

The Leicester Marathon Runners Guide

Sunday 6th October 2019

Start Time: 8:45AM

VENUE	Victoria Park, Leicester LE1 7RY
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, Knights 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	<p>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></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 please fill out the back of your race numbers before you arrive in case of emergency.</p>
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	<p>Please see website: www.leicestermarathon.org.uk/route</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>
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.
BAG DROP, CHANGING AND START LINE	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. There will also be a changing tent available next to bag drop should you wish to use this before or after the race. Please note that you do not have the register on the day , your chip will automatically register as you cross the start line. Signage along the start line 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 to avoid having to overtake, or be overtaken by other runners.

T-SHIRTS	Souvenir race t-shirts were available to purchase when registering online. If you have ordered one of our technical t-shirts, it will be available to collect from the admin desk once you have completed the race. Your race number will be printed with the t-shirt size that you ordered. We are unfortunately unable to swap sizes on the day. If you decide you do want a t-shirt then a limited number of t-shirts will be available to purchase on the day at a cost of £5.60 from the admin desk after the race has started.
FIRST AID	We have full medical care and treatment available to all runners. We treat all medical matters as of paramount importance. Medical cover will be 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. Should you have any problems at any time please speak to the nearest marshal who will be able to contact first aid support via their team leader.
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 Tuesday 1st 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 marathon distance right up until the morning of the event if needs be. Please speak to a member of the team on the admin desk if you wish to swap distances on the day.
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 a vehicle to collect you and take you back to the finish area, however a wait may apply.
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	We regret that in line with UKA policy we are currently unable to facilitate running with dogs, roller blades, headphones, buggies. If you are unsure about anything please send us an email to leicestermarathon@gmail.com
FINISH LINE	All finishers will receive a hard-earned medal, can of water, banana and a goody bag.
RACE PHOTOGRAPHY	Official Race Photographers from AWOL Adventure will be based around the course to ensure you get the best photos on the day. Pre-order a package of at least three guaranteed photos (or your money back) before the race for a significant discount. Pre-race packages are available now, just visit awoladventure.com and search for 'Leicester'.
LAST MINUTE CHANGES	Please keep your race number safe. If you have any issues, need to swap your race number for a different distance, or lose your pack then we will have a limited number of replacement packs available. We will not post out any replacement packs however you can collect either the day before the race (Saturday 5th October) from the Phoenix Cinema, Leicester from 10am—2pm. Or alternatively from our admin desk on the day from 7am onwards.
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 resultsbase.net/event/4848 with results available shortly after the race has finished.
VOLUNTEERS	Do you know someone that might volunteer? The Leicester Marathon only takes place with the help of hundreds of amazing volunteers marshalling the route and cheering you all on to get round the course. Please do spread the word to any friends and family that might be available to help and send us an email to eventvolunteers@loros.co.uk
THANK YOU!	Thank you for signing up and being such a big part of the event. The Leicester Marathon continues to be a not-for-profit event with all proceeds for the event donated to LOROS, our local Hospice for Leicestershire and Rutland, helping to care for more than 2,500 terminally ill patients each and every year.