BORDER HARRIERS & ATHLETIC CLUB
74th BRAMPTON TO CARLISLE 10 MILE ROAD RACE 2026
SUNDAY 15th NOVEMBER at 10:00AM

FINAL INFORMATION AND RACE INSTRUCTIONS
UKA RACE LICENSE #31964

Welcome to the 74th edition of the Brampton to Carlisle 10 Mile Road Race.
Please read the following information carefully to ensure that you and your fellow athletes have an enjoyable and safe race.

Race Route:

The race route is via the A689, including a loop through Newby East and Crosby-on Eden, finishing towards the southerly end of Eden Bridge, close to The Sands Centre, Carlisle (see map below). The roads are not closed (some partial closures will be in place) and footways open or partially open to members of the public; please run on the left-hand side unless directed otherwise by signage or marshals and respect other users of the road and pathways. Headphones are not allowed so any runner seen wearing them will be liable to be disqualified, in accordance with UKA Rules (only headphones that are not in ear style will be acceptable e.g. bone conductor). The race will be run under UKA ruling so please familiarize yourself with them if you are not already.

Obey all instructions given by marshals on the day. They are there to ensure you have an enjoyable and safe race so please respect them. Also please be aware of your surroundings to make sure you are keeping yourself safe while you race.
There are 2 water stations on the route should you need them as well as at the finish. Locations are noted on the map at the end of the document.

Busses to the Start

Buses to the start for those that have booked them will leave from behind the DFS sofa store, adjacent to The Sands Centre, Carlisle CA1 1JG, from 08:00am until 08:45am (last bus will leave at 08:45am sharp so please ensure you are there by this time). Busses are pre-paid, and you will have been issued with a ticket for the bus with your race number (a small orange card). Please present this to the bus attendant as you get on and they will be collected. If you decide you need to use the bus but haven't pre-booked then please arrive with £5 per person in cash ready to give to the bus attendant. Priority will be given to pre-booked athletes and extras will be on a first come first serve basis until the last bus leaves at 08:45am.

Start (William Howard School, Brampton CA8 1AR):

The start of the race is at William Howard School, Brampton CA8 1AR, situated on the A6071 Brampton -Longtown Road. There are changing and toilet facilities which can be

accessed at the race HQ around the back of the school (see attached map) along with a place to purchase a pre-race coffee for those that want it.

There will be busses positioned at the start in front of the school where you can deposit your bags to have them transported to the finish area for collection at the end of the race. You will receive a bag tag with your race number on. Please attach this clearly to your bag that you want to be transported so you get the correct bag given to you at the finish area (you will need your race number to collect your bag) and ensure your belongings are securely stored inside your bag. So, use the opportunity to have warm and waterproof clothes with you if the weather isn't so kind. Please also check that your bag tag number matches your main race number (particularly if there are multiple of you from the same house racing in case you have mixed them up).

If you are a club that has organized a bus to bring you to the race, please pass the message on to the driver that there is dedicated bus parking about 800m away from the start (Stalkers Transport Services, Townfoot Industrial Estate, Site 12, Brampton CA8 1SW). No bus parking is permitted on the school premises and no busses to park in and around the school for safety reasons so any coaches that park at the front of the school or on the road will likely be clamped and towed by the local authorities.

Warming up is not permitted on the main road outside the school, this is for your safety. There is a lane (Church Lane) that you can use to warm up just near the start and also the school all weather pitches will be open for you to use if you want. Before the race start, please gather in the starting area within the front carpark of the school (not on the main road). Athletes will then be walked out to the start line when the traffic is stopped just before race start, which will be at 10:00am. Please listen to marshal instructions in this area and make sure that you are in the starting area by 09:55 in the school carpark before the race start. We can't start the race until everyone is ready in the starting pen so lining up on the start line on the road will only delay the race for everyone. Reference map is at the end of this document for the mentioned locations.

If you park your car at the start, please note that the carparks at the rear of the school will be closed and locked at 10:30am on race day. So please don't leave your car on the school premises if you intend to come and collect it after the race. There are roads in and around Brampton where you can park your cars. Please do not park your cars on the main road outside the school as this will impede the race start and ultimately disrupt your race.

Finish (The Sands Centre Carlisle CA1 1JQ):

The finish is on Eden Bridge. Once you cross the line, please keep moving following signs to get to the recovery area where you can collect your race t-shirts and bags. Please have your race numbers ready for baggage collection, bags will only be distributed to people who can show their race number. There are toilets and change facilities available at the Sands Centre where the group changing rooms have been dedicated for us. Please only use these changing rooms so that we don't disturb the swimmers who are getting

ready for their lessons. Bag collection will be available until 12:30 from the inside the sports hall.

