



Festival of Running
WORKINGTON

Festival of Running 2019

Welcome to your race pack - this should give you all the information you need for race day, but if you think there is something we have missed, please get in touch.

Contact details at the back.



www.visitworkington.co.uk/festivalofrunning



Workington
Town Council



Timetable

Sunday 4th August 2019

11.30am-3.30pm

Workington Leisure Centre

11am	Registration Opens
11.30am - 3.30pm	Imagination Parties
11.30am - 3.30pm	Face Painting by Madeleine Mitchell
11.30am - 3.30pm	Stalls
11.30am - 3.30pm	Sports Massages
11.50am	1K fun run warm up with Imagination Parties
12pm	1K fun run starts
12.20pm	5K warm up with Mandy McGee
12.30pm	5K race starts
1.20pm	10K warm up starts with Mandy McGee
1.30pm	10K race starts



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Looking After Yourself

Hydration stations will be located throughout the course should you need them, but please bring water with you as well.

Prepare for all weathers: sun cream, hats etc for warm weather and running tops and jackets if it's wet.

Ensure you are wearing suitable trainers.

High visibility strips, reflective vests and bright clothing would also be beneficial.

Headphones - only headphones not worn in the ear will be allowed.

First Aid will be on hand at the start and half way around the course. All Lead Stewards and event organisers will have radios to ensure we get help to you asap if needed.

There is some great advice on the Great North Run website with regards to nutrition and hydration.



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Race Numbers and Timing

You will be given your race number during registration, if you registered online you still need to see the registration team to pick up your number.

Please ensure you complete the medical information on the back of your race number before attaching it to your clothing. Please remember to bring along some safety pins - a limited number will be available.

Timing and positions will be provided for the 5K and 10K races. A finish clock will also be available.

Finish times will be published on www.cumberland-ac.weebly.com and www.visitworkington.co.uk/festivalofrunning as soon as possible.



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Travel and Parking

Try and use public transport where possible and allow yourself plenty of time.

For train times and information see - www.trainline.co.uk

For bus times and information see - www.stagecoachbus.com.

There is some parking at Workington Leisure Centre, however we do expect it to be very busy. Have a look for alternative parking within Workington just in case and charges will apply.

Workington Leisure Centre members will be able to use their free parking as they would if visiting the centre.



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Facilities

Baggage

There are no facilities for you to leave bags anywhere while you race. We therefore suggest travelling light, leaving items in your car or with friends and relatives.

Workington Leisure Centre members will be able to use lockers located inside the centre. Just remember your locker token or £1.

Toilets

Toilets are located inside Workington Leisure Centre to the left hand side on entry. Participants will not be allowed inside the barriers of the centre unless they are members.

Showers

There are no shower facilities available. Workington Leisure Centre members may use the centre showers if required.



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The Start

We have warm-ups scheduled 10 minutes before the start of each race, including the 1K fun run. We do urge you to take part in these to ensure your muscles are properly warmed up before your race and to prevent any injuries.

Our compere will announce the warm ups and will direct you to the appropriate start line.

Stewards and marshals will be on hand throughout to answer any questions or help in anyway we can.

Late arrivals may not be allowed to join the race. This will be at the discretion of the event organisers on the day.



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1K Fun Run Route

The race will start on the Black Path and head west, when the runners reach William Lane they will turn left.

They will then take the next left on Griffin Street, and continue towards the Leisure Centre where the finish will be located on the approach road to the staff car park at the South end of the centre.



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1K Fun Run Route



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5K Route

The 5km race is a clockwise loop, this race will start on Griffin Street, approx 200m from the Leisure Centre.

After turning left at Opera Bingo onto the cycle track, the runners will cross Navvies bridge and head North West along Northside Road.

The runners will be directed North onto the cycle path. They will then be directed over the A596 pedestrian bridge where they will head South East on the cycle track taking them past the hydration station adjacent to Dunmail Park.

When the runners reach a fork in the cycle path, they will be directed South towards Workington town centre. They will then cross Navvies Bridge for the second time before finishing at the Leisure Centre in the same location as the 1km and 10km races.



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5K Route



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10K Route

This is an out and back course. The 10km race starts on the Black Path and heads West, when the runners reach William Lane they will turn left.

They will then take the next left onto Griffin Street and run towards the Leisure Centre.

After turning left at Opera Bingo onto the cycle track, the runners will cross Navvies bridge and head North West along Northside Road to Oldside.

The runners will be directed North onto the cycle path.

They will then be directed over the A596 pedestrian bridge where they will then head South East on the cycle path taking them past the hydration station adjacent to Dunmail Park.

When the runners reach the fork in the cycle path they will be directed North towards Seaton to a marshalled turning point.

They will then return the same way as they went out until they cross Navvies bridge. At this point they will turn right into the Leisure Centre where the finish will be located in the same location as the 1km and 5km races.



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10K Route



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At the Finish

There will be stalls available throughout the day including food and drink plus children's entertainment, face painting and crafts.

Prizes will be presented outside of the Leisure Centre. This will take place once all runners have completed the course. Information will be provided on the day. If you are unable to stay please arrange for someone to collect your prize for you.

Prizes

Medals for all finishers in the 1K and 5K races. Draw string bags to all finishers of the 10K race.

1K – certificates and sweets for finishers.

5K – 1st, 2nd & 3rd Male & Female plus 1st female and male junior (11 – 17 years)

10K – 1st, 2nd & 3rd Male & Female, plus prizes for 1st veteran male and female in 5 year categories from age 35, plus 1st female and male junior (15 – 20 years).

Any age grouper that finishes in an overall prize position (1st, 2nd or 3rd Male or Female) will receive the overall prize. That age group prize will then roll down to the next person in that age category.



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Thank you

This event has been brought to you by Workington Town Council and Cumberland Athletic Club.

Thank you for attending and if you have feedback for us then please e-mail office@workingtontowncouncil.gov.uk or call 01900 702986.

Special thanks to our sponsors and supporters



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