



LRRL Race - Stilton 7

Sunday 23rd February 2020 (Start 10:30am)

This race forms part of the LRRL winter league and is open to members of clubs that are affiliated to the league who are 16 years and over on race day. Usual entry fee and chip timing arrangements will be in place.

Registration: The STUTE (Holwell Sports and Social Club), 41 Welby Road, Asfordby Hill, Melton Mowbray LE14 3RD).

Car Parking: Parking has kindly been provided once again by **Holwell Works, Welby Road, Asfordby Hill, LE14 3RE.**

High numbers of runners are expected so please car share where possible. Marshals and signs will provide direction towards the car park, please do not park outside or on the roads near the registration area. Once parked up please follow signs to the Registration at The Stute which will take you along a path and avoid walking along the road.

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The race: Runners will be asked to congregate outside the venue, remaining off the road until the road closure begins shortly before the race start. The race will

then start on Welby Road, outside the venue. The course will be 2 laps (same course as last year), resulting in a certified 7 mile race.

The course is run on the left at all times, other than crossing the road after 1 mile, directed by marshals. There is a short steep climb at around 1.5 miles and 5 miles and a further climb up Asfordby Hill (run on the pavement) at 3 miles and towards the finish. For a course map, see page 4.

Water will be available at the mid point and end of the race and refreshments will be available to purchase at The Stute.

Safety: Runners who want a cool down run after the race should **not** head back into the flow of runners still completing the race. They should instead head along Welby Road (i.e. the first section of the course), or head the opposite way along the pavement next to the main road, towards Melton.

Headphones: For safety reasons, no headphones including the bone conductor type, are permitted to be worn during the race. Wearing them may lead to disqualification.

Whilst we of course hope not to need it, if there are any last minute issues such as adverse weather conditions, we will supply information via our website (www.stiltonstriders.co.uk) and social media as early as we can.

Thank you once again for your support with the Stilton7.

UKA Licence 2020-39845 / Certificate of Course Accuracy 16/043

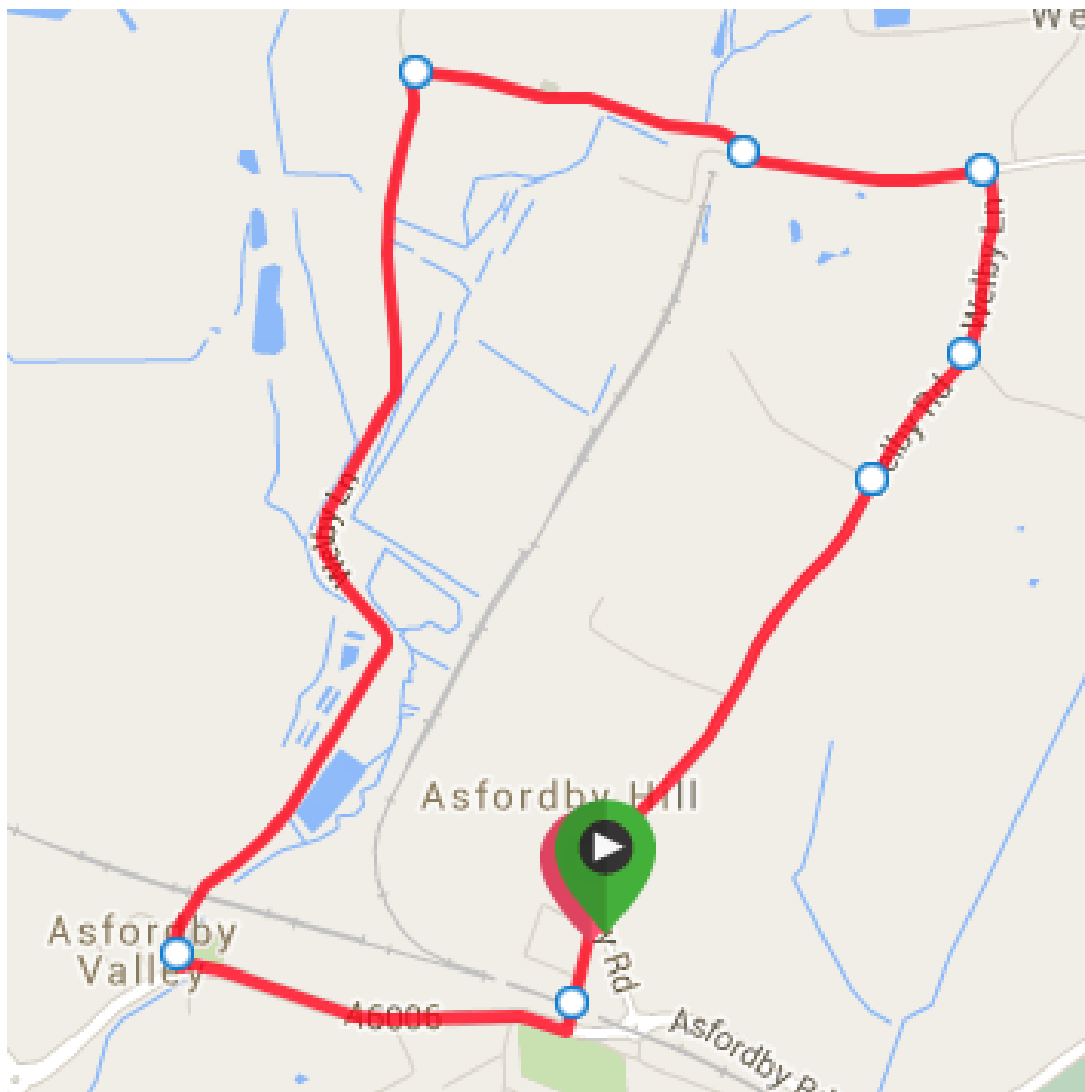
Directions from A46

Exit at either the B676 (Six Hills Hotel) or the A6006 (Dalby Intersection) and follow the A6006 towards Melton Mowbray and Asfordby. After about 5 miles turn left at the roundabout and pass through Asfordby Valley. At the next roundabout (in Asfordby Hill) turn left, signposted Holwell Works and Asfordby Business Park. Follow the marshal's directions and signs for parking which is further along Welby Road and not at The Stute.

Directions from Melton Mowbray

Leave Melton using the A6006 signposted to Rempstone and Asfordby. After about 2 miles turn right at the roundabout signposted Holwell Works and Asfordby Business Park. Follow the marshal's directions and signs for parking which is further along Welby Road and not at The Stute.

Route map (First lap of two = 3.5 miles)



Interactive map at <https://connect.garmin.com/modern/course/11624295>