Parking is available close to the finish but there is a much larger alternative at The Castle Car Park, Devonshire Walk CA3 8AN, a 10 minute walk away. This can be found immediately west of Carlisle Castle or the Swifts Bank Carpark next to the Sands Centre. These car parks are pay and display.

Prizegiving will be in the sports hall at the Sands Centre. Prizes for the top 10 athletes (make and female) will be given out on the day at 11:45. Team and age group prizes will be sent out after. You will get some email correspondence if you are a prize winner to organize getting your prize to you.

For those of you that have said yes to T-shirts then these will be available for collection from inside the sports hall. You will need to present your race number and they will put a mark on it to show that you have collected it, so please arrive at the desk with your race number out to keep the process smooth.

General:

If you have not received your race number and bag tag in the post by Friday 13th November, please contact the race secretary Richard Claydon info@borderharriers.co.uk to advise him of this and you will have a replacement number to collect on the morning of the race from the race HQ start. Those that entered in the week of the race will need to collect their numbers on the morning of the race from the registration desk in Race HQ.

Should you require medical assistance during the race, please speak to a marshal who will be able to contact the medical team to come to you. If you are not near a marshal, tell a fellow athlete who can pass the message on to the next marshal on the road. There will be a tail car following the race which can come to your assistance as well as an ambulance.

We encourage you to complete the details on the back of your number so that if any emergency occurs the race team have your information available from your number.

We are really looking forward to having you at the race and hope that you have a good and enjoyable but, above all, safe race. You are now part of the history of the oldest standing 10 Mile race in the country.

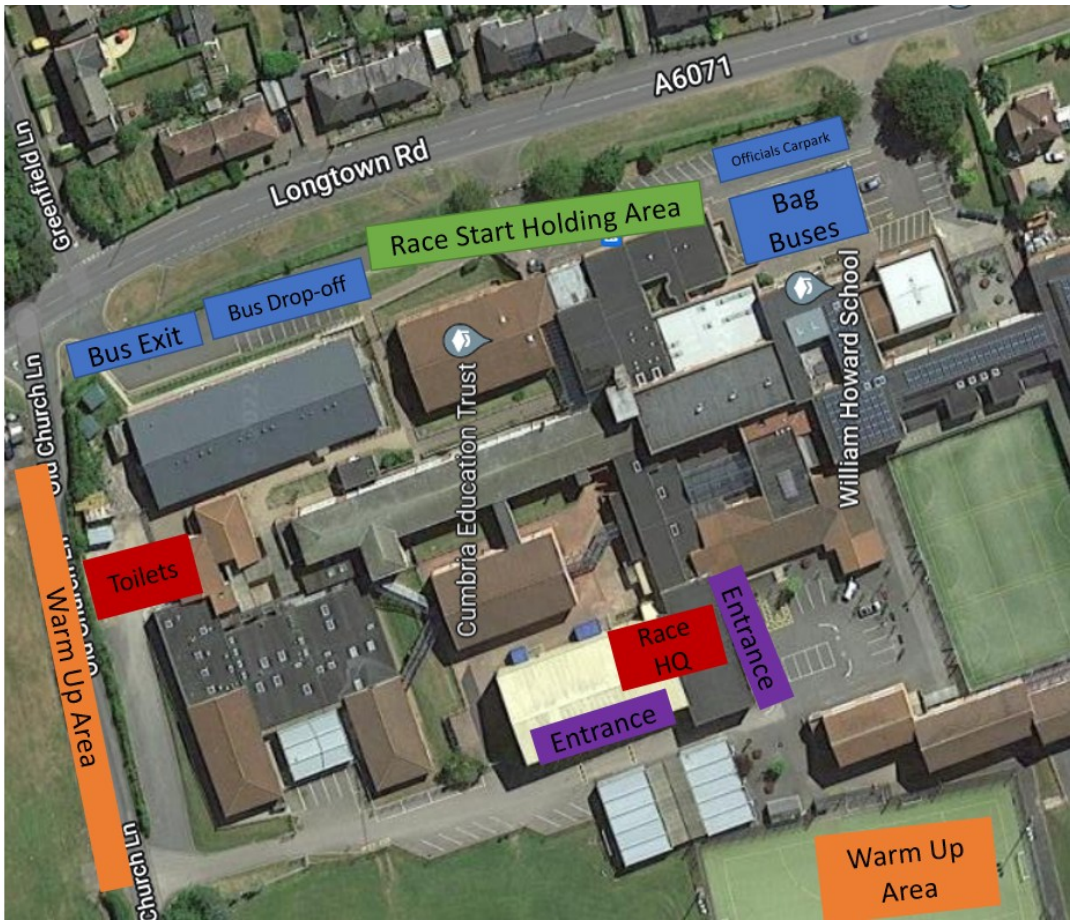
See you at the finish.

