



Sunday 14th July 2019, 3K at 10.00am. 10K at 11.00am.

Welcome to the annual Burton Leonard 10K and 3K Junior Fun Run. The 3K is a challenging single lap multi-terrain course, offering an excellent opportunity for juniors to race competitively. It includes tarmac lanes, gravel track, nature reserve paths and a field section. The course is challenging for those who want to be competitive. Equally, the route is varied and scenic for those who just want to take part and enjoy it. The event is a 'not for profit' operation, organised by the Burton Leonard 10K committee. Funds raised support the school. Your participation is much appreciated. Please enjoy our village and this exciting course.

3K Fun Run - Race Information

IMPORTANT - It is a testing 1-lap multi-terrain course, cross-country style.

Its mainly off road and includes challenging sections of both downhill and uphill.

Not suitable for prams, pushchairs & wheelchairs.

Not suitable for younger toddlers who intend to 'walk' the course.

3K Fun Run start - 10.00am, starts and finishes in the school grounds.

Runner safety - It is our aim to ensure the safety of runners, officials and spectators and to deliver an enjoyable event for all. As an entrant, you declare that you (and/or the child under your care) is medically fit and is 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

Age limit - All ages can take part in the 3K Fun Run, families and 10k runners welcome to run with your child. Important - Whilst the course is marshalled, we ask that **Under 8's to be accompanied by a parent or carer over 15.** Accompanying parents / carers run for free.

Entry - £4.00. All entries are on the day from Race HQ (School). **Please enter and be at the start in good time.**

Race number - Wear your race number on the front (pins available at the HQ).

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

Start / finish area - Uses the same start/finish arch as the 10K; in the school grounds. Plenty of space to warm up near the start and excellent for spectators & supporters.

Water - At the finish area. ***Toilets*** - please use the portable toilets provided in the school grounds.

Music devices - Not allowed. You must be able to hear race marshal's instructions.

First Aid - 3rd party medical support will be in attendance. There will be a medical tent at the finish area.

Mementos - There will be something for you to collect at the finish line!

Award List - Awards to the following, **note only U15's qualify for awards:-**

Overall winners - 1st overall boy & 1st overall girl.

Age group winners as follows:-

Boys - 1st U13, 1st U11 and 1st U9.

Girls - 1st U13, 1st U11 and 1st U9.

Locals - 1st local boy & 1st local girl (Burton Leonard resident).

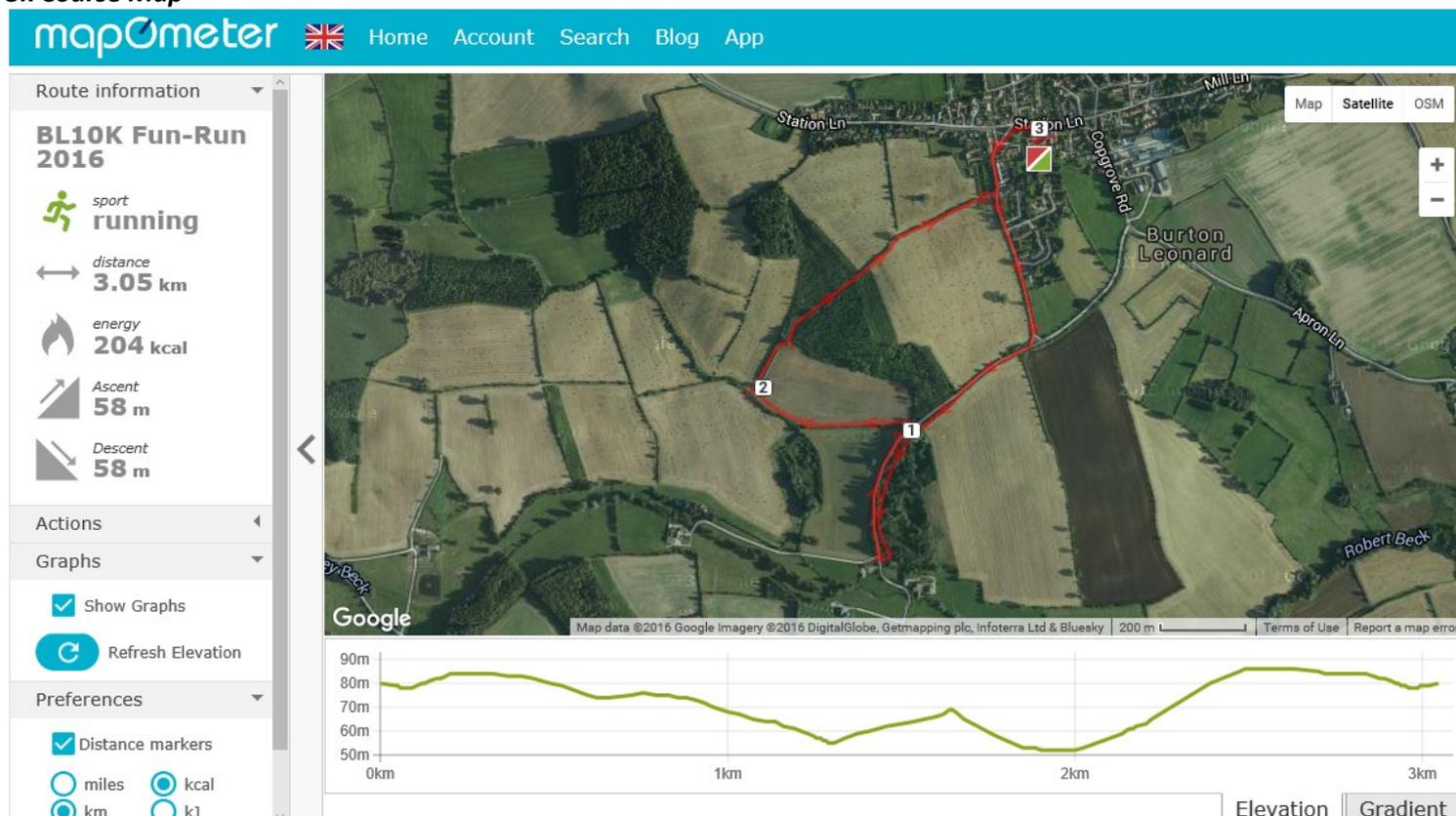
One award per person (if you win a second award, it will roll down to the next qualifying runner).

