



Dear All

The first LRRL league race of 2023 will take place on Sunday 26th February 2023 – the **STILTON 7**, hosted by Stilton Striders Running Club.

WHEN: Sunday 26th February 2023

Entries: Entries will go live at 8:00pm Tuesday 31st January 2023 using this link <https://www.entrycentral.com/stilton72023>. Race limit is 550 and is open to LRRL affiliated club members only. However, in the unlikely situation that the 550 places do not sell out by 7th February they will then be open to non-affiliated runners.

Entry Fee: Affiliated £7 / Unaffiliated £9

Minimum age: 16 Years

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.

Portaloos and urinals will be in place to the side of The Stute for runners use plus a number of toilets inside the building.

ROUTE: A 2 lap course providing a certified 7 mile race - identical to the 2022 event. New this year - there will be a rolling road closure for the start of the race from the Asfordby Road roundabout all the way up to St. Bartholomew's Way (the first 1.5 miles off the race).

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

This year all LRRL races are returning to using 'gun times' for category positions (i.e. strict finish order), rather than 'chip times'. Rest assured - chip times will be published as well.

CAR PARKING: Please can you remind your members that, given the large

numbers of runners expected, **it is crucial that runners car share** where possible.

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 **the race car park (a short way north along Welby Road from Race HQ)**. Marshals and signs will guide you to/from the car park.

SAFETY: As in prior years, runners who want a cooldown run after the race should not head back towards runners who are still completing the race, but 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.

Similar to all such events, the club cannot guarantee the safety of any belongings left in the Stute.

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.

TRANSFERS: if you can no longer make the race, you can transfer your entry to another runner up to 17th February 2023 via Entry Central.

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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