

The Leicester Marathon Runners Guide

Sunday 14th October 2018

Start Time: 8:45AM

VENUE	Victoria Park, Leicester LE1 7RY <u>PLEASE NOTE THE CHANGE IN START TIME TO 8:45AM</u>
7:00am	Admin Desk opens on Victoria Park
8.00am	Call for all bags to be deposited in the left luggage tent
8:45am	START - Leicester Marathon, Leicester Half Marathon, Cummins Relay All three races start at the same time of 8:45am.
09.55am	First Half Marathon finisher expected at Victoria Park
10.30am	Awards presented to the Half Marathon winners on the park
11.20am	First Full Marathon finisher expected back at Victoria Park
12.00pm	Awards presented to the Full Marathon winners on the park
3.00pm	Last Leicester Marathon runner expected in Victoria Park
NUMBER	You MUST bring your running number which has your chip attached (the foam strips on the reverse) to the race. You will NOT be re-issued a chip on the day should you forget it. <u>If you do not have your race chip you will not receive a time.</u> You must wear your race number on the front of your running top. Any altering of the number may lead to disqualification. The number is only to be worn by the person who is registered for the race and must not be passed to anyone else. Don't forget your safety pins and please fill out the back of your race numbers before you come!
PARKING	There is plenty of roadside parking around the Park and University of Leicester. Granville Road car park is unavailable for participants as no exit will be possible before 3pm. Event Parking is available at University Car Parks; Danielle Brown Sports Centre (LE1 7RU), and Freeman's Common (Welford Road, LE2 6BF). Event parking is available for a £5 donation to LOROS Hospice at the entrance to the car park. The nearest NCP Car Park is East Street with over 1,000 spaces available. All car parks are at most a ten minute walk from the event arena on Victoria Park.
ROUTE	Please see website: www.leicestermarathon.org.uk/route There are no major climbs during the course, only gradual inclines, but the last mile is uphill, the first mile is downhill! The course is run in a predominately anti-clockwise direction. Please follow the instructions of the marshals and adhere to the highway rules. You should always keep to the left hand side of the road, unless otherwise instructed.
TRANSPORT	We recommend cycling as the best form of transport in and out of the city on the marathon day. Bike racks are available on Peace Walk (entrance off University Road) provided by Ride Leicester Bike Park. Please arrive in plenty of time as road closures will be put in place from 8.15am onwards. Leicester Train Station is roughly 10 minutes walk from Victoria Park.

ARRIVAL	There is a baggage drop off point at the park, please fully complete the details on the tag which you can pick up on the day from the luggage tent located on Victoria Park. DO NOT LEAVE ANY VALUABLES. Please aim to deposit your bag by 8.00am. YOU DO NOT HAVE TO REGISTER ON THE DAY , your chip will automatically register as you cross the start line. Signage in the start pen will give you an idea of where to start in the field in relation to your expected finish time. Please be realistic with your time.
FIRST AID	We have full medical care and treatment available to all runners. We treat all medical matters as of paramount importance. Our medical cover is provided by St John's Ambulance throughout the course and on the park. Please ensure that the medical form on the reverse of your race number is fully completed before racing.
DRINKS	Water is served in cups en-route approx. every 3 miles. High 5 gels and isotonic drinks are available on the full marathon route only.
CANCELLATION	If you have to cancel and cannot make it on the day, you have until Sunday 7th October to transfer your place to another runner. The deadline to defer has now passed however you may swap from the full to the half right up until the morning of the event if needs be.
SWEEP VEHICLE	The roads which make up the course have to re-open to a schedule. We have arranged that anyone moving around the course slower than a six hour pace (which is slower than 5 miles per hour), may be told to move on to the pavement and in effect regard themselves as a pedestrian with no marshal support for the remainder of the course. Alternatively we can arrange for sweep vehicles to take you back to the finish. All runners must be able to run and not walk for the first 4 miles.
MUSIC	Headphones MUST NOT be worn, it is considered dangerous to wear headphones. Should there be any blue light services needing to pass or any emergency messages given out whilst you are running you will need to be aware of them. If you are caught wearing headphones during the race, your number will be taken and your entry disqualified and removed from the results. You can play your music out loud, from arm and wrist MP3 holders. In line with UK Athletics ruling bone conduction headphones are still permitted as they do not sit in or over your ear.
NOT ALLOWED	Dogs, roller blades, headphones, walking in the first four miles and race assistance are not allowed.
FINISH LINE	All finishers will receive a hard-earned medal, drink, banana, t-shirt and goody bag for their troubles.
RESULTS	The timing chip will be your official timing device. Your timing chip is attached to your race number. Please do not tamper with it. The chip records your Gun time and Chip time. The Gun Time is your official race time. No chip, no time! Live Splits will be available online during the event at https://resultsbase.net/event/4176 with results available shortly after the race has finished.
	We look forward to seeing you there! Good luck and enjoy the race!



**HEADPHONES ARE
FORBIDDEN AT THIS EVENT**

**Anyone found wearing them will be disqualified.
Your number will be noted down and as you cross the line
you will be removed from the race.**