



## The 38<sup>th</sup> Leighton 10 mile road race

9.00am, Sunday 22<sup>nd</sup> September 2019  
Ascott House, Wing, near Leighton Buzzard, LU7 0PR



Dear Runner,

Thank you for entering this year's Leighton 10 organised by Leighton Buzzard AC.

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

This year's race incorporates the **Bedfordshire AAA 10 Mile Championship**, qualification for which is through birth or nine months' residency within the county. You also cannot compete in two different county's championships in one year. There will be a list of Bedfordshire AAA entrants at the race HQ where you can be added or removed if you have entered in error.

**Location:** We look forward to welcoming you to our new venue within the grounds of Ascott House, a Grade II\* listed building and National Trust property in Wing. The race HQ is in the cricket pavilion and the house itself will not be open to visitors since it closes for the winter months. There are location and HQ maps within this information sheet.

**Parking:** Car parking is available at the house for around 300 vehicles and marshals will be on hand to direct you to the designated areas. Where possible please car share to minimise our carbon footprint and assist with parking space. After the race you may be asked to turn left onto Leighton Road (A418) towards Wing, where there is a roundabout which can be used for returning back towards Leighton Buzzard.

**Venue:** Changing facilities, toilets and showers will be available within the pavilion and additional toilets will be located outside. Please bear in mind that we intend to use this venue for the foreseeable future so please respect the pavilion 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 is along Well Lane, approximately 0.8 miles from the race HQ. This will be signposted from the race HQ. 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. The first 100 metres are on grass within a farmer's field.

**Route:** The route has been officially measured and online maps of the course can be viewed here:

Strava: <https://www.strava.com/routes/21284978>

MapMyRun: <https://www.mapmyrun.com/routes/view/2511211306>

The route is undulating with the most challenging hill inside the final mile, we hope you enjoy it as much as you enjoyed Shenley Hill on the previous course! There will be mile markers for every mile.

**Safety:** The first 100 metres are on grass, please take extra care and watch your footing, especially if it is wet. With the exception of short stretches at the start and finish, the entire course is open to traffic. We will have warning signs on the course and marshals at every junction, however our marshals do not have the right to stop traffic and runners should be prepared to give way where necessary. Please stay safe, look out for yourselves and each other, do not sacrifice your safety for the sake of a few seconds.

On the course you should remain on the left-hand side of the road at all times until 8.5 miles, where you will be crossed over to the right-hand side within the Ledburn 30mph zone and half a mile will be run towards oncoming traffic. Please listen to marshals' instructions, any refusal to cooperate will result in disqualification from the race. In accordance with the UK Athletics rules for competition, the use of in-ear headphones and similar devices is not permitted. It is essential that you are able to listen out for marshals' instructions and approaching vehicles.

**Drinks:** There will be water stations on the route at approximately 2.5 miles, 4.5 miles, 6.7 miles, 8.7 miles and at the finish. We will be using biodegradable cups.

**Jelly Babies:** We will also have jelly babies at all water station.

**First Aid:** First aid will be on hand at Ascott House all marshals will be able to contact them should you require assistance.

**Massage:** Sports massage will be available for £10 courtesy of [The Sports Therapy Room](#), with all contributions donated to [Spectrum Community Arts](#), which helps children and adults with learning difficulties.

**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 8<sup>th</sup> 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 pavilion and we will endeavour to hold these around 11am.

**Results:** Results will be available on the [Leighton Buzzard AC](#) website on the day of the race and uploaded to Power of 10 and RunBritain as soon as possible.

**Photos:** We will be offering free race photographs through our [Leighton 10](#) Facebook page after the race.

**Catering:** The tea room at Ascott House will be open on the morning of the race.

**Sponsors:** We are grateful for the support of our main sponsor [Chameleon Personnel](#) and also [Up & Running \(Milton Keynes\)](#).

