



Leighton 10

Sunday 23rd September 2018

 [@theLeighton10](https://twitter.com/theLeighton10)



The 37th Leighton 10 mile road race

9.00am, Sunday 23rd September 2018

Vandyke Upper School, Vandyke Road, Leighton Buzzard, LU7 3DY



Dear Runner,

Thank you for entering this year's Leighton 10 organised by Leighton Buzzard AC and supported by *Up & Running*.

No pre-race information will be sent out by post unless an SAE is provided. Race numbers will be available for collection on the day. Your souvenir technical t-shirt will also be available for collection before the race.

- Location:** The following page shows a map to the race headquarters at Vandyke Upper School, Vandyke Road, Leighton Buzzard, LU7 3DY.
- Parking:** Car parking is available at the school and marshals will be on hand to direct you to the designated areas. Please do not park on the road directly outside the school as this is part of the course, or in the spaces in front of the school as this will form the finishing area. Where possible please car share to minimise our carbon footprint and assist with parking space.
- Venue:** Changing facilities, toilets and showers will be available within the school, and there is access to the sports hall as a communal area. Please bear in mind that we intend to use this venue for the foreseeable future so please respect the school and its surroundings.
- Baggage:** There will be a storage area for bags. Please collect a label and put your race number on it, well in advance of the start. Please note however that the organisers are not liable for lost property and we recommend keeping all valuables in a safe location.
- Race Start:** The start line is on Vandyke Road, directly in front of the school. Please ensure you are in position at the starting area 5 minutes before the start time as the race will commence promptly at 9.00am.
- Route:** The route has been officially measured and a map of the course can be viewed online at: www.mapmyrun.com/routes/view/17812472. The first 2 miles and last ½ mile are on closed roads. The route is undulating with the most challenging hill being at 9 miles before a fast downhill finish. There will be mile markers for every mile and marshals at every junction.
- Drinks:** There will be water stations on the route at approximately 2.6 miles, 5.8 miles, 8.0 miles and at the finish.
- Jelly Babies:** We will also have jelly babies at the water station at 5.8 miles.
- Safety:** Some of the roads are quite narrow and contain potholes so please watch your step. Please be aware that there will be traffic on the route and there are three major road crossings where you will have to listen to marshals' instructions. Marshals do not have the right to stop traffic and runners should be prepared to give way where necessary. In accordance with the UK Athletics rules for competition, the use of headphones and similar devices is not permitted.
- First Aid:** First aid will be on hand at the school and all marshals will be able to contact them should you require assistance.
- Massage:** Sports massage will be available courtesy of [The Sports Therapy Room](#). Donations to Healing Hands Network.
- Awards:** *Up & Running* vouchers will be awarded to the top three men and women, plus the first M40, M50, M60, M70, F40, F50, F60, F70 (one individual prize per person). The team competition is based on the first club team of 8 (to include at least 2 women) based on the placing of the 8th runner. There is also an award for the first local man and lady (qualification is through residence within the LU7 postcode or surrounding villages). The presentations will take place in the sports hall and we will endeavour to hold these around 11am.
- Results:** Results will be available on the Leighton Buzzard AC website on the afternoon of the race.
- Photos:** We will be offering free race photographs through our club Facebook page after the race.
- Catering:** A catering van will be located outside the school, serving a range of hot and cold food and drink.
- Contact:** If you have any queries please contact us at: leighton10@leightonbuzzardac.co.uk

We look forward to welcoming you on the day and hope you enjoy the race.

