

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 - Parking has been arranged for you at The National Space Centre, LE4 5NS, which is signed with brown signs and the distinctive rocket logo from the motorways and all major routes.

There are other transport options on the Space Centre Website:

http://www.spacecentre.co.uk/Page.aspx/301/Getting_Here/

The National Space Centre has very kindly waived the £2.00 parking fee if you are not staying beyond 11.00am, but we would very much like to encourage you to visit the Centre while you have the opportunity. Have a look at their website <http://www.spacecentre.co.uk/Page.aspx/1/Home>

The race start is approximately 10 minute walk along the River Soar. When you reach Abbey Park Road, cross over, turn left and make your way to the main Park Entrance. The race start will be signed from the Space Centre.

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 2019 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 28th 2018 onwards please use mobile number only

www.tempoevents.co.uk email: sarah@tempoevents.co.uk