



ULTRALIFT MECHANICAL HANDLING

THE NORTON 9

(UNDER UKA RULES Licence Number 2017-28047)

Sunday 5th March 2017 10.00 am

Collect number and returnable chip on the day; HQ open from 08.30 am

- DIRECTIONS** Norton is 8 miles north of Doncaster, 2 miles east of the A1 and 1 mile west of the A19. Race HQ. @ Norton Middle School on Campsall Balk, DN6 9DG
- CAR PARKING** Parking opposite Norton Middle School courtesy of Norton Strawberry Growers, weather permitting. Do not park on West End Road as this forms part of the course.
- TOILETS** Portaloos available at Norton Middle School and also near the start courtesy of Norton Coronation WMC. **DO NOT USE THE SCHOOL TOILETS OR STREETS AND ALLEYS AS TOILETS.**
- CHANGING** Norton Middle School. Please come changed if possible as space is limited. ADRC cannot accept liability for any valuables lost or stolen.
- COURSE** THE START is opposite Norton Coronation Working Mens Club on Broc-O-Bank off West End Rd. approximately 500m from the School. The FINISH will be on grass off Back Lane at the top of Priory Rd./Hall Lane. The course is one lap from Norton through Womersley to Stapleton, Little Smeaton and back to Norton. The route is reasonably flat in the first half and undulating for the last four miles with the steepest hills at 5 & 7.5 miles.
- SAFETY** First Aid provided by St Johns. Please obey all instructions from marshals and/or police and run on the left-hand side of the road unless otherwise directed. **Wearing headphones is banned by UKA and will lead to disqualification on safety grounds.** Remember you are legally liable for your actions to both other road users and runners.
- PRIZES** Presentation in **Norton Middle School Hall** @ approx. 12.00 noon.
- HELP DESK** At Norton Middle School.

DATES FOR YOUR 2017 DIARY:

ASKERN 10K Wednesday 17 May @ 7pm

ASKERN 10 MILE Sunday 13 August @ 10.30am

