

Goole Viking Striders Riverbank Challenge 10K

Start Times: 10:30am

Venue: Westfield Sports Complex, Westfield Lane, Goole, DN14 5PW

Directions:-

From the West: Exit M62 Junction 36 head through Goole taking the A614 signposted Howden, cross over the M62 flyover and turn right at the oval roundabout signposted Hook.

After approx. 1 mile bear right into Goole Rugby and Tennis Club Sports Complex, entrance located just after the nursing home.

From the East: Exit M62 Junction 37, at Howden Spur roundabout bear left, A614 signposted Goole. Head across the next mini roundabout (Ferryboat Inn) and cross over the river using the Boothferry Bridge. At next oval roundabout bear 1st left, signposted Hook.

After approx. 1 mile bear right into Westfield Banks Sports Complex, entrance located just after the nursing home.

Car Parking: Free in the ground of the Sports Complex please follow the marshals direction. Vehicles and their contents are parked at the owners risk. Please ensure all bags, Sat Navs, Music players, personal possessions are stored out of view. No parking on the main road under any circumstance. Please be mindful of other road users and pedestrians.

Number Collection: Number and chip timing collection is upstairs in the Sports Complex. No on the day entries.

Toilets/Changing: In the Sports Complex, again you are responsible for the safety of your own possessions. There are no toilet facilities on the course.

Start/finish: Start and finish of the 10K course is on the riverbank, a short walk from the Sports Complex.

The Course: Mainly off road riverbank top however there are some tarmac sections. Please obey the instructions of the marshals.

Drink Stations: There is one course at approx 2 miles, which you will pass on the way back to the finish at 4 miles.

Retirement: If you have to retire from the event, and require assistance, please inform a marshal and we will arrange to have you returned to the Sports Complex. If you are requested to retire by a marshal please take their advice.

Presentation: Approx. 12:00pm upstairs in the Sports Complex.

Refreshments: Licensed bar including tea/coffee and snacks available at the Rugby Club.

First Aid: First Aid Responders will be on hand for runner safety.

Music Devices – Music devices are allowed. Please use at a volume level to allow you to hear the marshals if necessary.

Age Limit - There is an age limit of 15 on the main race.

Time Limit - There is a time limit of 2 hours.

Entries and Results - Entries and results are handled by <https://racebest.com/> . For transfers and queries please contact them or ourselves.

Refunds - Refunds are not available under any circumstances.

Hope you enjoy the day, any queries please contact rbc@vikingstriders.co.uk

