



# Prestwold 10k

1 mile family fun run

2009 Race Details

Barrow Runners organising club – <http://www.barrow-runners.co.uk/>

Tenon

Sibley Mill Boatyard Ltd  
[www.sibleymill.co.uk](http://www.sibleymill.co.uk)



## Welcome

Thank you for entering one of this years events organised by Barrow Runners. This is the third year of the Prestwold Hall 10k and incorporates the Leicestershire Road Running League and the Midlands Masters 10k championships. In addition we would encourage runners of all abilities who we hope will help raise money for the Derbyshire Leicestershire and Rutland Air Ambulance, please see <http://www.dlraa.co.uk/> for details.

The course remains the same as last year, so while much of the race is on the old airfield it also takes in the village of Hoton and some of the quiet surrounding lanes. This keeps the flat profile while increasing interest and providing added wind protection.

We hope we get it right but always welcome positive feedback as well as constructive criticism. If we get it wrong we are sorry but please tell us as we always do all we can to ensure any mistakes are worked upon.

Remember the race is put on by volunteers without whom none of us could hope to take part in such events and we, as always are hugely thankful to the volunteers for their time, patience and enthusiasm. Also major thanks have to go to both Prestwold Hall and Everyman Motor Racing for their kind assistance in allowing the use of the facilities for the event.

Those of you that have taken part in our summer races in the past will know that it is often very warm. We will ensure that there are suitable water stations on the course to assist runners and water at the finish line to help recovery. Please ensure you take advantage of these facilities as well as taking water pre and post race.

Once again than you for taking part in the Prestwold 10k and we wish you the very best of luck with your run and hope you achieve your goal for the day and above all enjoy yourselves.

## Race Information Sunday 28<sup>th</sup> June 2009

**Venue:** Everyman Driving Centre Prestwold Hall, Prestwold Lane,  
Nr. Barrow on Soar, Loughborough, Leicestershire.

**Start Times :** 1 mile fun run – 9.45am 10k race – 10.30am

*Please be ready to run at least 5 minutes before your chosen race*

**Race day contact numbers 07721 788797 Or 07711 963943**

**Car Parking:** Ample car parking is available on site. Please enter the site where the race car parking signs will clearly direct you from Prestwold Lane. On arrival you will be directed where to park by marshals, please park with consideration and remember there are children about.

**Registration:** Your race number is enclosed. Please wear your race number on the front of your running top and remember to bring safety pins! **Your number must be clearly visible as you cross the finish line for your result to be accurately recorded.**

**Late entries:** Unfortunately due to the anticipated increase in numbers due to the inclusion of the LRRL and midland masters there will be no entry on the day for the 10k. Entries for the fun run are on the day only and will be taken at the registration desk up until 9.30.

**Results:** 10k results will be available off the clubs web site <http://www.barrow-runners.co.uk/> as soon as possible after the race. The 1 mile Fun run is intended to be a fun event and not a competitive race (we know the front runners will be however) and we will not be recording times, but we will arrange for a clock on the finish line to note your own time.

**Marshalling:** Marshals will be situated around the circuit to direct athletes in the correct direction. As some parts of the circuit are very wide, please do not take shortcuts and obey the Marshal instructions..

**Medical Support:** A race paramedic, technical assistant and ambulance will be available on site for both races provided by East Midlands Ambulance Service.



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**Toilets and changing:** Toilets and changing facilities are available on site and signs will direct you accordingly. Unfortunately the venue does not allow for showers and we apologise for any inconvenience this may cause.

**Refreshments:** Will be available and provided by Everyman Motor Racing.

**Bag Storage:** An area will be designated for secure bag storage for you during your run. Signs will direct you to this facility. Please do not leave valuables in your bag. You will require your race number to collect your bag.

**Sponsors:** We would like to add special thanks to our sponsors, **Tenon, The Royal Bank of Scotland and Sibley Mill Boatyard Ltd**, without their support we could not hold this event.