Results - The 3K Fun Run is not timed. The results will show only names of the U-15's and their finishing positions.

Presentation of Awards - To be done as soon as practicable at the finish area.

Course description- Approx. 3km, mainly off-road. **Not suitable for prams, pushchairs & wheelchairs.** Multi-terrain and undulating. Start and finish on the School field. Out via the top green. Run along Scarah Lane and descend Lime Kiln Quarries Nature Reserve path, the turning point is at the bottom of Limekilns via a marshalled swing-gate. Return up Lime Kilns Lane - half way up, take a left into a large open field, part of the Mountgarret Estate. Right turn at km 2; then there is a **challenging push home in the last km** which includes a **steep climb** before a flat open field. The runners rejoin Scarah Lane (opposite Prospect House) to re-trace their route. There's a fast downhill section over the top green, leading back to the school grounds. Sprint for finish line under the inflatable arch. Remember - Slight downhill on the way out and uphill on the way back! Save some energy for the return leg. A mix of tarmac, loose gravel track and off-road footpath. There is frequent uneven and loose surface. Wear suitable footwear. Not suitable for spikes.

3k Course Map



To view an active course map, visit:-

https://gb.mapometer.com/running/route_4239560.html

3Km Fun Run 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 (or the child under your care) 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

Age limit - All ages can take part in the Fun Run, families and 10k runners welcome to run with your child. Only U15's will qualify for the results & awards. Important - Whilst the course is marshalled, we ask that **Under 8's to be accompanied by a parent or carer over 15**

Entry Fee - £4.00 payable at the entry desk. (Parents / carers run for free).

3K Fun Run start - 10.00am; with a race briefing on the start line, 5-10 minutes before.

Entry Method - All entries are on the day at Race HQ (School). An entry form must be fully completed and signed by a parent or guardian.

Race Information - Further information is published on the event website www.burtonleonard10k.co.uk
Any changes will be updated on the website.

No use of music devices that might affect your ability to hear race marshal's instructions, traffic or other runners.

Course - Approx. 3km. **Not suitable for prams, pushchairs & wheelchairs.** Multi-terrain and 'hilly' with some loose and uneven ground. Start and finish on the School field. Out via Scarah Lane and Limekiln Quarries Nature Reserve, the turning point at the bottom of Limekilns. Slight downhill on the way out and uphill on the way back! Runners should wear suitable footwear. Not suitable for spikes.

Marshals - All runners must listen and obey marshal's instructions.

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.

Awards - Various awards are available - see the race information section. One award per person (if you win a second award, it will roll down to the next qualifying runner). The Race Director's decision is final.

Time limit - The combination of the course length and terrain is **unsuitable for anyone intending to 'walk' the race.** Due to time restrictions and marshals being required for 10K duties, there is an allowance of 35 minutes. If you are still on the course after this time, the finish line will be closed.

Cancellation - In an unlikely situation which is beyond the organiser's control, we reserve the right to cancel the race at short notice.