Brampton to Carlisle Organization Team
Border Harriers & Athletic Club

Julian & Helen Coulthard
Lloyd 50 YEARS
STALKERS TRANSPORT SERVICES LTD
AQUA PURA

Maps:

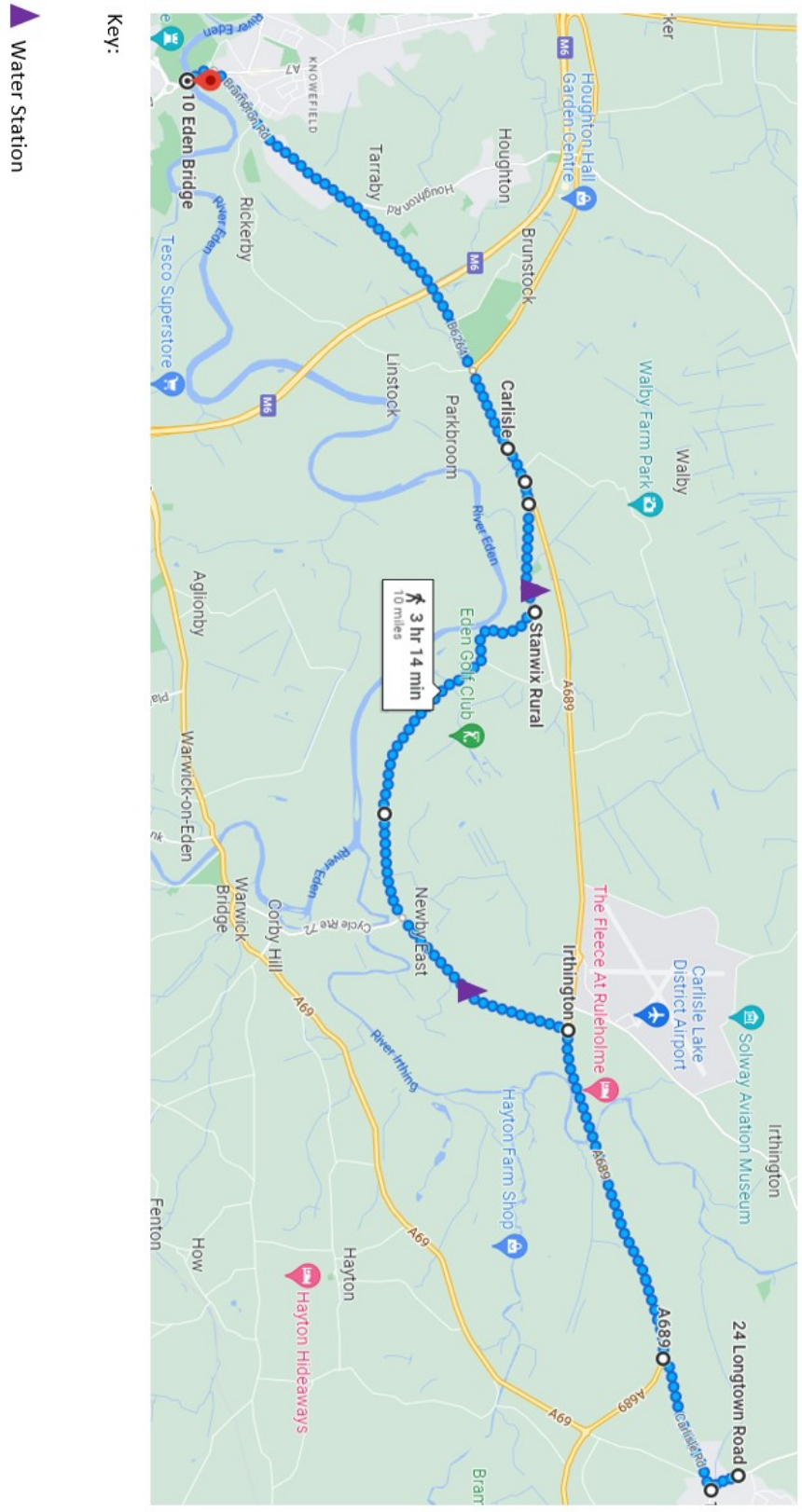
Start Area:



