

Rugby & Northampton Athletics Club

Rugby 10 mile

Sunday 7th October, 10-30am start.

Barby, near Rugby

The following notes should tell you all that you need to know about the race. We look forward to welcoming you to the event.

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.

Car Parking

There is ample car parking at the Cricket Club

Numbers & 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.

Numbers for postal & on-line entries can be collected from registration.

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 as well as climb in the final mile. This was part of the famous former Rugby Marathon Course.

Since the course is on public roads, for their own safety and that of marshals competitors should be able to complete the course in 1h 45m.

There will be two drinks stations on the course, at approximately 3, and 6 miles. There will also be drinks available at the finish.

You will be given a time check at the 5 mile point.

Finish

The finish is outside the Arnold Arms Public House a few metres from the start.

Bar & Refreshments

Refreshments will be available for purchase after the race and the Cricket Club Bar will also be open. Hopefully there will also be a Bar-B-Q after the race

Results

We will display a set of provisional results as soon as possible after the race. The results team will be working to provide a full set of results as soon as possible after the finish. Please do not hinder them with unnecessary interruptions. If you spot an error in the provisional results please advise them.

If you would like a set of results sending on, please complete a results envelope at registration. Alternatively, results will be posted on the club web site <http://www.randnac.org/>. A full report and photographs of the race will appear in **The Rugby Advertiser** on Thursday 11th October

Prizes & Presentations

Prizes will be awarded in at least the following categories:

Senior Men, M35, M45, M55, M65, Junior Men, Senior Women, W35, W45, W55, W65 and Junior Women....plus extra prizes based upon the best age graded performances.

The presentations of both individual and team prizes will take place at registration at approx 12-30pm when we expect to have a full set of results available.

The Warwickshire Road Race League presentations will take place at their AGM in November.

Any questions??

Please e-mail me on bryanj.acford@virginmedia.com and I will try to answer