



May 19th 2019



The WEST END 8 - the only 8 mile race in Leicestershire!

An officially measured one lap race, which starts and finishes at the Syston Rugby Club

Sunday 19th May 2019 – booking: <https://www.entrycentral.com/westend8>

All-important race details:

Venue: Syston Rugby Club, Barkby Road, Queniborough, Leicestershire LE7 3FE

Start: 10:30am

Distance: 8 miles, marked in miles

Race: Chip timed race open to all runners, minimum age of 16. Limited to 800 runners.

Entry: Cost £10 per club runner (£12 unattached)

Toilets / Changing: Available at the club house

Parking: at the Rugby Club. Space is limited, so please car share

Please do not park on Barkby Road or Queniborough Road/Main Street as this will impede the race route. Temporary no parking restrictions will be in place and will be enforced.

Registration: at the registration desks, which will be by club, or surname if unattached

Refreshments: the club bar should be open for soft / alcoholic drinks - teas, coffees and cake stall will be on sale by West End Runners

Safety: It is the responsibility of the runner to assess his/her own fitness to run. Also to ensure suitable clothing is worn for the weather conditions. All runners must keep to the left hand side of the road throughout the race unless directed otherwise by marshals.

Drinks stations: A drink station will be situated at approximately miles 4 and 7, water will also be provided at the end of the race for all runners

Property: all property left unattended at the venue is at the owner's risk

Dogs: none permitted on the Rugby Club grounds, by order of the owners – please don't be offended when we ask you to take your dog out of the Rugby Club grounds

Race queries: Contact Race organisers on we8@westendrunners.co.uk or Facebook <https://www.facebook.com/WestEnd8/>

Name changes: can only be made through the Entry Central system – **details on how to do this will be included in the confirmation email.** Pre-race changes can be made up to 9pm on Wednesday 15th May after that all changes will need to be made on the day.

Refunds and deferrals: are not permitted but name changes are allowed.

Race permit: 19/122