

2024

Love

loveluton.org.uk

Luton RunFest

5K, 10K & HALF MARATHON



RUNNER'S NOTES

Love
Luton
CONFIDENT • PROUD • POSITIVE



love **Luton RunFest** loveluton.org.uk
5K, 10K & HALF MARATHON
 Under UKA rules

Dear Runner

Congratulations on your entry into the **Love Luton RunFest**, we hope your training is going well and we look forward to seeing you on Sunday 13th October 2024.

There have been some slight changes from last year. All races still start and finish in the town centre, but have been slightly adjusted for an event better experience. They will be clearly marked out on the day.

It is really important that you read the runners' notes in detail, this will ensure your safety and make for a much more enjoyable run.

Runners packs can be picked up on the Friday and Saturday before the race or on the morning of the race. This will include your runner number and timing chip.

The following pages should provide you with all the information you need for a safe and enjoyable run.

If you are unsure on any points please contact events@activetrainingworld.co.uk

All our latest event news and updates will also appear on our Facebook and Twitter accounts! We encourage you to tag us into your updates!

On behalf of Love Luton and all our partners – **good luck!**

Love Luton Event Team



Event
 Timetable

EVENT & REGISTRATION DESK OPEN

7.15am

HALF MARATHON STARTING LINE

8.45am

HALF MARATHON BEGINS

9am

10K STARTING LINE

9.05am

10K BEGINS

9.10am

5K STARTING LINE

9.10am

5K BEGINS

9.15am

Presentations to the winners will happen throughout the morning at the main stage.

*Times may slightly change on the morning of the race, but please be at the start line in plenty of time and ready for the race to begin.

RACE OFFICIALS

Race Director

Sinead McNamara

Race Organiser

Linsey Sweet

Event Adjudicator

Robert Cook

Chip Timing and race management

Active Training World

eventchiptiming.com/results

Please email for additional information

events@activetrainingworld.co.uk

Official Photographs

CG Photography

Photographs will be available online after the event by visting

loveluton.org.uk/runfest/

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Race Number & Timing Chip

Your official race number and timing chip can be picked up on race day from the Race HQ, which is located in St. George's Square, Luton, LU1 2NG. For those wishing to collect earlier, you can pick up your race packs on the Friday or Saturday from Luton Central Library, located by St. George's Square.

When picking up your race pack, your timing chip will be attached to the back of your race number.

We ask all runners to be considerate when queuing for their race number and timing chip. There is plenty of space for people to queue safely and at a distance. Please do respect others. