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# GRASS ROOTS

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## ***Sunday 15th July 2018, at 11.00am***

Welcome to the annual Burton Leonard 10K and 3K Junior Fun Run. Both courses are a challenging & undulating multi-terrain single lap, starting and finishing in the school grounds. The courses include tarmac village lanes, loose farm track, bridleway and field. The event has been an ongoing success for over 30 years and attracts both competitive club runners and many non-club runners from across the region. It is ideal as a competitive and testing 10K route but equally suits casual and non competitive runners who wish to enjoy a challenging, rolling route in the countryside. The event is a 'not for profit' operation, organised by the Burton Leonard 10K committee. Your participation is much appreciated. Please enjoy our village and these exciting courses.

### **10K Race Information**

**Start Time** - 11.00am

**Race HQ** - Burton Leonard School, Station Lane, Burton Leonard, HG3 3SJ. Please do not park here - use the car parks.

**Directions** - For sat-nav, use the Race HQ postcode **HG3 3SJ**. **Please arrive in good time**. The village gets busy. Allow yourself time to park, register, change, study the start/finish area and warm up etc.

**Parking** - There will be 2 car parks. The main car park is on Peter Lane, off the main village road. There will be an overflow area located in the Hymas haulage yard at the bottom of the village. Please follow the signs and steward's instructions.

**Race Start & Finish** - Burton Leonard School grounds. There is plenty of area to warm up near the start and it's excellent for spectators.

**Registration** - The HQ, inside the school, will be open from 09.00am. To register, just visit the desk to collect your race number & timing chip.

**Race Number** - You must complete the personal details form on the reverse of the number. Your race number must be worn on the front (pins will be available at HQ). Do not deface or fold the number. Do not swap numbers or timing chips with anyone.

**Timing Chip** - Collect your chip tag with your race number. Follow the fitting instructions. The tags are re-useable and must be removed and returned at the finish area. If the tag is not fitted, your time will not be recorded. If you collect a timing tag on the day but then decide not to run, please return it to race HQ.

**Race Briefing** - On the start line, 5-10 minutes before the start.

**Music devices** - Not allowed; these might affect your ability to hear race marshal's instructions, traffic or other runners.



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**Runner safety** - It is our aim to ensure the safety of runners, officials and spectators and to deliver a competitive and enjoyable event for all. As an entrant, you declare that you are medically fit and are suitably prepared to participate in this event. The organisers will not accept any responsibility for any injury, loss or illness caused to you during or as a result of the race or for any property lost or damaged during the event. Please read of Terms & Conditions of Entry.

You can find useful training and preparation advice on this website:-

[www.runnersmedicalresource.com](http://www.runnersmedicalresource.com)

**Toilets** - Please use the portable toilets conveniently located at the school near the start line. Reminder - do not relieve yourself in public and certainly not in the school grounds.

**Refreshments** - Available all day in the HQ.

**Changing & Baggage** - No changing facilities but baggage can be left in the HQ room : any personal belongings are left at your own risk and the organisers do not accept any responsibility for loss or damage of items. No showers available.

**Team tents & gazebo's** - please make use of the open space around the start/finish area within the school grounds.

**Water** - Station at the 5K mid-point, and at the finish area.

**First Aid** - St John Ambulance will be in attendance. There will be a medical tent at the finish area.

**Prize List** - Awards to the following:-

1st/2nd/3rd Male & Female overall.

Age group winners as follows:-

Males O40, O50, O60, O70

Females O35, O45, O55, O65

Teams - 1st Male & 1st Female team (1st 3 to count, must be wearing club colours and be a UKA registered runner).

Locals - 1st Male & 1st Female (Burton Leonard resident).

*One award per person.*

**Mementos** - There will be something to take away for all runners.

**Results** - Chip timing results sheets will be displayed near the finish line, as and when they come through. Full results on the event website later.

**Presentation of Awards** - To be done as soon as practicable - either at the finish area or inside the HQ - to be announced on the day.

**10K Course** - The race is operated under a UKA licence and will be adjudicated on the day by a UKA official. The 10K course is not officially measured as it is classified as 'multi-terrain' rather than a road race. The mapping distance is approx. 10K (give or take 100m). There is a good mix of running surfaces including clean tarmac, gravel bridleway and field. The profile is undulating rather than hilly. The first 1km out is flat/downhill. There is a stream crossing (via narrow bridge) at 1km (same bridge again at 9km). There are 4 cattle grids on the route - there will be a marshal at each and the adjoining gates will be open - all runners must use the gate opening and must not attempt to cross the cattle grid. There is a short, quite steep decent at approx. 4km - take care here, if it is wet, it can be slippery and there are a few tree roots. The water station is halfway (5km) at the end of a long grassy field. After this, there's a flat 1-mile section of tarmac road - a chance for some recovery or to up your pace! After 7km you head home via field track and farm track. The final 1.5km retraces your way out. See the profile - the last km has some uphill! There are distance markers (miles) and the final 400m/200m. Follow any instructions given by a marshal. The tarmac sections use very quiet lanes, however, there is a chance of traffic - so stay alert and use common sense. Trail shoes recommended if the ground is wet. The entire course uses public rights of way (except the school grounds), so feel free to practise the course in preparation for race day!



