

# Sessay Swift 6k

Wed Aug 22nd 2018. 7.30 pm

**Welcome** to 7th running of this rural race at the village of Sessay near Thirsk, organised by Thirsk and Sowerby Harriers. Thank you for entering. We hope you will enjoy this fast, flat road race, but remember, it is on roads and there will be some traffic so please, for your own safety, **do not wear headphones of any kind**. Keep left at all times, and follow marshals' instructions. All turns will be to the left. It is an evening race so remember to wear light-coloured clothing so you can be easily seen by traffic. Wear your race number securely pinned to the front of your vest.

**The race headquarters** and changing are at Sessay Village Hall, postcode **YO7 3BS**, where showers and a secure area for luggage will be available. The race starts 100 metres or so from the village hall and the finish is off-road, within the grounds of the village hall, where drinks will be available. Warming up can be done on the cricket field.

**Late entries** will be accepted up to 15 minutes before the race at the race headquarters at an extra charge of £2.

**Car parking** will be on the cricket field, adjacent to the Village Hall, where marshals will assist with parking. Please **DO NOT park on the roadside** as this will be on the course, and will be of inconvenience to residents (whose good will we hope to foster!)

## Getting there

From the A1 - leave at junction 49 on to the A168, signposted Teesside. Leave the A168 at the 2<sup>nd</sup> exit, signposted Dalton and Sessay. Go through Dalton village following signs to Sessay, over the railway bridge, and turn next right. The Village Hall is about half way along the village on the left hand side next to the cricket field.

From the A19 - the junction for Sessay is about 4 miles south of Thirsk, signposted Sessay and Dalton, to the right from Thirsk and the north, and to the left from York. Follow signs to Sessay. The village hall is about half way along the village.

**Prizes** will be distributed in the village hall, as soon as possible after the race.  
**No runner to receive more than one prize.**

**A big thank you to Hillsprint for designing and printing the entry forms.**