

# LEEK HALF MARATHON

ORGANISED BY:



**SUNDAY 18 AUGUST 2013, 10.30 am.**

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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.

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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? Come to Leek, the Queen of the Moorlands, and enjoy our friendly hospitality and a rewarding race.

"Runners come back to the Leek Half-Marathon year after year, attracted by the great scenery and the challenge of a hilly course." – Runners World editorial

**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 10.30 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 half 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 as it's a short testing climb back up to the finish line and complimentary drinks 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 10.00 am. 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.leisurecentre.com" (select Leek). For those without internet access, just head for the centre of Leek and look for our yellow direction signs on the traffic lights on Buxton Road (A53), some 200 metres down from the Market Place.

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

Prizes awarded in all of the usual categories.

**Please note that all runners should report to Registration to collect your race number and to obtain your free Half Marathon T-Shirt on race day before you run. To avoid costly waste, **ONLY ENTRIES RECEIVED BY 5 AUGUST WILL RECEIVE A T-SHIRT**. Registration is open from 9 am.**

If you're looking for accommodation in and around Leek it's worth contacting Leek Tourist Information Tel: 01538 483741 or Email: [tourism@staffsmoorlands.gov.uk](mailto:tourism@staffsmoorlands.gov.uk)

Visit our website: [www.staffsmoorlands-ac.co.uk](http://www.staffsmoorlands-ac.co.uk) for information on joining or any race updates.

ENTRY FORM

# 27<sup>th</sup> LEEK HALF MARATHON

Sunday 18 August 2013, 10.30 am.

Surname .....

First Name ..... Male / Female (delete as appropriate)

Address .....

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Post code ..... Telephone Number .....

Date of Birth ..... Age on Day of Race .....

Are you attached to an athletics or running club? YES / NO (delete as appropriate)

Name of club .....

North Staffs Road Runners Number .....

Staffs AAA Championships (need to live or have been born in Staffordshire)? YES / NO (delete as appropriate)

**Pre-Race Postal or Internet Entry is the only way we can guarantee that you'll get your free race T-Shirt. On race day you'll need to collect it from Registration before the run. In the event of non-attendance, t-shirts will not be posted.**

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

Declaration: "I hereby agree to adhere to ARC rules. 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 .....

Dated .....2013

**Club Runner £12 in advance**

**Unattached Runner £14 in advance**

Late entries (including on the day) will be £11 (club runner) and £13 (unattached runner) as there are no t-shirts available for late (entries received after 5 August) or on the day entries.

Preferred entry method – online Sports Soft website: <http://www.race-results.co.uk/results/2013/index.php> (number to be collected from Registration on race day)

Alternatively, send the completed entry form, cheque (payable to Staffordshire Moorlands AC) to:  
Adrian Northcott, 3 Ashenurst Way, Leek, Staffordshire, ST13 5SB

**NB Numbers to be collected from Registration on Race Day from 9 am onwards**

**Closing Date for receiving postal/electronic entries (and guaranteeing a t-shirt) is 5 August 2013**