

POCKLINGTON RUNNERS SNAKE LANE 10.



Dear Runners

Welcome to the Twenty first running of the **Snake Lane 10**, this year being held on the 26th February 2012, Our race Headquarters are at the Pocklington R.U.F.C. Being run this year with the aid and assistance of SWEATSHOP, POWER HEALTH and BROOKS.

Race Information

The following instructions are given on Police advice **PLEASE READ THEM CAREFULLY**. The start of the race is approximately 5 minutes walk from the race H.Q at the rugby club, Assembly will be at 10.45 PROMPT. Please **DO NOT** make your own way to the start, as the rugby club is an ideal place to warm up. At 10.45 you will be assembled and escorted to the start by race officials, Please follow there instructions at all times.

PLEASE KEEP TO THE LEFT HAND SIDE OF THE ROAD AT ALL TIMES UNLESS OTHERWISE INSTRUCTED. The course is mainly left hand turns, except at the village of Meltonby where we ask you to follow the directions given to you by the marshals present.

The drinks station is at the 5-mile point, which will be clearly marked in advance. The road from Bolton to Pocklington can be very busy so please take care until you reach the finish area in Pocklington market place.

Directions

Pocklington is situated off the A1079 York to Hull road, The best way to find the Race HQ is to leave the A1079 at the Gliding Club entrance after passing the club carry on into Pocklington and at your first roundabout turn right passing the towns Fire Station, At your next roundabout turn left onto New Street and take your first turning right into Burnby Lane with the Rugby Club on your left where you will be directed to a car park. **Please try and arrive early as this makes it easier for everyone and please be patient with the people manning the car parks, as they are there to help you, not forgetting that they are runners also.**

Car Parking

There are plenty of car parks in Pocklington near to the race H.Q. and the town's market place. These are all within a 5-minute walk of the assembly point and the finish area. Marshals will be on hand to help, so please be patient as there will be room for everyone, overleaf there is a map showing all the car parks.

General Information

There are limited changing and showering facilities at the rugby club for both males and females. The bar will be open after the race in the rugby club where Tea's, sandwiches, and other refreshments will be on sale. The presentation will take place at around 1.30pm in the clubhouse. **THERE WILL BE NO LATE ENTRIES AND NO ENTRIES ON RACE DAY.**

Sweatshop

The above company will be in attendance selling their wares. They will also be available for exchanging prize vouchers after the race.

Spot Prizes

Power Health and Brooks have kindly donated a quantity of spot prizes to be distributed at the finish.

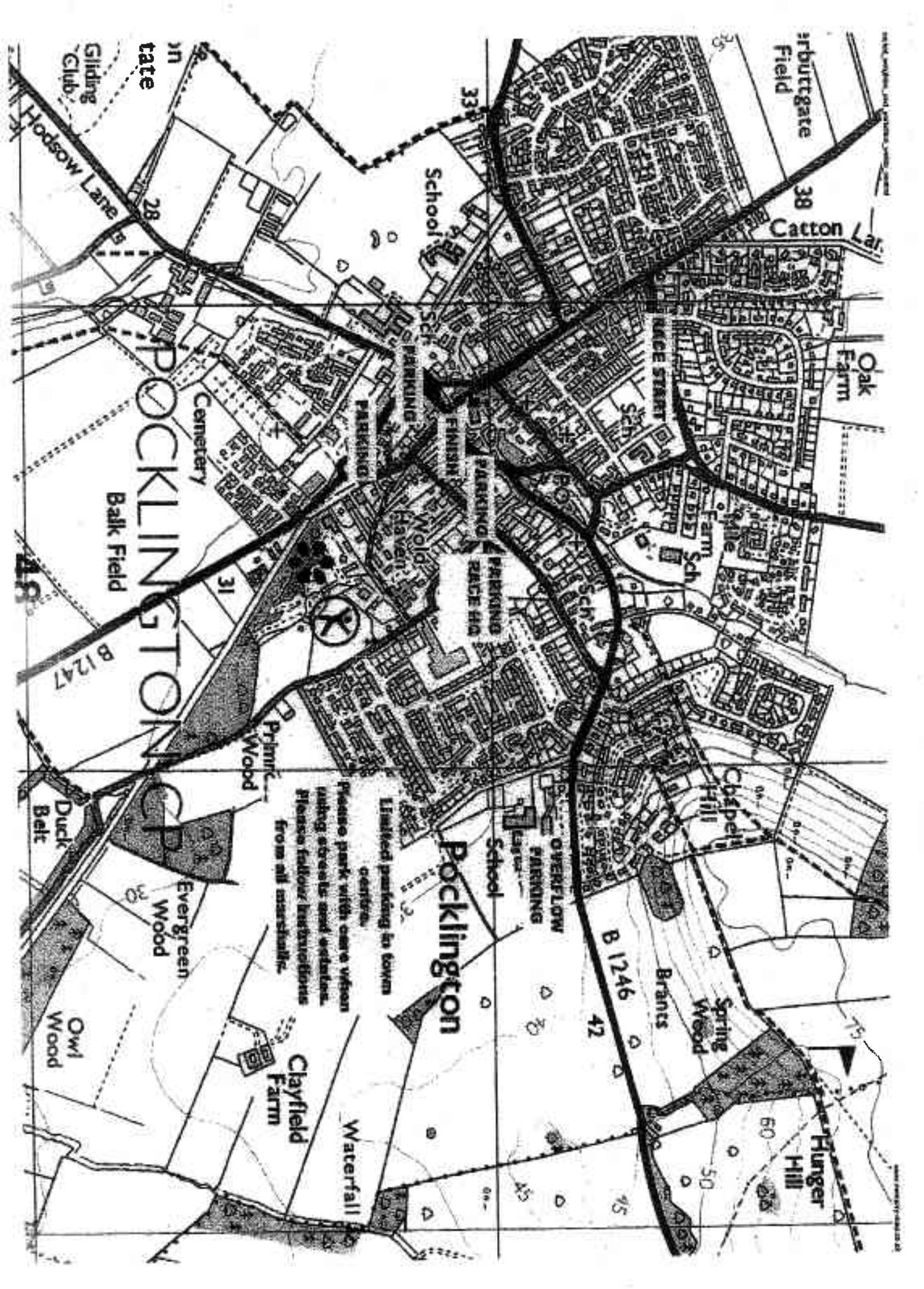
T - Shirts

These will also be available at a reasonable price and can be obtained from the clubhouse.

Results

Results can be obtained shortly after the race on www.ukresults.net or by a pre - paid envelope.

ONCE AGAIN THANK YOU FOR ENTERING THE SNAKE LANE 10 WE HOPE YOU ENJOY IT AND LOOK FORWARD TO SEEING YOU IN FUTURE YEARS.



Arbutgate Field
35
38
Catton Lane

Gliding Club
Hodson Lane
28
33
School

POCKLINGTON

Cemetery
Balk Field
49
B 1247

Pocklington

Unleaded parking in town centre.
Please park with care when using streets and streets. Please follow instructions from all marshals.

School
OVERFLOW PARKING

Pyram Wood
Duck Belt
Evergreen Wood
Owl Wood
30

Chapel Hill
Spring Wood
Brants
42
B 1246
Hunger Hill
60
50
45

Clayfield Farm
Waterfall