

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!

Location and Start Time - The race starts and finishes in Abbey Park Leicester, LE4 5AQ and starts at 9.30am

Parking - There are plenty of public car parks locally to Abbey Park. Google Car Parks Leicester and all the locations and postcodes come up. We can no longer offer free parking at The National Space Centre as our race has become too big. There will be 170 spaces there on a pay & display arrangement at £3 per vehicle. Please allow yourself time to walk to the race HQ, which will be signed from the main gates and from St Margarets.

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 has had to change from last year because there are scheduled building works on the bank where we normally have the finish. We hope it is an improvement. It will have a new official measurement certificate.

Water Station - Unless it is very hot, there will be one water station just over half way around the course and water will be available at the finish.

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. They will be out on the course trying to catch you looking at your energetic best!

Prizes - There will be a prize-giving at 11.15am at the start / finish.

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)
- First club team

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