



13th May 2018



The MAGIC 8 - the only 8 mile pacing competition in Leicestershire!

- Choose your time
- Try to achieve it without a watch/phone
 - Closest to their time wins!

An officially measured one lap event, which starts and finishes at Syston Rugby Club

Sunday 13th May 2018 – 10:30am

FAQs:

Q) What on earth is a pacing competition?

A) It's a test of who is the best at keeping to a pace/time so, unlike a handicap race, the winner is the one who is closest to the time they aimed to achieve rather than the fastest. Essentially, anyone can win!

Q) What if I want an 8 mile PB/ 8 mile standards time?

A) No problem, the course is accurately measured and you'll get an exact time (like a chip time). Just pick a nice fast time as your target and go for it.

Q) Can I use my watch/phone/other pacing device?

A) No, afraid not, it's a competition on who can pace the best, not who has the most accurate watch. You also can't have a friend help pace you in any way!

Q) Are there age category prizes?

A) No, because this is about pacing, everyone is competing on an equal footing. Whether you are 16 or 60, male or female, there is no advantage in this event.

Q) What prizes will there be?

A) 1st, 2nd and 3rd closest to their target time will win a prize. There will also be a number of spot prizes (which won't be pies this year!).

Q) Can I choose any time as my target time?

A) There is a maximum allowable time of 96 minutes (12 min/mile pace) but you can choose anything under that. We recommend not selecting a round time (e.g. 64:00 minutes) as it's likely a number of runners will do this and you'll all start in a block, whereas picking 64:12 would most likely allow you to start in a nice little gap on your own.

All-important race details:

Venue: Syston Rugby Club, Barkby Road, Queniborough, Leicestershire LE7 3FE

Start: 10:30am for first runner (all runners MUST attend the pre-race briefing at 10:20am). Approximate start times for all runners will be sent in advance of the race.

Finish: Syston Rugby Club

Distance: 8 miles, marked in miles

Race: Accurately timed race (equivalent to chip timing) open to all runners, minimum age of 16. Limited to 200 runners.

Entry: Cost £8 per runner (£10 unattached)

Toilets / Changing: Available on site

Parking: at the Rugby Club

Do not park on Barkby Road or Queniborough Road/Main Street as this will impede the race route. Temporary no parking restrictions will be in place and will be enforced.

Number collection: at the registration desks

Refreshments: teas, coffees and cakes will be on sale

Safety: It is the responsibility of the runner to assess his/her own fitness to run and 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.

Sweeper: there will be a sweeper bike to ensure the safety of all runners

Drinks stations: two drink stations will be situated at approximately miles 4 and 7, water will also be provided at the end of the race for all runners

Property: all property left unattended at the venue is at the owner's risk

Dogs: are not allowed on site by order of the owners, please don't be offended when we ask you to take your dog out of the Rugby Club grounds

Race queries: Contact Race organisers on we8@westendrunners.co.uk; Facebook <https://www.facebook.com/WestEnd8/>;

Block booking: All bookings to be made through the website, link below. All runners will need to register with Entry Central to enter the race (same as Charnwood Hills)

Name changes and target time changes: will be permitted up until 9pm on Wednesday 9th May. After that name changes only can be made on the day (but the replacement runner will have to take the target time set by the original runner)

Refunds: are not permitted but name changes are allowed

To book please go to: <https://www.entrycentral.com/MAGIC8-2018> and click MAGIC 8