

Rugby & Northampton Athletics Club

Rugby 10 mile

Sunday 8th October 2023, 10-30am start.

Barby, near Rugby

The following notes should tell you all that you need to know about the race. We look forward to welcoming you to the event.

The start is approximately 800 metres from the Race HQ so please allow 10 minutes to jog to the start.

Directions

The race headquarters is at Barby Cricket Club, Longdown Lane, Barby nr Rugby, CV23 8TR, courtesy of the Cricket Club.

Car Parking

There is ample car parking at the Cricket Club

Numbers & Registration

Numbers can be collected from Registration from 0830 on the day of the event. There is a limit of 300 Competitors for safety reasons.

Subject the entry limit not having been reached entries will be accepted on the day up until 1000.

The race is being managed via Roster Athletics this year and we would recommend that you download the **Roster Athletics App** to your phone.

Changing & Toilets

There are toilets and limited changing / shower facilities at the cricket club.

Start

The start is situated close to the Arnold Arms Public House in the centre of the village. There are no public toilets in the village so please use the facilities at registration and **do not use public areas or residents' gardens for that last minute wee.**

Also please note that the Arnold Arms now has new owners, so their carpark is not available to competitors.

It will be a Mass Start and 'Gun Time' will be used.

Course

The course is entirely on public roads, starting in Barby, passing through Kilsby, Hillmorton, Barby, Kilsby and returning to Barby. The last mile is the same as the first mile but is run in the opposite direction.

The course is undulating and includes 'Cart Hill' after 6 miles as well as climb in the final mile. This was part of the famous former Rugby Marathon Course.

Since the course is on public roads, for their own safety and that of marshal's competitors should be able to complete the course in **2h 00m**.

There will be a drinks stations on the course, at approximately 3.5 and 6 miles. There will also be drinks available at the finish.

Finish

The finish is outside the Arnold Arms Public House a few metres from the start.

Bar & Refreshments

Tea & Coffee will be available for purchase after the race and the Cricket Club Bar will also be open.

Results

We will display a set of provisional results as soon as possible after the race. The results will be available soon after each athlete finishes on a dedicated website.

<https://meets.rosterathletics.com/public/competitions/details/about?id=23796>

The results will also be visible in the **Roster Athletics App**

Prizes & Presentations

Prizes will be awarded in at least the following categories:

Senior Men, M35, M45, M55, M65, Junior Men, Senior Women, W35, W45, W55, W65 and Junior Women.

The presentations of both individual and team prizes will take place at registration at approx 12-30pm when we expect to have a full set of results available.

The NAA & medals will also be distributed at the same time.

Any questions??

Please e-mail me on randn.enquiry@virginmedia.com and I will try to answer.