

Lethbridge 10k – UKA Licence 2019-36008
Race Advice
Wednesday 12th June 2019 - 7.30 PM Start.

- The start for this year's race is on the playing fields at Croft Sports Centre, which is the same location as the race HQ at Croft Sports Centre, off Marlborough Road, Swindon, SN3 1RA.
- Please make sure you have parked safely and courteously. Parking is available at the nearby Intel and also the Marriott Hotel. Please **do not park at Croft Sports Centre** so that there are spaces available for other users of the Sports Centre.
- Toilets, changing facilities and lockers are available at Croft Sports Centre.
- You can collect your race number from the race HQ at Croft Sports Centre from 6pm. This year we will again be using DBMAX's Bib Tag Timing so the timing chip is attached to your race number. You can find out more here: <https://www.youtube.com/watch?v=an6t6bNwXQo>
- Please write details of any serious medical condition and current medication on the rear of your race number. This will assist first aiders in the event of a medical emergency. Please do not run if you feel unwell or have just been unwell. St John Ambulance staff will be available at the finish and at the water station just after half way; speak to a marshal if you require help.
- Please respect the rights of any other footpath or road users. The route will be well marked and well marshalled. Please obey any instructions given by the police or marshals.
- Help us minimise waste by taking water bottles home with you and putting any litter in the bin bags that will be provided at the start and finish.
- Headphones. Parts of the course are on roads that are open to traffic so please can runners not run with music headphones.
- Running in someone else's race number can have serious consequences in the event of a medical emergency. If you give your race number to someone else please ensure your replacement either completes an entry transfer form on the night at race HQ or contacts us by email before race day so we are notified of the new runner's details.
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- The course will be the same as last year, see http://gb.mapometer.com/running/route_4322390.html (except for the last 50 meters which will take you to your right as you come down the slope through the trees - this will be well signed and marshalled).
- Water is provided just past halfway and at the finish. The Finish will close at about 8.45 PM. Changing rooms and showers are available until 9.30 PM.
- Awards, including numerous spot prizes, will be awarded after the finish of the race. This year the presentation is again planned to take place at the finish at approximately 8:45 PM.
- You will be able to get a print-out of your line to line time at the finish. Full results should be available on <http://www.lethbridge10k.org.uk> by the next morning and be available from DBMAX at <http://dbmaxresults.co.uk/results.aspx?CId=16421&RId=2253>
- as soon as the race has finished.
- All money raised goes to Lethbridge School via the Friends of Lethbridge Primary School.

Thank you for your support. Enjoy your run!