Stainland Lions Road Runners would like to thank the following for their support in organising this event:

SMK Sports, Fitness First, Nestle, Back to Fitness Physiotherapy, West Yorkshire Scaffolding Ltd, Pennine Food Ingredients Ltd, Zylo pipecasings.co.uk, West Yorkshire Police, Calderdale Metropolitan Borough Council, British Waterways, St. Johns Ambulance, Heath Rugby Club, Andy Thornton's and many other individuals.

COURSE MAP



DRIVING DIRECTIONS & PARKING

