

**BORDER HARRIERS AND AC**  
**69th BRAMPTON TO CARLISLE 10 MILE ROAD RACE 2021**

Thank you for entering the oldest 10 mile road race in the UK to be run on Sunday 21 November starting at 11.30am.

The route of the course is via the B6264, including a loop through Newby East and Crosby-on Eden, finishing towards the southerly end of Eden Bridge, not far from The Sands Centre, Carlisle. Because The Centre is in the middle of a major redevelopment, the start and finish lines have been adjusted by around 100 metres, following a certified re-measurement of the course.

The start and changing is at William Howard School, Brampton CA8 1AR, situated on the A6071 Brampton- Longtown Road. Buses to the start will leave from outside The Sands Centre, Carlisle CA1 1JG at times to be confirmed in final instructions, with a fare of £5 payable on the day.

There is limited pay and display parking this year at The Sands because of the redevelopment. There is a much larger alternative pay and display facility at The Castle Car Park, Devonshire Walk CA3 8AN, less than 15 minutes walk away. This can be found immediately west of Carlisle Castle. From The Sands (Hardwicke Circus) follow the A595 Workington/Cumberland Infirmary signs past the Castle, through two sets of traffic lights, completely around the roundabout next to McVitie's Biscuit Factory, heading back past Sainsbury's towards the Castle, through a set of lights again and then first left (car park signed) immediately before reaching the Castle grounds.

There are no postal entries this year. All online entrants will be sent their race numbers, together with final instructions, in good time for the race. There will be an information section on the back of each race number which you are urged to complete. A baggage bus will leave the start at 11.20 prompt. Baggage this year will be taken to the Trinity Leisure Centre, Strand Road CA1 1JB for collection after the race.

The Leisure Centre will be well signed from the finish, around the back of The Sands Centre. It is hoped there will be some changing facilities available there. The presentation of prizes will be held there as soon as possible after the race finishes. There are hourly service buses to Brampton from Carlisle Bus Station during the afternoon.

We hope your training is going well. If you have any queries regarding the race you can contact the entries secretary Richard Claydon by email at [rhclaydon@hotmail.com](mailto:rhclaydon@hotmail.com)

If you would like to learn more about Border Harriers please visit our website at [borderharriers.co.uk](http://borderharriers.co.uk).

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