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## 10K Course Map



To view an active course map, see our website, or visit:-

[https://gb.mapometer.com/events/event\\_2401/burton\\_leonard\\_10k](https://gb.mapometer.com/events/event_2401/burton_leonard_10k)

## **10K Terms & Conditions of Entry**

By entering this event, the applicant agrees to the Terms and Conditions detailed below.

**Runner safety** - It is the organiser's aim to ensure the safety of runners, officials and spectators and to deliver a competitive and enjoyable event for all. As an entrant, you declare that you are medically fit and are suitably prepared to participate in this event. The organisers will not accept any responsibility for any injury, loss or illness caused to you during or as a result of the race or for any property lost or damaged during the event. You can find useful advice on this website:-

[www.runnersmedicalresource.com](http://www.runnersmedicalresource.com)

**Minimum age on race day** : 15

**Entry fees** - £13 (UKA registered running club members), £15 unattached runners (not a member of a running club).

**Race start** - 11.00am

**Entry method** -

On line via the **Run Britain** web site.

There is a link to this on our website or click the link below.

No postal entries available. No entries on the day.

Both entry methods close **Sunday 8th July 2018.**



<https://www.runbritain.com/entries/EnterRace.aspx?evid=74bf09ca5e66&erid=7cbb0ccd5e70>



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**Confirmation of entry** - Satisfactory completion of the online transaction or the receipt of the applicant's cheque confirms the applicant's place in the event. Online entrants will receive an automatic confirmation email from Run Britain. Applicants who use the paper entry form will receive a confirmation email if the applicant provides an email address on the form where indicated.

**Transfer of Entry and Deferral** - Applicants are not permitted to transfer their entry to another individual or defer their entry to the following season.

**Competitor Withdrawal** - If a competitor has successfully entered but finds themselves unable to race, it is not necessary to inform the organiser. If the competitor does not collect their race number and timing chip on the day, they will not be registered as a starter. Refunds are not possible.

**Race Information** - Race information is published on the event website [www.burtonleonard10k.co.uk](http://www.burtonleonard10k.co.uk). Any changes or notices will be updated on the website.

**Registration** - The race HQ (School) will be open from 09.00am. To register, all you need to do is collect your race number and timing chip in person. Please arrive in good time and register by 10.30am.

**Course** - Approx. 10Km, multi-terrain and undulating. The course license specifies this event as 'Multi-terrain' rather than a 'Road Race'. Subsequently, the course has not been measured by an approved UKA consultant. However, competitors can assume the course is 10Km, subject to a variation of up to 200m. There is significant off-road content with frequent loose and uneven ground. All competitors should be familiar with the demands and risks of off-road running. Suitable footwear must be worn. The course is not suitable for prams, pushchairs or wheelchairs.

**Use of music devices** - Not permitted (under UKA guidelines). Runners seen using them will be disqualified.

**Chip timing** - Collect your chip (otherwise known as a 'tag') with your race number from Race HQ. The tag must be fixed to one of your shoes - follow the fitting instructions displayed. The tags are re-useable and must be removed and returned at the finish area. If the tag is not fitted, your time will not be recorded. If you collect a timing tag on the day but then decide not to run, please return it to race HQ.

**Photography** - The organisers maintain the right to use images and photographs taken by their contracted photographers and organising team at the event without informing of, or recompense to, event participants. These images can be used for promotional purposes which may include advertising and media, printed informational items, editorial coverage and any other promotion directly related to the event or its sponsors.

**Prizes and Awards** - There are various awards as detailed in the race information section. One award per competitor. If a competitor qualifies for a second award, this will roll down to the next qualifying competitor. If a qualifying competitor is not present at the award presentation, the organisers will later attempt to contact that particular competitor to allow them the opportunity to collect the award. The organiser will not bear any cost in posting or forwarding awards or prizes.

**Cancellation** - In an unlikely situation which is beyond the organiser's control, we reserve the right to cancel the race at short notice. Entrants will be informed as soon as possible and the website would be updated. In such a case, all or part of your entry fee may be retained to cover expenses already incurred.



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