



STILTON

7

Run Brief

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Stilton 7 - LRRL

24th February 2019

The Stute – Holwell Sports and Social Club
Welby Road, Asfordby Hill, LE14 3RD

Welcome to the first race in the 2019 LRRL series.

The Stilton 7 is a certificated and licensed 7-mile road race as part of the Leicestershire Road Running League series.

The course is well signposted and marshalled and we have both a lead car and a tail runner to ensure that no runners get lost on the route

The route is almost entirely on quiet, but open country roads. Please do as instructed by the marshals – they are there to provide encouragement, but also for your safety. Show them your appreciation as you go round (the odd high-5 wouldn't hurt)..

The starting straight will be closed to traffic between 10.25 and 10.33am. Other than this, our marshals **do not** have the right to stop traffic although they will be acting to calm traffic where appropriate.

As soon as possible please filter to the left hand side of the road and stay on the left the entire way round unless instructed to do so by our marshals.

On Asfordby Hill you will be required to stay on the path the whole way up. Please do not step into the road as this is the only busy road on the course in terms of traffic volumes.

We do not have right of way on the path so please do watch out for pedestrians who may also be using the path.

Your Timing Chip is attached to the back of your race number so please do not lose your race number at any point on the course. You will need it.

Finally, please watch out for each other out there. If any runner seems to be in difficulty then either stay and help, speak to a marshal or alert the medical provision asap.

Have a good race.

Shane Sharkey

Stilton 7 - Race Director