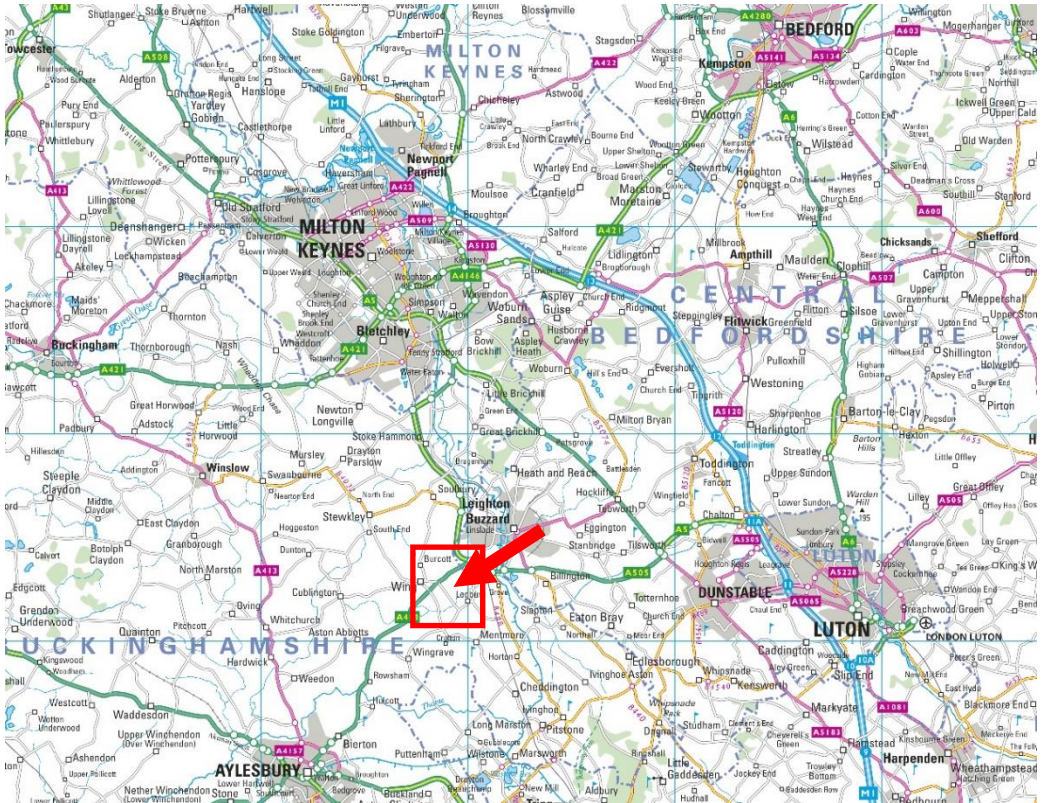


**Contact:** If you have any queries please contact us at: [leighton10@leightonbuzzardac.co.uk](mailto:leighton10@leightonbuzzardac.co.uk)

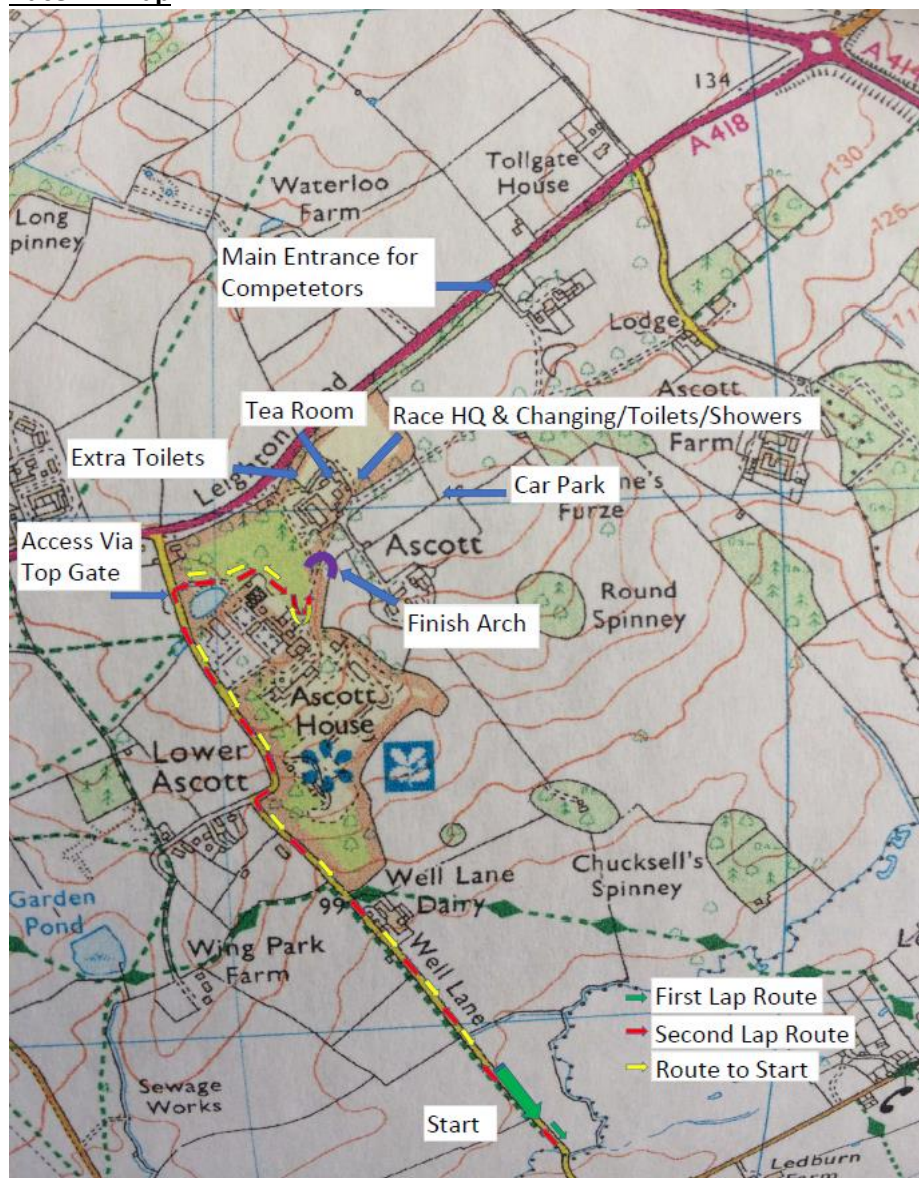
We look forward to welcoming you on the day and hope you enjoy the race.  
*Leighton Buzzard Athletic Club*

## Location Map

Ascott House is located on Leighton Road (A418) to the south west of Leighton Buzzard, the postcode is LU7 0PR.



## Race HP Map



## Course Map

