

RUN LEICESTER  SUNDAY 1ST
OCTOBER
2023
HALF MARATHON | 10K

RACE PACK

Start time: 9:15am



RACE PACK DELIVERY, COLLECTION & REPLACEMENT

If you live in the UK and you registered on, or before Sunday 24th September then your official race number will be posted to you in the two weeks leading up to the event.

If you live abroad, or registered after Sunday 24th September then you will need to collect your race pack from our Admin Desk in the Race Arena on Victoria Park between the following times.

Saturday 30th September: 11:00am - 3:00pm

Sunday 1st October: 7:30am - 8:30am

All runners must wear their race number on the front of their top on the day. Your timing chip is attached to the rear of the bib and will record your start and finishing time as you cross the line;

you do not need to check-in or register when you arrive. If you don't wear your race number then you will not receive a time.

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 arrive in case of emergency.

If you've moved house, have lost your race number, or want to swap distances down to the 10K at the last minute, then you may also collect a replacement race number during the same times stated above. We are unable to post out replacement packs.

LAST MINUTE CHANGES

The deadline for deferrals has now passed, but if you can no longer run you are still able to transfer your place to another runner until Sunday 24th September, or drop down from the Half Marathon to the 10K right up until the day of the race.

If there are any issues with your race number or you want to swap distance from the Half Marathon down to the 10K then please contact us at leicestermarathon@gmail.com. You will then be able to swap / collect a replacement race number during the times detailed above.

TRAVEL & PARKING

Parking is limited and we would ask all runners to car share where possible.

This map shows the location of our main race car park at **Freemen's Common Multi-Storey Car Park, 11 Putney Road, LE2 7TF**. Please approach via the routes marked in red to avoid problems with one way streets / no turnings.

Limited additional parking is also available at Danielle Brown Sports Centre, University Road, LE1 7RH – but please use Freemen's Common above first and foremost as the Sports Centre will fill up quickly.



TRAVEL & PARKING (continued)

Please note that Granville Road car park is unavailable for participants due to road closures for the race. Street parking is also available around the edges of Victoria Park on Victoria Park Road and London Road. **East Street NCP Car Park** with over 400 additional spaces is also just a 15 minute walk away in the city centre. (standard charges apply)

BY TRAIN: Leicester Railway Station is but a 15 minute walk from the race start / finish area on London Road.

BY BIKE: Ride Leicester will be operating a secure bike park at the top of Peace Walk right next to the Event Arena for those travelling to the event by bike.

RACE ARENA

The Race Arena itself is a short 10 minute walk from our main race car park.

Both races will start and finish in the same place next to the War Memorial on Victoria Park. In the Race Arena you will find a nice

variety of food & drink vendors, available both before and after your run, along with a number of local charity and business stalls.

Post-race there will also be sports massage available for a donation to LOROS Hospice, courtesy of Function Jigsaw.

BAG DROP & CHANGING

There will be a bag drop facility available within the race arena on the day. Please ensure that you label any bags you leave with us with your name, race number and phone number. Do not leave

any valuables – we accept no responsibility for theft or damage to any property. Two changing tents will also be made available next to our bag drop facility for men and women respectively.

RACE DAY TIMINGS

7:30am: Race Arena and Admin Desk opens ready for race day

8:30am: All runners to have arrived, dropped bags off etc.

8:45am: Call for runners to make their way into the start line

9:15am: RACE START: Both the Half Marathon & 10K races start together at the same time.

11:15am: Prize Presentations take place at the Race Arena Stage

1) 10K prize presentation

2) Half Marathon prize presentation

3) Half Marathon Leicestershire County Championships prize presentation

12:40pm: Last HM runner expected back at Victoria Park

START PENS

When you make your way into the start line you will find a number of different entrances, each signposted with an estimated finish time for both the Half Marathon and 10K races.

