



## Rubgy 10 (mile) Race.

**Date and Time:** The race starts at 10.30am on Sunday 27th September 2015

**Venue:** The race venue is Barby Cricket Club, Nr Rugby, Warwickshire, CV23 8TR The start is approximately 800 metres from registration so please allow 10 minutes to jog to the start.

**Directions:** The race headquarters is at Barby Cricket Club, Longdown Lane, Barby nr Rugby, CV23 8TR, courtesy of the Cricket Club. There is ample car parking at the Cricket Club.

**Registration :** Registration and late entries are at the Cricket Club. Numbers will be sent out to competitors who have provided a stamped addressed envelope. Registration will be open from 0900 onwards for collection of numbers.

**Changing & Toilets:** There are changing facilities and toilets at the cricket club.

**Start:** The start is situated close to the Arnold Arms Public House in the centre of the village. There are no public toilets in the village so please use the facilities at registration and do not use public areas or residents gardens for that last minute wee.

**Course:** The course is entirely on public roads, starting in Barby, passing through Kilsby, Hillmorton, Barby, Kilsby and returning to Barby. The last mile is the same as the first mile but is run in the opposite direction. The course is undulating and includes 'Cart Hill' after 6 miles. This was part of the famous former Rugby Marathon Course. There will be two drinks stations on the course (💧), at approximately 3, and 6 miles. There will also be drinks available at the finish. For safety reasons the use of headphones is banned.

**Results:** The results will normally be posted on the results section of [www.sportssystem.co.uk](http://www.sportssystem.co.uk) & [www.randnac.org.uk](http://www.randnac.org.uk) shortly after the race.

Good luck with your training and have a great run.  
Rugby & Northampton AC & The Sports Systems Team