

# Welcome to the Naseby 1645

sponsored by



## TRAINING SHED

### **Time /Date**

9am on Sunday 18<sup>th</sup> February 2018

### **Location**

Naseby Village Hall

Haselbech Road

Naseby

Northamptonshire

NN6 6DE

There is parking on the field at the Village Hall but try to car share where you can.

### **Timings**

Registration will open from 7.30am to collect your timing chip and race number. Safety pins will be available.

We anticipate that the first finishers will be back from 10.15am onwards.

## Course

<https://ridewithgps.com/routes/23002425>

The race starts and finishes at Naseby Village Hall. The route is challenging and you are guaranteed a PB for the distance (for at least the first year!) as there is nothing like it in the area. It is entirely run on roads, many of which will be closed during the race to traffic, ensuring the highest standards of safety for runners. This is a challenging and undulating course having a total ascent of 289m, including running up the locally known “Dicks Hill” at mile 10.

## Water/Feed Stations

We are delighted to be supported by our official hydration and nutrition partners, Clif and Nuun. For more information about their products, please see:

<http://www.clifbar.co.uk/>

<https://nuunlife.com/>

Here’s what will be provided at each station:

### Mile 3

Water and Nuun

### Mile 6

Water and Gels

### Mile 10

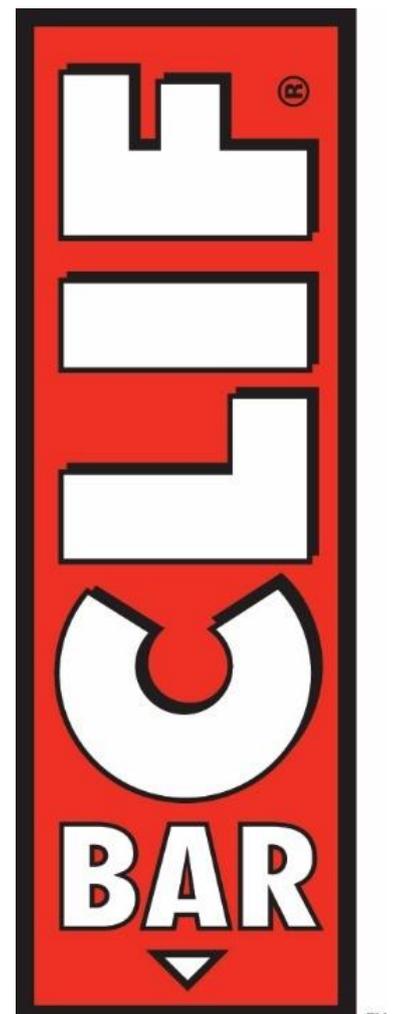
Water

### Mile 13

Water and Gels

### Finish

Clif Builder’s Bar and Water



## Photography

Free photographs will be available to download soon after the race finishes.

<http://www.mickhall-photos.com/>

## Results and Awards

Results will be available on the Race Harborough website and [Facebook](#) and [Twitter](#) pages by the evening of race day.

On the day, awards will be made to 1<sup>st</sup>-3<sup>rd</sup> overall male and female. Winners will receive a trophy and a massage courtesy of the event sponsors. AG winners will also be awarded a trophy in 10 year age groups.

All finishers will receive a long sleeved technical t-shirt and a medal.

## Massage

[Training Shed Market Harborough](#)

will be on site to provide free massage

for all competitors.



**TRAINING SHED**

## Catering

A selection of hot and cold food and drinks

will be available to purchase on the day from

[Taste Event and Outside Catering](#).



## First Aid

St John's Ambulance will be in attendance to provide first aid cover.