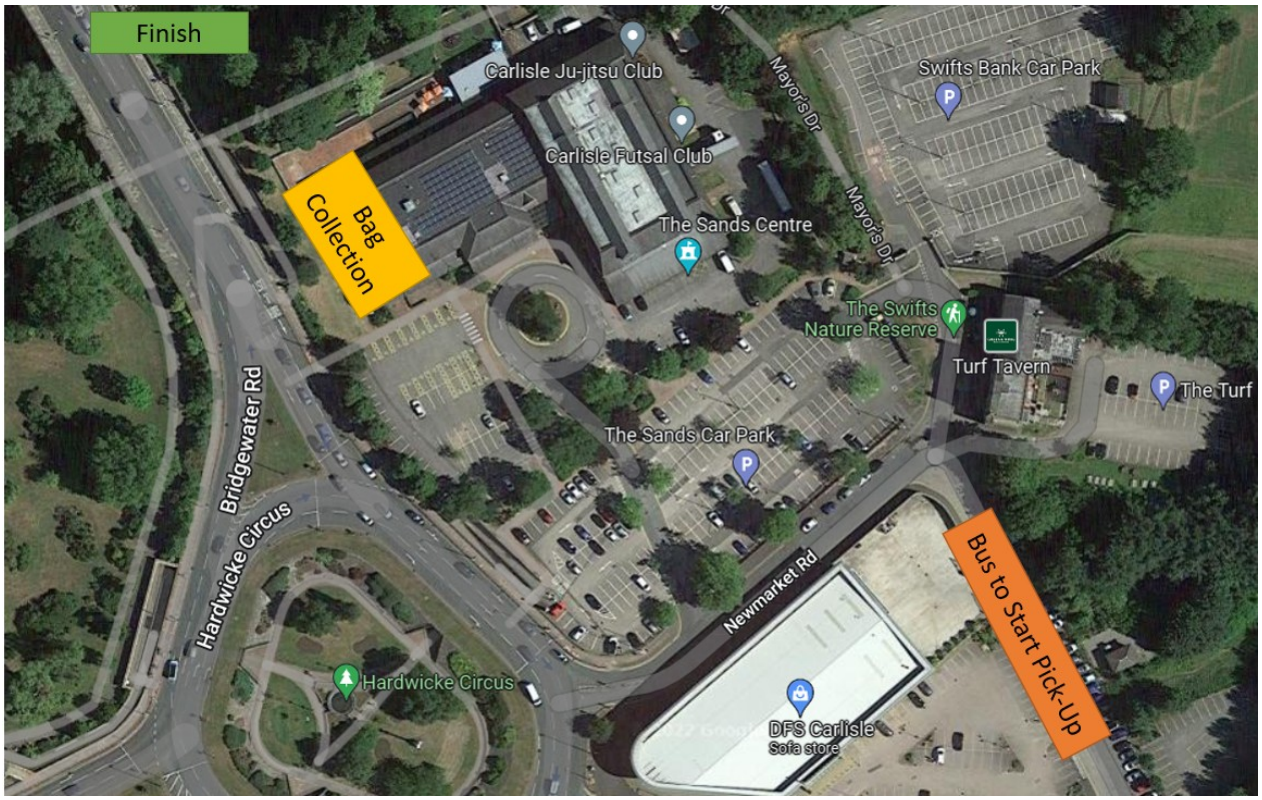
Bus Parking: Stalkers Transport Services, Townfoot Industrial Estate, Site 12, Brampton CA8 1SW):



Race Route:


Key:
Water Station
10 Eden Bridge
Rickerby
Tesco Superstore
Tarraby
Houghton
Houghton Hall Garden Centre
Brunstock
Carlisle
Linstock
Parkbroom
Walby
Walby Farm Park
Stanwix Rural
3 hr 14 min
10 miles
Eden Golf Club
Aglionby
Warwick-on-Eden
Warwick Bridge
Corby Hill
Newby East
Irthington
The Fleece At Ruleholme
Carlisle Lake District Airport
Solway Aviation Museum
Hayton Farm Shop
Hayton
Hayton Hideaways
How
Fenton
A689
A69
24 Longtown Road

Finish Area:


Finish
Carlisle Ju-jitsu Club
Carlisle Futsal Club
Swifts Bank Car Park
Mayor's Dr
Mayor's Dr
Bag Collection
The Sands Centre
The Swifts Nature Reserve
Turf Tavern
The Turf
Bridgewater Rd
The Sands Car Park
Hardwicke Circus
Hardwicke Circus
Newmarket Rd
Bus to Start Pick-Up
DFS Carlisle
Sofa store