



Marston Trouble 10K Trail

Thursday 13th September 2018

7pm start

Sponsored by

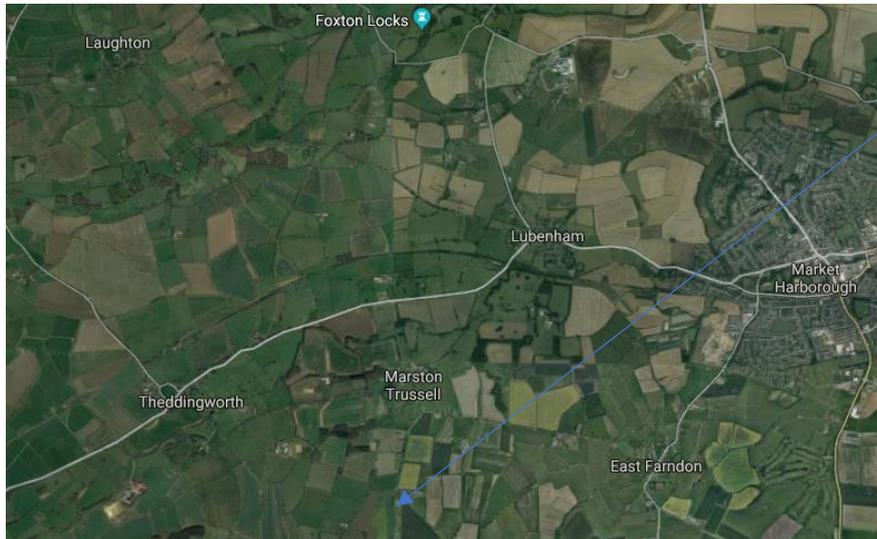


Welcome to the first of our events at Marston Lodge Farm.

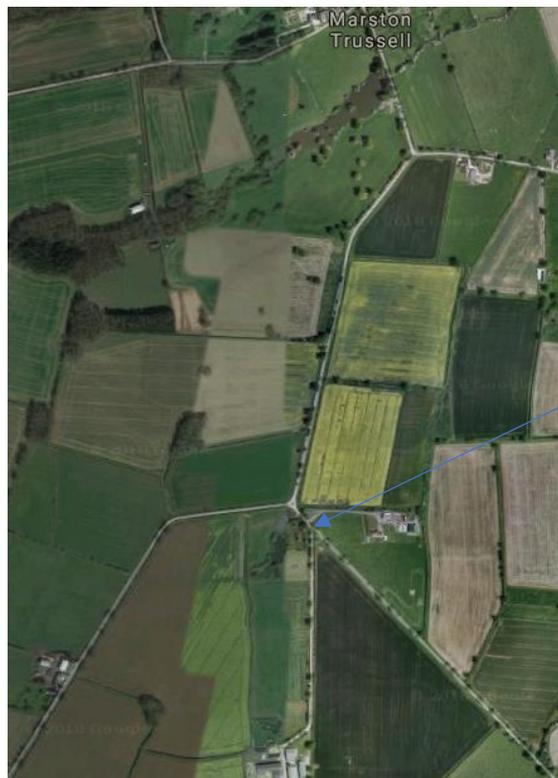
The venue will be signposted from Sibbertoft Road, Marston Trussell.

The postcode is LE16 9TT.

Marston Lodge Farm



Farm entrance



Registration

This will be open from 6-6.50 pm on site to collect your race number and timing chip. Please follow the signs. A race briefing will then follow ready to start at 7pm.

The Course

The 10K route follows farm tracks, field and edges and forest trails. It is best described as undulating. Under foot, the course is dry if uneven in places. Some of the paths are of gravel construction. Running in road shoes is fine unless they are prone to getting stones stuck in the tread pattern or if you would prefer the stability of a trail shoe. The route and the course elevation profile can be found here:

https://gb.mapometer.com/running/route_4802973.html

Pre-race

There will not be a water station on the course. There will be bottled water available before the race to ensure that you are properly hydrated and afterwards to re-hydrate. There will also be black cherry flavoured [Clif Shot Bloks](#) available for you to take with you on the run. Please do not litter. Single sachets of [Nuun electrolytes](#) will also be available to add to your water at the start.

Post-Race

We hope that after the race, you will want to hang around and enjoy the venue and each other's company.

There will be musical entertainment provided by classical guitarist [Paul Martin](#).

A warm up and post-race stretch will be provided by Danni from [Feel Good Yoga](#).

There will also be hot/cold food and drink available to purchase from [Taste Catering](#).

Best of all, you will get to proudly wear your exclusive maple medal while you drink your bottle of Marston Trouble Race Ale. This has been specially produced by the [Langton Brewery](#). We're sure that you'll love it.

[Clif Builder's Bars](#) will be available at the finish line to also aid recovery with easily digestible protein and carbohydrates. There will be a mix of chocolate and chocolate mint flavours.

Lighting

Sunset will be at around 7.30pm. This should make for a fantastic spectacle as the views around the course will be stunning. **It does however mean that unless you are a confident night runner, a head torch will be advisable.**

Photography and chip timing

Your free photos downloads are usually ready to view by the next day. Race results will be on the website and on the Race Harborough Facebook page later in the evening after we have cleared the site.

Charity

The charity that we have chosen to support is:

<https://theairambulanceservice.org.uk/>

They serve Derbyshire, Leicestershire, Rutland, Northamptonshire and Warwickshire. Thank you to everyone that has already donated. Any on the evening donations would be much appreciated.

Prizes

Prize giving will take place as soon as results can be confirmed for Top 3 Male and Female and Age Group Winners. We expect that this will be no later than 8.30pm.