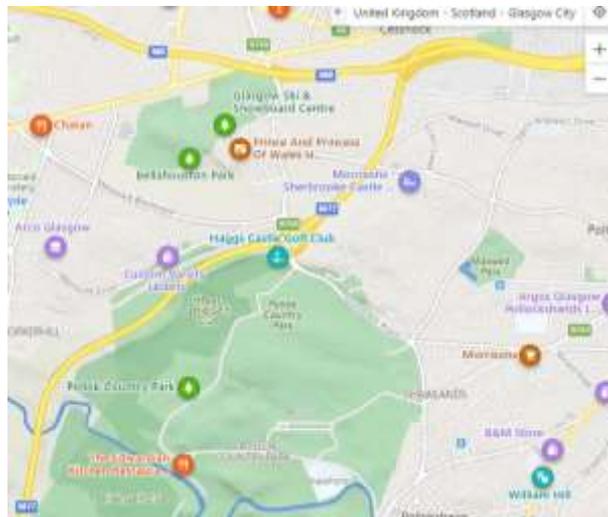


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PSUK NATIONAL 10 MILE ROAD RACE CHAMPIONSHIP WEDNESDAY 7TH SEPTEMBER 2022 'The Twin Parks'

Police Scotland are proud to be hosting the PSUK 10 Mile Road Race Championship 2022.

The Race



The race will be held within the grounds of the iconic Pollok and Bellahouston Parks, Glasgow and will start near to Pollok House, 2060 Pollokshaws Road, G43 1AT. The majority of the route will be on footpaths within the grounds of the parks, with small sections on the road that link both parks. Runners will enjoy the 10 mile route taking up the splendours of the parks with no laps. This is predominantly a flat route (with the exception of some smallish blips on

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the landscape☺). A full race brief detailing the route will be posted in advance.

Registration

The closing date for team sheets will be 19 August 2022. However to assist event organisers, please return these at your earliest opportunity.

The race will start at 1300 with registration open from 11:00. The entry fee for the race is £15 per person and requires to be paid in advance. The race is chipped timed, and officially measured to UKA standards.

Changing and Parking

Limited changing facilities will be offered at Cartha Rugby Club, 92 Dumbreck Road G41 4SN. Showering post-race would be advised at your accommodation. Parking is limited to 100 spaces on a first come basis. Overflow parking will be available near to the race start, but please be advised that there is a small charge at a pay machine. It is approx. 1 mile from Cartha Rugby Club to the race start, so please allow sufficient time to get to the start line.

Evening Reception and Prize Giving

The evening function takes place at the luxurious Crowne Plaza set on the banks of the River Clyde in close proximity to the City Centre.

Crowne Plaza Glasgow, Congress Road
Glasgow, G3 8QT



This will consist of an arrivals drinks reception and a 3 course sit down meal (please indicate on the team sheet of any dietary requirements). The menu

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looks great and there will be an opportunity to order drinks in advance to save the rush at the bar!

Entertainment will be in the form of a Ceilidh band and everyone will be encouraged to join in on the fun!!! There are plenty of kilt hire shops in Glasgow, so feel free to make it a special occasion! The evening function will conclude at 01:00.

This promises to be an excellent function and the cost is £36 per person.

Payments to SPRA can be made by BACS to account no: 80076372 Sort Code 82-64-31.

Payment reference "PSUK 10 and Force"(or surname if individual).

Payment details are also annotated on the team sheet.

Dress

To mark the Queen's Platinum Jubilee, dress will be formal and miniatures (medals) can be worn should you wish and positively encouraged!

Don't worry, no-one will get turned away if they don't want to dress formal, we only ask that you **as a minimum are smartly dressed** for the occasion.

Accommodation

Crowne Plaza

A 10% off their 'Best Available Accommodation' rate is book-able via the below link....

[PSUK Accommodation Link.](#)

There is no promo code, it will take you to the Leisure plus rate. Please note rooms are subject to availability.

There are a number of other nearby hotels including Holiday Inn, The Village, Premier Inn (Pacific Quay) and Radisson Red to name a few.

Travel

There are excellent travel links to the Crowne Plaza via road and rail. The nearest train station is 'Exhibition Centre' and can be accessed on the lower line at Glasgow Central Station.

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If travelling by air, Glasgow Airport will be your destination. There is a regular bus service into the city centre or to Gilmour Street Train Station, Paisley.

Weather

I have booked the sun for the day, so bring your shades!! (Well maybe.....)

Prizes will be presented at the evening function

Individual Awards:

Open Category

Cheshire Cup - Men

Milk Cup - Women

Veterans

The West Midlands Police Trophy – Men

Gurnard Pines Cup – Women

Team Awards:

Open Category

Hird Trophy - Men teams of 4

Tarka Trophy - Women teams of 3

Minor Forces

Purkiss Trophy - Men teams of 4

(No trophy) – Women teams of 3

Veterans Teams

(No trophy) – Men teams of 4

(No trophy) – Women teams of 3

1, 2, 3rd in all categories unless stated below

Male Vet 40-44.

Female Vet 35-39

Male Vet 44-49

Female Vet 40-44

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Male Vet 50-54

Female Vet 45-49

Male Vet 55-59

Female Vet 50-54

Male over 60 1st place only

Female over 55 1st place only

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