

# HOWGILL HARRIERS

Cumbria's Friendly Running Club

## Ravenstonedale 10KM Road Race , 29<sup>th</sup> November 2025, Information

Dear competitor,

Thank you for entering this years 10km road race. There are already a significant number of entries from those who have the race in their diaries now year on year. We welcome them and new folk to the race!

There are things to be aware of please take note.

- Please ensure that you understand you will be running on open roads, it is up to you to take care and not put yourselves in danger by running recklessly.
- Please do not wear headphones, this is not allowed as a safety measure for races and it is dependent on us getting a race license from England athletics.
- Please ensure that if for any reason you drop out of the race that you inform the marshals at the finish. We have spent time as a club looking for missing runners who have not passed through the finish and have gone home and we were not sure of their whereabouts.

Parking is always a pressure for us in the village , it would help tremendously if you could arrive in good time so we can get the maximum parking sorted before our personnel who will be helping with this can then become race marshals. Also optimizing as many competitors in one car as possible is an added benefit to us.

There will also be refreshments available at the Heritage center where registration is situated pre and post-race for purchase. You will also get soup and a roll after the race.

**Registration:** is this year at the heritage center in the village, you will pick up your number and any last minute details from here. Please ensure you put emergency contact details on the back of your number and any health issues we would need to know about.

**Prize giving:** We will again be having spot prizes that are worth hanging on for as well as the usual category prizes. Don't forget that you need to be there at the draw to win those spot prizes. ! One word of caution is that if you have won a prize in the main race you cannot then pick up any other prizes other than a team prize. We will endeavor to do prize giving outside the hall.

Here is hoping to a fine day with a tail wind ,yours in Sport ,

Fraser and the Howgill team.