

BORDER HARRIERS & ATHLETIC CLUB

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72nd BRAMPTON TO CARLISLE 10 MILE ROAD RACE

Incorporating the Northern Athletics 10 Mile Road Race Championships

Sunday 17th November 2024

Start Time 10:00am



Officially the oldest 10 mile road race in the UK.
This fast accurate course attracted 850 runners last year.

The race starts at William Howard School, Brampton and finishes on the Eden Bridge, Carlisle (close to the Sands Centre) via the A689, through Newby East, A689, and B6264.

Previous winners include Ron Hill, Steve Cram and Angie Pain.

2022 winner Phil Sesemann quoted "An honour to win the Brampton-Carlisle 10 Mile Road Race in its 70th year". His winning time was 48:48.

Prizes

- £250 to first male + additional £100 if sub 49 minutes.
- £250 to first female + additional £100 if sub 55 minutes.
- Comprehensive cash prizes for individual, veteran and UKA teams (male and female).
- Race memento for all finishers. Please state required Tee-Shirt size with entry or 'Please Plant a Tree' if you do not require a Tee-Shirt.

Race Entry

- Enter at www.race-results.co.uk. Online entries only – no postal or on the day entries.
- Entries close at 11:59pm on 8th November 2024.
- Entry Fees: UKA Affiliated - £24, Unattached - £26.
- Border Harriers Members Entry Fee - £12.

Race Rules

- In accordance with UK Athletics rules.
- Minimum age 17 on day of race.
- NO HEADPHONES to be worn during the race. Only Bone Conduction headphones are allowed.
- Race numbers not transferable.
- Club vests must be worn for UKA Affiliated entries.

Other Information

- For further information please email info@borderharriers.co.uk.
- Further information can also be found at www.borderharriers.co.uk.
- Buses running from the Sands Centre to the start. Cost of £5 to be paid with entry.
- Free baggage bus running from the start to the finish.
- In accordance with UK rules – Licence Number Pending.
- Course measurement certificate number 21/342 dated 21st October 2021.
- Presentation of prizes to be held as soon as possible after the completion of the race. Venue of presentation to be confirmed.
- Top 10 Male and Female prizes to be given out on the day.
- Team and Age Group prizes to be sent out after the event.
- Northern Athletics Championship medals to be presented on the day.