



Dear All

The next LRRL league race will take place on Sunday 28th February 2016 – the **STILTON 7**, hosted by Stilton Striders Running Club.

WHEN: Sunday 28th February 2016, 10.30am

WHERE: Race starts and finishes outside the **STUTE (Holwell Sports and Social Club, 41 Welby Road, Asfordby Hill, Melton Mowbray LE14 3RD)**.

TIME: Race starts at 10.30am.

Club registration will be in 2 rooms – the lounge and the skittle alley (an increase in space since previous editions of the race).

ROUTE: A 2 lap course, similar to the 2014 event, but being able to close Welby Road for the start has allowed us to move the start and finish and have a certified 7 mile race.

Water will be available at the mid point and end of the race and refreshments will be available at the venue.

CAR PARKING: Please can you remind your members that, given the large numbers of runners expected, **it is crucial that runners share cars**. To ensure a safe event, runners will not be allowed to park on the roads or small car park outside the venue – all cars should head to **Holwell Works (a short way north along Welby Road from Race HQ)**. Marshals will direct.

The club has worked hard to secure both more space at the venue and larger parking areas this year – if everyone follows the above advice, all cars and runners will have space.

SAFETY: As discussed at the recent LRRL meeting, there is an increasing issue with runners that take their cool-down run in the direction of those who are still completing the race. There will be a notice on the club tables setting

out the sanctions for any runners who continue to do this. Runners who want a cool down run should instead head along Welby Road (i.e. the first section of the course), or head the opposite way along the pavement next to the main road.

Whilst we of course hope not to need it, if there are any last minute issues such as adverse weather conditions, we will supply information via our website (www.stiltonstriders.co.uk) and social media as early as we can.

CONTACT: If you have any questions please contact us at:

stiltonstriders@yahoo.co.uk

Thank you for your co-operation with this event.

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