

VELORUNNER-ENVISAGE KNIGHTON 20 AT KNIGHTON SOCIAL CLUB **ST20 0QH**

BASIC INFORMATION----PLEASE READ CAREFULLY

Please collect your race number on the day from Race HQ.

Parking: Marshalls will direct you to the correct parking area. Please do not park in any other area than designated.

The Race HQ is situated at Knighton Sports and Social Club post code as stated above.

Changing Rooms and Showers are situated on the Sports Club Site

Do check the **START AND FINISH AREAS**- which will be clearly marked inside the Sports Club grounds. Then remember that we share the roads and lanes with other motorised users and KEEP WELL TO THE LEFT AT ALL TIMES. Your safety is our concern! This course is 3 laps with a drinks station at the end of each lap and a drinks station situated also on the course.

Light Refreshments at very reasonable prices will be available before, during and after the race.

Results will be displayed as they become available

Prize and Award Presentation will take place at approx 1:30pm

Please note the 'time limit' of 4hours. This is to avoid unreasonable pressure on officials and supporting services- and in the interests of runners at a time when the weather is unlikely to be warm! Anyone continuing after 2:30pm must be responsible for themselves as 'pedestrians'. We expect to maintain skeletal services outdoors for a little while beyond this time and we shall endeavour to keep in touch with anyone still out on the course.

Shortly after each Drinks Station there will be a bin/bag for your used bottles please do not throw bottles over hedges.

IF YOU WISH TO CARRY YOUR WATER FOR A WHILE PLEASE DISCARD BY A MILE MARKER OR A MARSHALL.

PLEASE DO NOT DISCARD GEL WRAPPERS ON THE COURSE A BIN WILL BE PROVIDED AT THE END OF EACH LAP FOR THE WRAPPERS TO BE PLACED IN

Travel: Please allow yourselves a little extra travel time as the Race HQ is situated in a rural area.

KNIGHTON SPORTS & SOCIAL CLUB POST CODE ST20 0QH

10:30 START 8th MARCH 2020

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