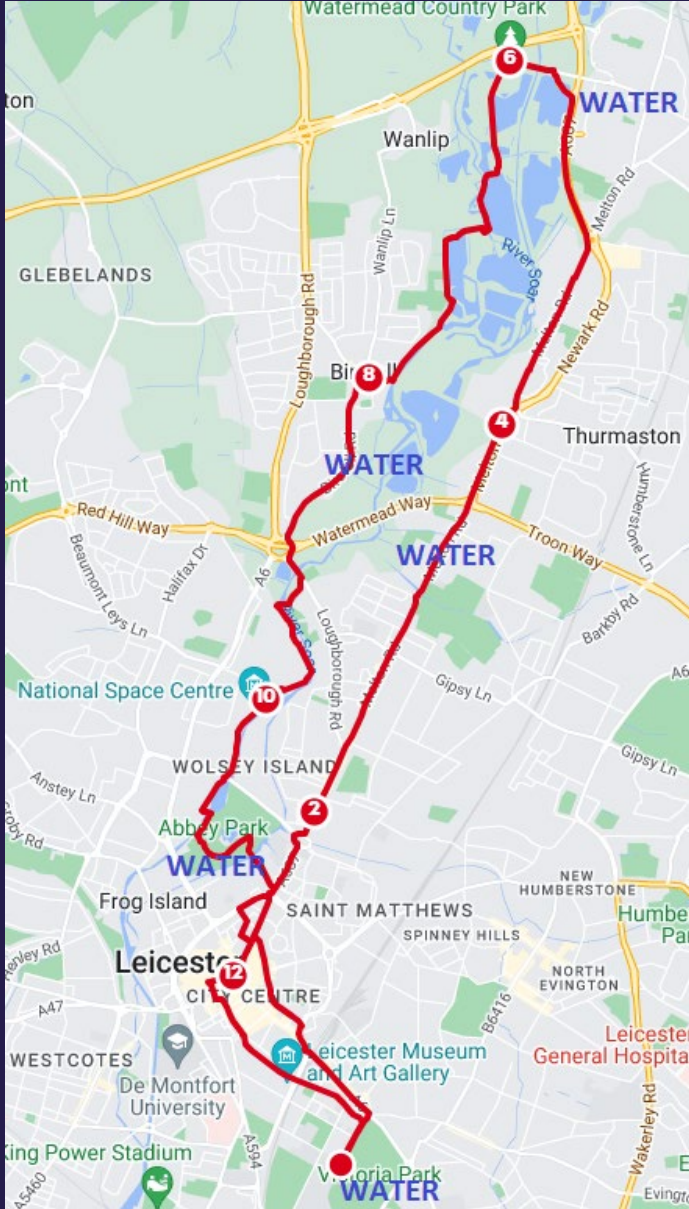
Please enter via the start pen which best suits your expected finish time in order to give everyone the best race start in accordance with your ability.



THE ROUTE

An interactive map of both the Half Marathon and 10K routes, along with description and elevation graphs can be found online at leicestermarathon.org.uk/route

Half Marathon



10K



THE ROUTE (continued)

The main thing you need to be aware of is where the Half Marathon and 10K routes split, so that you do not end up on the

wrong route. This will be marshalled and signposted, but it is your responsibility to make sure you take the correct route.



10K RUNNERS MUST KEEP LEFT

You'll pass right through the city centre within the first 2km, before running round a giant roundabout (Belgrave Circle).

Immediately after this roundabout from the 3km mark, you should **keep left in the left hand lane** up Melton Road.

At 3.5km then all 10K runners will turn left onto Loughborough Road. This will be signposted and marshalled but it is on you to make sure you take the correct turn.

WATER STATIONS

There will be one water station on the 10K route situated a little over half way into your run. It will be based just as you leave Abbey Park. Water on route will be served in cups.

- 1) 6.4km – Abbey Park Exit
- 2) 10Km – Finish Line Victoria Park

HM RUNNERS MUST KEEP RIGHT

You'll pass right through the city centre within the first 1.5 miles, before running round a giant roundabout (Belgrave Circle).