### Race Routes:

**1 mile fun run** – this will be staged on the opening part of the 10k race route close to the registration area. Signs will direct you to the start. The route is traffic free and on concrete/ tarmac roads in a circular route.

**10k** – this is entirely on concrete and tarmac roads, much of this is traffic free, however this year will include a section on public roads and while these are quiet care should be taken as always when running on public roads. The map of the route below will also be displayed on the day.

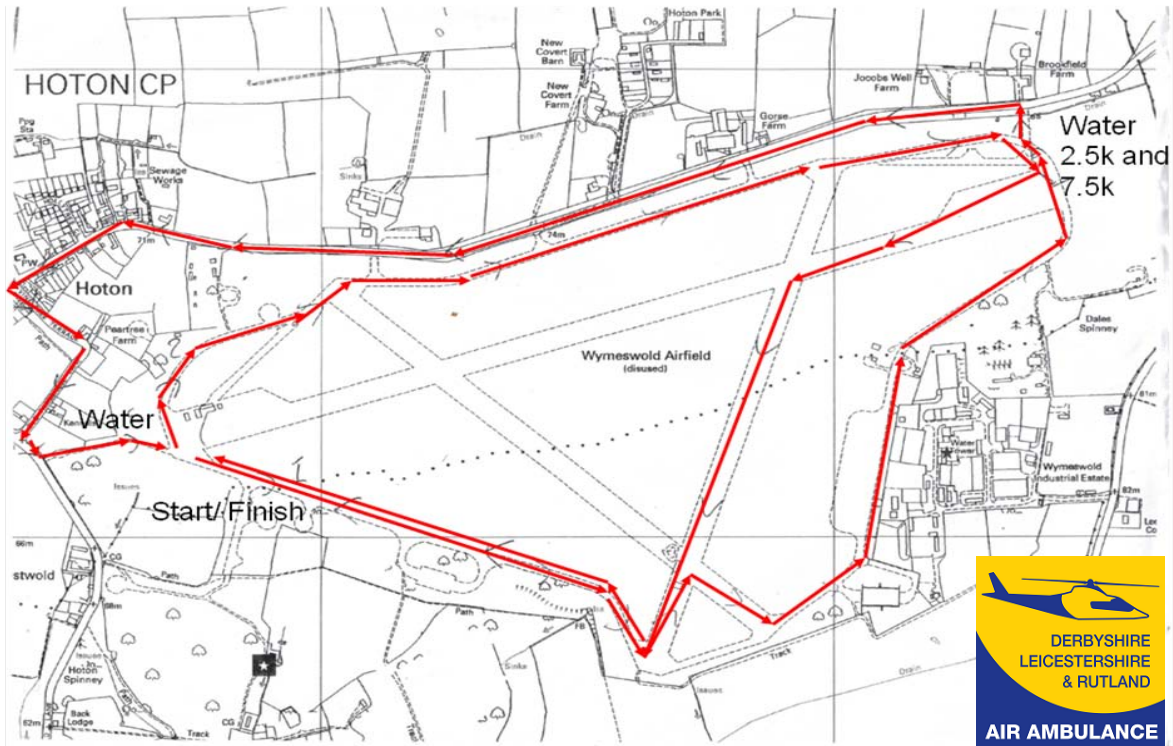
### Prize List:-

1 <sup>st</sup> Male / Female	£100
2 <sup>nd</sup> Male / Female	£75
3 <sup>rd</sup> Male / Female	£50
4 <sup>th</sup> Male / Female	£30
5 <sup>th</sup> Male / Female	£20

1 <sup>st</sup> Male / Female Vet 40	Vouchers
1 <sup>st</sup> Male / Female Vet 50	Vouchers
1 <sup>st</sup> Male / Female Vet 60	Vouchers

(Maximum one prize per person)

Held in support of the Derbyshire Leicestershire and Rutland Air Ambulance



2009 Prestwold 10k Route