

LEICESTERSHIRE ROAD RUNNING LEAGUE

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The Leicester Mercury

MARKFIELD 10K ROAD RACE

Sunday 17th January 2016
Organised by Beaumont Running Club

Venue: South Charnwood High School, Broad Lane, Markfield LE67 9TB

Start: 10.30 am from the school main gate

Distance: 10 km, marked in kilometres.

Race limited to registered members of LRRL-registered clubs minimum age of 17 years. Entry £5.00. Chip timing

Toilets/Changing: There are toilets and rooms but not shower facilities.

Parking: School grounds. Space is at a premium so car sharing is essential and will help the environment! LeicesterShare.com can help you share transport. Otherwise please park as directed by marshals - **there is strictly no on-road parking**

Registration: At your club desk (located in canteen or school gym). Beaumont administration desk for receipt of clubs' fees, and League officials' desk for new registrations, in canteen.

Refreshments: Available in the canteen.

Safety: It is the responsibility of the runner to assess his/her own fitness to run. Also to ensure suitable clothing is worn for the weather conditions. All runners must **keep to the left-hand side of the road** throughout the race unless directed otherwise by marshals.

Property left unattended at the venue is at the owner's risk

Dogs – none permitted on the school grounds except for Guide Dogs

Race Queries: Frank Lusk, 07446 326931

Race Permit: 2016-23066

Course officially measured. One lap, undulating, run in anticlockwise direction. Starts & finishes at the school.

Current UKA Certificate no: 14/008