

# CLOUD 9 - RUNNER INSTRUCTIONS

## 11.00am, SUNDAY 5th MARCH 2017



Category: BM - Distance: 14.5km/9m - Climb: 381m/1250ft



**SOLD OUT** If you are unable to run and know someone who would like to run in your place then we have free on the day swaps. In the event that you do not know anyone who would like your place or you would like adding to the waiting list contact us at:- email: [congletonraceseries@gmail.com](mailto:congletonraceseries@gmail.com)

**RACE DAY - Be prepared to carry WATERPROOF whole body cover** (With taped seams and integrated attached hood), hat and gloves. **Kit checks will be made before the race.** For further information please go to:-

<http://fellrunner.org.uk/documents/2017/FRA%20Requirements%20for%20Runners%202017%2020-09-2016.pdf>

**REGISTRATION – ALLOW TIME** - collect your number from Congleton Leisure Centre (CW12 1DT) Sports Hall. **Registration closes at 10:45.** On the day transfers require a printed copy of the original booking/entry confirmation and a note from the original entrant agreeing the transfer. On the day transfers must be done before 10:15.

**PARKING (please car share!)** Car parking is free – **Do not use the Leisure Centre car park.** Three available car parks include - Princess Street, Fairground and Back Park Street. Our car parking marshals will assist you.

**FOOTWEAR** - We recommend fell shoes or trail shoes. There are rocky parts of the course, some boggy parts and there is some road – a bit of everything!

**RACE START** Brunswick Wharf (CW12 1RG) – a short (and signposted) jog from Congleton Leisure Centre. Listen carefully to the Race Director's instructions.

**DURING THE RACE** - Sorry, **no iPods, MP3s** – anything with earphones and **no dogs**. This is a fell race with some tricky terrain in places so we must insist that you are able to listen to any instructions from marshals. Fellow runners may also need to alert you so **please don't bring your iPod / MP3**, for your safety and the safety of others. **Please note it is an absolute necessity of all runners to report to the race finish, even if they retire from the race.**

**KEEP YOUR CLOUD TIDY** - We know you won't litter our lovely landscape with gel wrappers or any other running litter. **Keep the Cloud and all surrounding areas nice and tidy.**

**RACE FINISH LINE** includes a water station, don't forget to go to visit the Sports Hall to claim your **FREE SOUP & BREAD.**

**MUDDY SHOES.** In the interests of keeping the Sports Hall clean please remove your muddy shoes first.

**CLOUD 9 T-SHIRTS** If you pre-paid for a race T shirt when entering the race then please go to the Congleton Leisure centre with your race number either before or after the race to collect this. If you did not pre order one then we will have limited stock to buy on the day at a price of £8.

**WORLDS BEST CAKE STALL** - Congleton Harriers are a competitive lot and since they can't compete in Cloud 9 they put their energy into the cake stall. You've earned at least two more than Mary Berry, who's yet to run Cloud 9!

**FREE RACE PHOTOS** – Please note photographs during the race will be taken by our Local legendary running photographer Bryan Dale & his team, they will publish your photos [here](#). Runners should also be aware there may be others taking photographs during the race as for the most part the race is on public rights of way.

**PHYSIO MASSAGE** - Philip Adshead (BodyTech Sports Injuries Clinic <http://www.bodytechsportsinjuries.co.uk>) will be available for post-race Physio massage in the sports hall for a small fee.

