

WIGAN PHOENIX

Standish Hall Trail Race

HQ - STANDISH COMMUNITY HIGH SCHOOL, KENYON ROAD, WN6 0NX

Thank you for your on-line entry. Your number will be available at registration (please arrive early). Please find below a link to the course map (I'm afraid not all browsers will allow access to this and if so I can't help you).

<http://www.movescount.com/moves/move49505230#.VK7-SLiYGeU.email>

(Follow the course with your cursor - each of the triangles represents a mile point).

PLEASE...

- ✚ Complete the emergency details on your number.
- ✚ Refunds are not available but if you cannot attend transfers to a colleague or our next event are FOC **in advance of the online closing date.**
- ✚ DO NOT park near the start – there is ample parking at race HQ and it is only 2/3 mile from the start.
- ✚ Do not use the field near the start as a toilet - the farmer gets very angry.
- ✚ If you must wear headphones you **MUST** only use one earpiece so that you are aware of other runners and can hear marshals' instructions.
- ✚ Follow the marshals' directions and look out for red/white tape in the wood.
- ✚ Be aware of natural hazards - mostly wood debris/overhanging branches. It can be very muddy in places.
- ✚ Keep to the left especially in the wood where runners are using both sides of the track.
- ✚ Do not ask the timekeepers for your time when you finish.
- ✚ Remember to cover or remove your number if you walk back on the course.

Free results will be available as well the usual prizes, a pie and the occasional bottle of wine.

Paul Carroll, Race Director