

# The Leicester Marathon Runners Guide

## Sunday 15th October 2017

<b>VENUE</b>	<b>Victoria Park, Leicester LE1 7RY START TIME 9:15AM</b>
<b>8.30am</b>	Call for all bags to be deposited in the left luggage tent
<b>9.15am</b>	<b>START - Leicester Full and Half Marathon, Main Race Victoria Park, Leicester.</b> START - Cummins Relay
<b>10.20am</b>	First Half Marathon finisher expected at Victoria Park
<b>11.00am</b>	Awards presented to the Half Marathon winners on the park
<b>11.45am</b>	First Full Marathon finisher expected back at Victoria Park
<b>12.30pm</b>	Awards presented to the Full Marathon winners on the park
<b>3.30pm</b>	Last Leicester Marathon runner expected in Victoria Park
<b>NUMBER</b>	<p><b>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></b></p> <p>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 fill out the back of your race numbers before you come!</p>
<b>PARKING</b>	There will be plenty of roadside parking around the Park and University of Leicester. Granville Road car park will be limited to pay and display. There is an NCP Car Park on East Street, which is only a 10-15 minute walk from Victoria Park.
<b>ROUTE</b>	<p>Please see website: <a href="http://www.leicestermarathon.org.uk">www.leicestermarathon.org.uk</a></p> <p>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.</p>
<b>TRANSPORT</b>	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. Road closures will commence from 8.30am onwards. Leicester Train Station is roughly 10 minutes walk from Victoria Park.

<b>ARRIVAL</b>	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. <b>DO NOT LEAVE ANY VALUABLES.</b> Please aim to deposit your bag by 8.30am. <b>YOU DO NOT HAVE TO REGISTER ON THE DAY</b> , your chip will automatically register as you cross the start line. Please arrange yourself in the correct finish time pen at the starting area. Please be realistic with your time.
<b>FIRST AID</b>	We have a 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 Ambulance at every water station and on the park. Please ensure that the medical form on the reverse of your race number is fully completed before racing.
<b>DRINKS</b>	Water & High 5 drinks are served in cups en-route approx. every 3 miles, High 5 isotonic gels are served from miles 15 & 21.
<b>CANCELLATION</b>	If you have to cancel and cannot make it on the day, you have until Tuesday 10th October to transfer your place to another runner or defer until 2018.
<b>SWEEP VEHICLE</b>	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 or jump on the sweep vehicle that will take you back to the finish. All runners must be able to run and not walk for the first 4 miles.
<b>MUSIC</b>	Headphones <b>MUST NOT</b> 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 to the race, your number will be taken and your entry disqualified and removed from results. You <b>can</b> play your music out loud, from arm and wrist MP3 holders.
<b>NOT ALLOWED</b>	Dogs, roller blades, MP3 headphones, walking in the first four miles and race assistance are not allowed.
<b>FINISH LINE</b>	You will receive your very hard earned medal, drink, banana and t-shirt.
<b>RESULTS</b>	The timing chip will be your official timing device. Your timing chip is attached to your race number. <b>Please do not tamper with it.</b> The chip records your Gun time and Chip time. The Gun Time is your official race time. Once again, <b>NO CHIP, NO TIME!</b>
<b>Good luck and enjoy the race!</b>	



**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.**