

# race information

**Your timing chip and race number will be sent out in the post before the race. Please be careful not to throw the timing chip away with the envelope! Numbers must be worn on your front. Your timing chip goes on your shoe in a loop.**

**Location and Start Time** - The race starts and finishes in Abbey Park Leicester, LE4 5AQ and there will be **two wave starts**. First one for runners who expect to finish under 45 minutes starts at 9am. All other runners start at 10am

**Parking** - There are plenty of public car parks locally to Abbey Park. Google "Car Parks Leicester" and all the locations and postcodes come up.

Please allow yourself time to walk to the race HQ, which will be signed from the main gates and from St Margarets Pastures. Don't forget that the first wave may well be in progress as you arrive so please be vigilant and listen to the marshals.

**Registration** - If you have had your race number and chip, there is no need for you to register. However if you have any queries, wish to change any details, or have forgotten your chip then we will be on site from 7.30am.

**Withdrawals and refunds** - If for some reason you cannot run you can get a full refund or a free entry to the following years race, but only if you come and marshal on the day. As a runner you can never have too many people cheering you on and making sure you are safe. Please get in touch with us as soon as you can if you want to marshal and we will make sure that you get allocated a slot that is suitable. It's a fun way to see races.

If you can't run and want to pass your entry to another runner then please let us know who it is. We are very happy to do this but it is safer if we have the correct information and contacts for the runner in the event of a problem.

**The Route** - The route is a lapped course starting from Abbey Park and will be well signed and marshalled throughout. It is officially measured at 10k. There is a link to a race map on the website.

**Water Station** - There will be one water station just over half way around the course and water will be available at the finish. Please think about grabbing a bottle – do you really need it. Each year we recycle hundreds of bottles that have had barely a swig taken!

**Race Finish** - Each finisher will receive a bespoke medal

**Massage** - Massage will be available before & after the race from Fire & Earth

**Photographs** - You can view and purchase a photo of your race experience from our friends at [www.yourraceday.com](http://www.yourraceday.com). They will be out on the course trying to catch you looking at your energetic best!

**Prizes** - There will be a prize-giving at 10.15 for the first three men and women. The age group prizes will be sent in the post after the race.

Prizes will be awarded to:

- First three finishers both male and female.
- First in all age groups (F Vet 35, 45, 55, 65, M vet 35, 45, 55, 65)

**Post Race Nutrition** - Tea, coffee, water, home made cakes and great hot food from Pick's Organic Farm will be available at the finish (once you have gained your post race appetite!).

**Headphones** - Please note that for your own safety during the race ipods and other mp3 players are not permitted. Runners not adhering to this rule will be omitted from the results.

**Contact details:** Tempo Events 01789 267337 07540 287781, Saturday before the race onwards please use mobile number only

www.tempoevents.co.uk email: [sarah@tempoevents.co.uk](mailto:sarah@tempoevents.co.uk)