**IMPORTANT RACE UPDATES** Go to:- <http://www.congleton-harriers.co.uk/cloud9.htm>



**ENJOY THE RACE – ENJOYMENT IS MANDATORY**

**Other Congleton Races organized by Congleton Harriers**

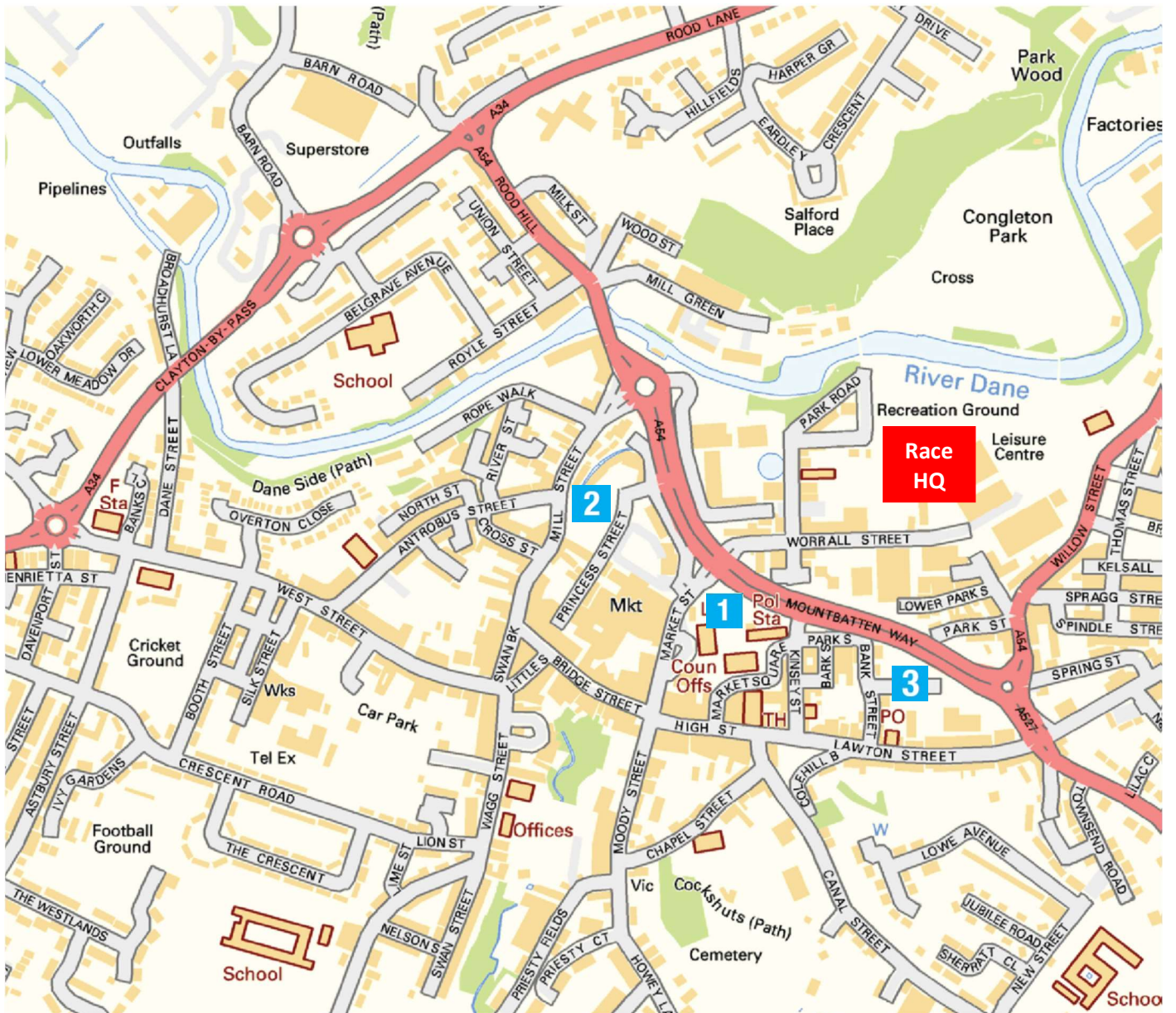
Passing Clouds Fell Race – 11th June

Congleton Half Marathon – 1<sup>st</sup> October



National Trust

## Directions



## Car park locations

|   |                  |
|---|------------------|
| 1 | Fairground       |
| 2 | Princess Street  |
| 3 | Back Park Street |