



## Ambitions Personnel Market Rasen 10K 10.00am, Sunday 11<sup>th</sup> October

### Race Information

**Race Numbers/Timing Chips-** These will be available to collect from Race HQ (address below) on the morning of the race. We aim to have Race HQ (located in the Exacta Bar) open from 8.15am and it will remain open until approximately 9.50am. You will be provided with everything you need to attach your race number to your bib/t-shirt and timing chip to your shoe.

**PLEASE ENTER ANY RELEVANT MEDICAL INFORMATION AND CONTACT DETAILS ON THE BACK OF YOUR RACE NUMBER**

**Directions and Parking-** Race HQ is located in the Exacta Bar at the address below. This will be signposted. Parking will be available in the public car park at Market Rasen Racecourse.

**Market Rasen Racecourse, Legsby Road, Market Rasen, Lincolnshire, LN8 3EA**

**Race Start-** Please make your way to the start line at least 10 minutes before the start to ensure the race can begin promptly at 10am. There will be a PA system present and a race commentator to provide information. Please listen out for marshals who will guide you in the right direction.

**Facilities & Refreshments-** There will be changing and toilet facilities available at the Racecourse. Water will be provided for all runners at the 5km mark and the finish. Bags can be stored at Race HQ if required although it is advisable to store your possessions in your car as lockers will not be available and the area will not be locked or fully supervised during the race. An external catering facility will be available to purchase refreshments.

**Health & Safety-** Please ensure that you are hydrated and have not consumed alcohol 24 hours prior to the race. Please wear appropriate clothing and footwear according to the weather conditions. In the event of extremely bad weather the Race Organisers have the right to cancel.

**Race Route & Finish-** Please listen out for marshals directions and follow the correct route. The course will be marked out per KM. At the finish line volunteers will remove your timing chip and water will be available. Goody bags containing your t-shirt will be available to collect from Race HQ (Exacta Bar) after you have finished the race.

**Prizes-** Presentations will take place in Race HQ (Exacta Bar) soon after the race has finished and results have been calculated. Please listen out for announcements. Trophies will be presented to the 1st, 2<sup>nd</sup> & 3rd place Male and Female runners. Prizes for age category winners are also on offer and where possible presented on the day.

## Market Rasen 10K Route Map



### Route Details

The route will start and finish on the Racecourse starting with a lap of the course before being directed off to a slight inclined 3km along Legsby Road which will lead you towards Dog Kennel Wood. You will then complete a loop through the woods which will see a change of surface and then back out onto Legsby Road again and back towards the Racecourse. A final lap of the racecourse will be made before crossing the finish line. Being Multi-terrain this means that you will be running on road, some grass areas and some uneven surfaces so please be aware of this.

**Enquiries-** If you have any enquiries or need to contact us about the race please do not hesitate to email [marc.rhodes@lincolnshiresport.com](mailto:marc.rhodes@lincolnshiresport.com) or call 01522 730 325.