

LEEK HALF MARATHON

2010

SUNDAY 22nd AUGUST

Regular runners will need no reminding that this is definitely one of the more challenging half marathon courses. But to reward you for your efforts, the majority of the course takes you along quiet country lanes through some of England's most attractive scenery.

For those interested in personal bests, don't be disappointed if you're 5 or 6 minutes slower on this one, when you compare it to a flat half marathon. What else would you expect when there's 1,220 feet of climbing involved?

Men's course record: 1 hr 10 minutes 13 seconds by Rob Deakin in 2001

Women's course record: 1 hr 23 minutes 9 seconds by Amy Green in 2005

As usual runners assemble at Brough Park Leisure Centre, close to Leek town centre, just off the Buxton Road (A53). The race starts from the park at 11.00 am. From there you'll run through leafy lanes up to Meerbrook village and then on past Tittesworth Reservoir. Upon joining the Buxton Road you'll encounter the only main road section on the whole route. Don't be put off, it's less than a mile and coned and taped off for your safety. You'll then start the ascent up 'The Roaches' through Upper Hulme village. All you've got to remember is the effort put in on this section is soon rewarded by magnificent panoramic views and three miles of descent back down to Meerbrook. From there on you'll retrace your outward-bound journey back to Leek. Do make sure you have something left for the last half mile up Park Road. It's a rather cruel climb back up to the finish line in Brough Park.

Registration, changing, shower facilities, nibbles and refreshments are all available at Brough Park Leisure Centre. To avoid last minute queuing and the possibility of not getting an entry on the day, try to arrive by 10.15 a.m. at the latest. You can find the Leisure Centre via the Internet by using its postcode ST13 6AT or via their website found on "www.leisure-centre.com" (select Leek). For those without Internet access, just head for the centre Leek and look for our yellow direction signs on the traffic lights on Buxton Road (A53), some 200 metres down from the Market Place.

Please note that all runners should report to Registration to obtain your free Half Marathon T-Shirt on race day before you run. It would be wasteful to try to predict and over order T-shirts. So you need to pre-enter, so that we can guarantee that you'll get a T-Shirt that fits you .

Every mile is marked around the course and water stations are positioned at the 3, 6 and 9 mile stages

If you're looking for accommodation in and around Leek it's worth contacting Leek Tourist Information Tel: 01538 483741 or Email: tourism.services@staffs Moorlands.gov.uk

www.staffs Moorlands-ac.co.uk

ENTRY FORM
25th LEEK HALF MARATHON
Sunday 22n August 2010

Surname

First Name Male / Female (delete as appropriate)

Address

.....

.....

Post code Telephone Number

Date of Birth Age on Day of Race

Are you attached to or affiliated to an athletics or running club? YES / NO

Name of affiliated club UK Athletics Registration Number.....

North Staffs Road Runners Number

Pre-Race Postal Entry is the only way we can guarantee that you'll get your free race T-Shirt.. On race day you'll need to be collected it from Registration before the run.

Please tick your T-shirt size: Small [] Medium [] Large [] Extra Large []

Declaration: "I hereby agree to adhere to UK Athletics laws. I am not under 17 years old. I accept that the organisers of the event will not be held responsible for loss, damage or illness caused during or as a result of the event. I declare I am medically fit to race and will only compete at my own risk."

Signed Dated2010

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Affiliated Club Runner £9 in advance
Extra charge of £1 for entries on the day

Unattached Runner £11 in advance

Cheques made payable to "Staffordshire Moorlands AC"

Please send the completed entry form, cheque and stamped addressed envelope (9x5) to:
Mick Hall, 1 Oak Avenue, Cheddleton, Staffordshire, ST13 7HY
Closing Date for receiving postal entries is 7th August 2010