Immediately after this roundabout from the 2mi mark, you should **keep right in the right hand lane** up Melton Road.

At 2.3 miles then all Half Marathon runners should continue straight on up Melton Road on our original Half Marathon route, whilst the 10K runners will turn left onto Loughborough Road.

WATER STATIONS

Water stations will be approximately every 2-3 miles on the Half Marathon route. Water will be served in cups.

- 1) 3.1 miles – Top of Melton Road
- 2) 5.7 miles – Wanlip Rd, just before Watermead Park
- 3) 8.7 miles – Birstall Road
- 4) 10.6 miles – Abbey Park exit
- 5) 13.1 miles – Finish Line Victoria Park



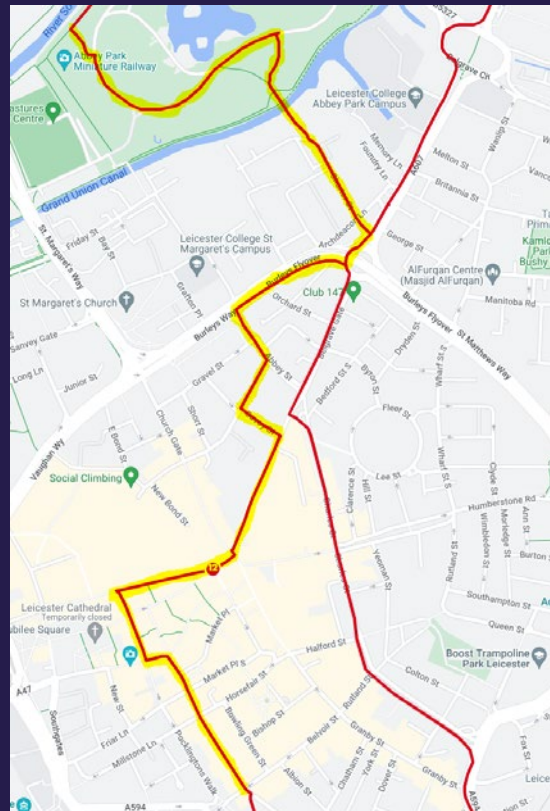
THE ROUTE (continued)

ROUTE CHANGES

Those of you that have taken part before should note that the Section between Abbey Park and New Walk has been changed this year.

The route is exactly the same up until then, however on the way out of Abbey Park you will no longer run out onto St Margaret's Way, and under the underpass. Instead you will continue through Abbey Park and over the bridge to Morningside Arena, and then zig-zag your way back to the Haymarket and Clock Tower, before continuing down High Street in the opposite direction to which the race ran last year. You will turn left down The Lanes, and then left again to follow the road round to the right at the top of St Martin's. You'll then continue straight up Market Street and re-join last year's route at the bottom of New Walk.

Where the route has changed is highlighted on the right.



PACERS

Are you going for a specific time?

Our Run Leicester pace team has grown significantly since last year with 22 volunteers covering a wide range of times across both the Half Marathon and the 10K to help you achieve that elusive PB. Look out for our pace team sporting a Run Leicester pacer flag as they run round the route with you.

Half Marathon Pace Times

- 1 hour 30 mins
- 1 hour 40 mins
- 1 hour 45 mins
- 1 hour 50 mins
- 1 hour 55 mins
- 2 hours
- 2 hours 5 mins
- 2 hours 10 mins
- 2 hours 15 mins
- 2 hours 20 mins
- 2 hours 25 mins
- 2 hours 30 mins
- 2 hours 40 mins

10K Pace Times

- 40 mins
- 45 mins
- 50 mins
- 55 mins
- 60 mins
- 65 mins
- 70 mins
- 75 mins
- 80 mins

Keep an eye out for flags like these on the start line and position yourself accordingly if you're aiming for a similar time:



ENTERTAINMENT

A number of different bands, drummers, singers and music points are expected to help keep you motivated and get all the way around the route. For more details please see our spectator guide.

HEADPHONES

In line with UK Athletics ruling, **headphones are NOT permitted at this event and you run the risk of disqualification if caught.**

Only bone conducting headphones which do not cover your ears are permitted.

CUT-OFF TIME

Please note that there is a strict cut-off time of 3 hours 15 mins for those running the Half Marathon, and 1 hour 35 mins for those doing the 10K. We have to re-open the roads

by a certain time, and if you fall behind this time then you will be asked to either stop or continue on the pavement as a pedestrian.

RACE PHOTOGRAPHY

Our official Race Photographers from marathonphotos.live will be out on the course to get the best snaps they can as you run round Leicester's city streets.

All participant photos will be online within 24 hours after the completion of the event; you will then be able to search for your photos by either entering your Bib Number or Family name.

Use the link below to request a notification when your official race photos are ready, or find them online and purchase after the event at: [https://marathonphotos.live/Event/Sports%2FCPUK%2F2023%2FRun Leicester Festival/](https://marathonphotos.live/Event/Sports%2FCPUK%2F2023%2FRun%20Leicester%20Festival/)

FINISH LINE

When you reach the finish line, please continue walking down the finish funnel to avoid bunching up at the finish. You'll be handed a can of water and be presented with your official Run Leicester Half Marathon or 10K finisher's medal, before being able to refuel with any goodies on offer.



T-SHIRTS

If you have ordered a souvenir technical t-shirt, then it will be available for you to pick up as you exit the finish area. Your race number will be printed with the t-shirt size that you ordered. We are

unfortunately unable to swap sizes on the day. A very limited number of t-shirts will be available to purchase on the day at a cost of £6.50 from the admin desk, but once they are gone they are gone.



RESULTS

Your race result will be available online as soon as you have finished.
Once the race has started, the entire results list will be available here:
<https://resultsbase.net/event/6522>

PRIZES

Prizes are on offer for the top runners in both the Half Marathon and 10K Race. Prizes will be presented on the day to the following:

| HALF MARATHON | | 10K | |
|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| Male | Female | Male | Female |
| 1 st place overall | 1 st place overall | 1 st place overall | 1 st place overall |
| 2 nd place overall | 2 nd place overall | 2 nd place overall | 2 nd place overall |
| 3 rd place overall | 3 rd place overall | 3 rd place overall | 3 rd place overall |
| 1 st V40 | 1 st V40 | 1 st V40 | 1 st V40 |
| 1 st V50 | 1 st V50 | 1 st V50 | 1 st V50 |
| 1 st V60 | 1 st V60 | 1 st V60 | 1 st V60 |
| 1 st V70 | 1 st V70 | 1 st V70 | 1 st V70 |
| | | 1 st Junior U18 | 1 st Junior U18 |

MOST REPRESENTED RUNNING CLUB

| | |
|-----------------------|-----------|
| 1 st place | Runner-up |
|-----------------------|-----------|

The prize for the most represented club will be awarded to the club that best supports the event; having a combination of the most runners registered & the most number of members

volunteering on the day. The winning club will be awarded a brand new Trophy Shield, along with free places in next year's event.

VOLUNTEERING

Do you know anyone that might be willing to spare a few hours on event day? We simply couldn't run this event without lots of help. Volunteers run our water stations, marshal the route, hand out medals and much, much more.

If you know anyone that might be able to spare a few hours between 8:30am-12:30pm on Sunday 1st October 2023 then please do ask them to get in touch by email to leicestermarathon@gmail.com



NOT FOR PROFIT

Did you know that the Run Leicester Festival is an entirely not-for-profit event?
At the end of each event all proceeds raised through the event are donated to LOROS Hospice, which cares for more than 2,500 terminally ill patients and their families across Leicester, Leicestershire and Rutland every year.
If you'd like to make a donation to support LOROS please visit loros.co.uk/donate

