



## **LRRL Race - Stilton 7**

**Sunday 24<sup>th</sup> February 2019 (Start 10:30am)**

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

**Car Parking:** Given the large numbers of runners expected, **it is crucial that runners share cars.** To ensure a safe event, runners will not be allowed to park on the roads outside the venue – all cars should head to **Holwell Works (a short way north along Welby Road from Race HQ).** Please do not park on the roads around the venue.

**Registration:** At The Stute (Holwell Sports Club) Asfordby Hill, Nr Melton Mowbray, **LE14 3RD**

Club registration will be in 2 rooms – the lounge and the skittle alley.

**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 1.5 miles, directed by marshals. There is a short steep climb at 1.5 and 5 miles and a longer climb up Asfordby Hill (run on the pavement) at 3 miles and towards the finish. For a course map, see page 3.

Water will be available at the mid point and end of the race and refreshments will be available at the venue.

**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:** in line with UKA rules, as the course is run on open roads, for safety reasons no headphones (other than the bone-conductor type) are permitted and wearing them will 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](http://www.stiltonstriders.co.uk)) and social media as early as we can.

**Thank you for your co-operation with this event.**

**UKA Licence 2019-35163 / Certificate of Course Accuracy 16/043**

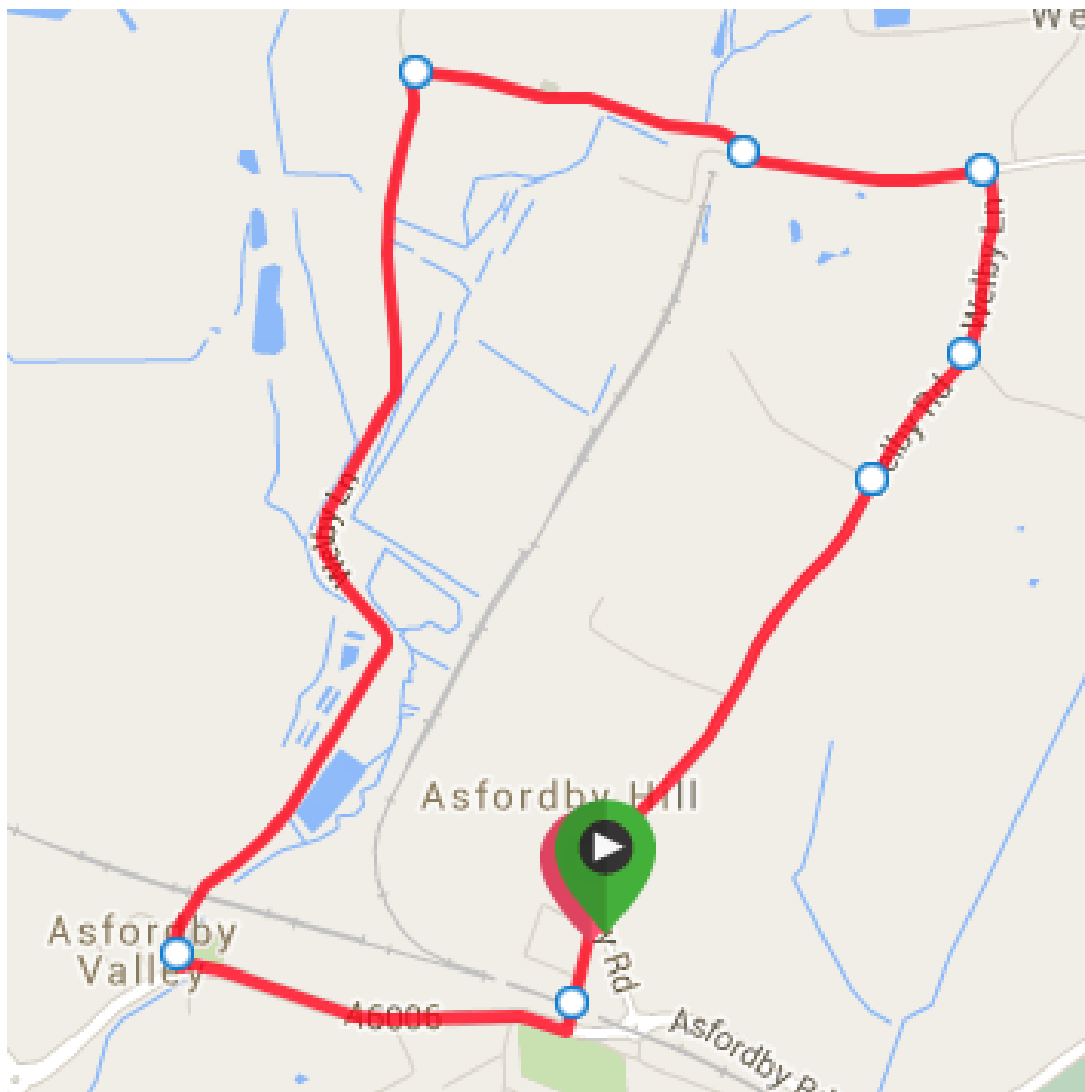
### **Directions from A46**

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. After 200 metres follow the marshal's directions for parking.

### **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, and follow the marshal's directions for parking.

Route map (First lap of two = 3.5 miles)



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