

Salisbury 10 mile Road Race

Sunday 26th March 2023, 10am

Thank you for your entry to Salisbury 10. This year we are using emit chip timing and are not sending race numbers in the post. **Your race number will be available for collection between 08:00 – 09.45am on race day from event registration at Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR.** Please wear your race number, as without it you will get no official time. (Do not cut, fold or mutilate your number, and please complete your medical details on the reverse). You will receive a race T-shirt when you collect your number and receive a medal at the finish line.

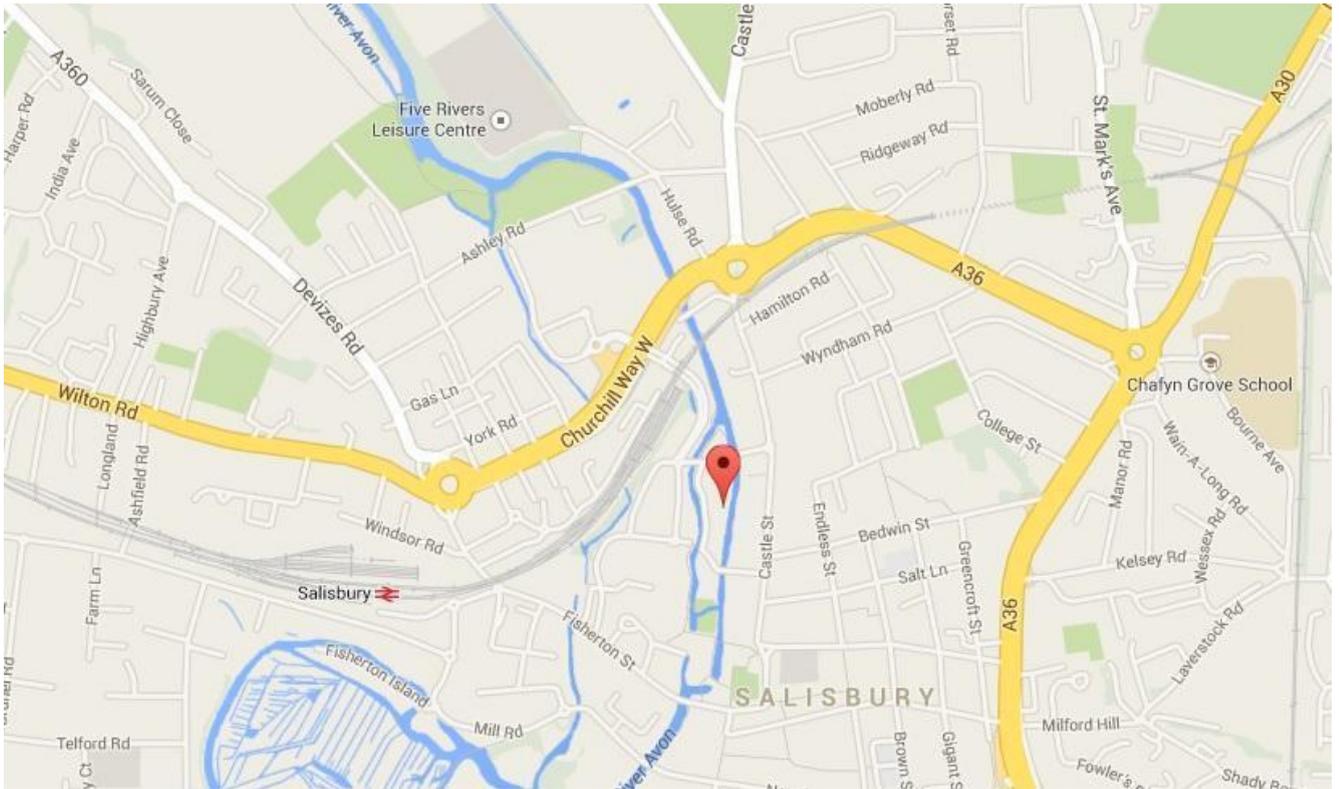
- A. **Event Centre:** Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR. Please do not park at the event centre
- A. **Car Parking:** Parking is available in Salisbury Central car park, SP1 3SL, other carparking can be found Salt Lane and Culver Street car park. Paths to the leisure centre from the Central car park will be signposted, this is a 13-minute walk to the start (see map below).
- B. **Registration, T shirt collection and Baggage storage:** In the leisure centre, please follow our happy marshals. Collect your race number then your T shirt within the leisure centre. You will only be able to pick the T-shirt size you selected prior to the race. After the race you may be able to swap for a different size if there are any spares.
- C. **Changing and Toilets:** There are toilets, changing areas and showers available within Five Rivers Leisure Centre. There will also be portaloos near the start on the athletics track.
- D. **The Start and Finish:** The start and finish will be on the athletics track.
- E. **Drink Stations:** At approx. 2, 5, 8 miles and at the finish.
- F. **First Aid:** is being provided by St John Ambulance Service will be in attendance at the athletics track, 5 mile mark and tailing the race with an ambulance and response car. First aid kits will be held at all drink stations. Should you need assistance please find the nearest marshal.
- G. **Results:** Will be posted on our SM channels, emit timing website and text messaged (if you provided a mobile number)
- H. **Prize Presentation:** Planned for 12:00pm on the Athletics track.
- I. **Headphones:** Please do not use these as you may not hear approaching traffic or marshal's instructions. If caught using these, you will be disqualified from the results. Bone conducting headphones are permitted

Email: salisbury10@salisbury-arc.org Facebook: <https://www.facebook.com/Salisbury10mile/>

Map – Parking in Central Car Park (SP1 3SL)

Directions from Southampton

Leave at Junction 2 on the M27, follow signs to Salisbury A36, at the Wiltshire College roundabout take the 2nd exit onto Churchill Way E/A36, at the next roundabout take the 2nd exit onto Churchill Way N/A36 and follow the signs for the central car park (SP1 3SL).



Walking route to start from central car park

Route Description	Time	Distance
via Hulse Rd	11 min	0.5 mile
via Hulse Rd	12 min	0.6 mile
via Castle St	13 min	0.6 mile

Race Numbers

You will be issued your race number at registration in the leisure centre. Please note that this is also your chip for the timing of the race. The black text on the number indicates what T-shirt you have requested. You will pick your T-shirt up along with your race number at registration. If you have transferred a place, then the T-shirt on the race number may not be the correct size for you. If this is the case, you may be

able to swap it at the finish line for a correct size depending on stock levels. Please ensure you fill in the medical details on the back of the race number.

There is plenty more information on the website
www.salisbury-arc.org/salisbury-10 and race day information will be updated
on our Facebook page www.facebook.com/salisbury10mile