Leighton Buzzard Athletic Club



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www.leightonbuzzardac.co.uk

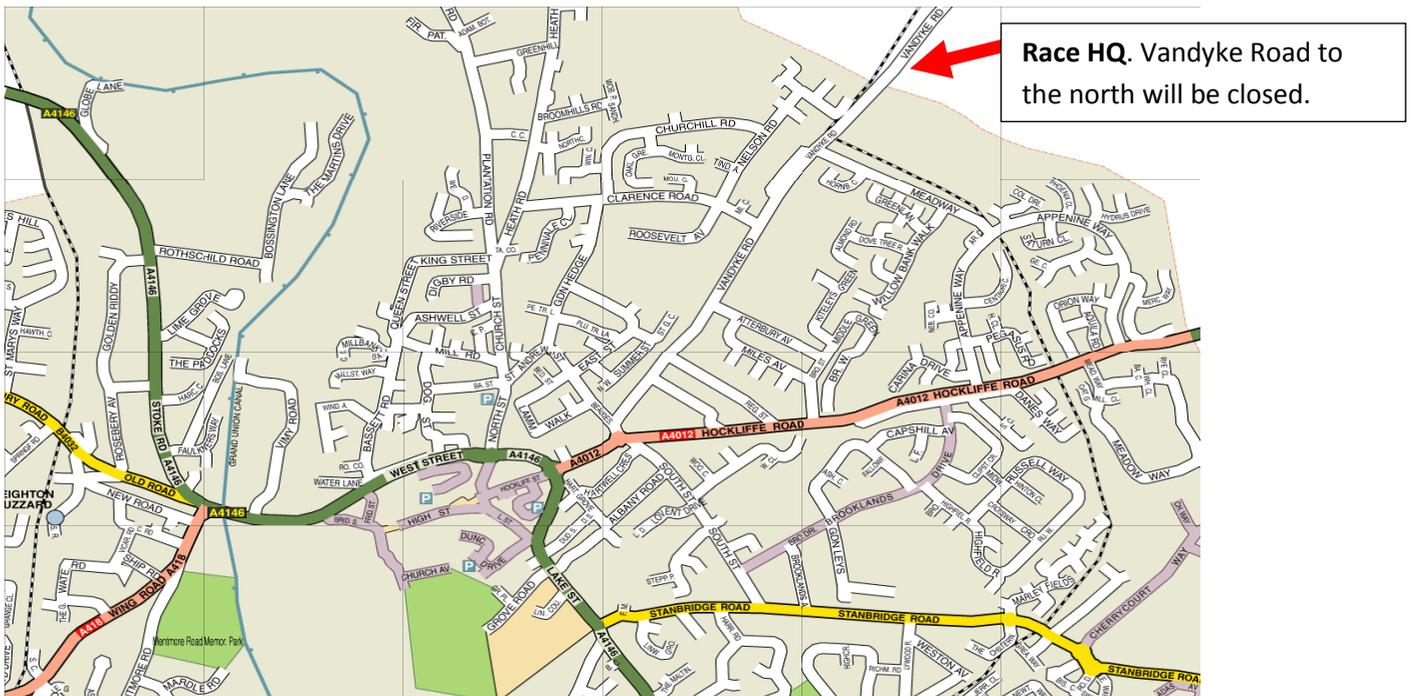
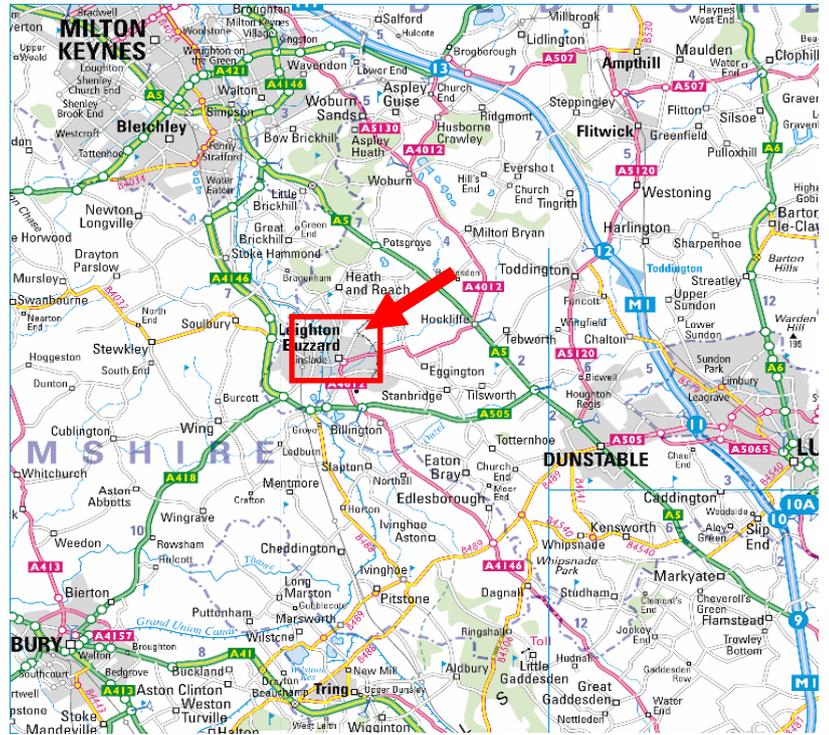
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Vandyke Upper School is located on Vandyke Road on the North East side of Leighton Buzzard. The postcode is LU7 3DY.

If you are approaching from the A5 Southbound, please come in to Leighton Buzzard through Hockliffe along the A4012 as we will be closing Eastern Way and Vandyke Road to the north.



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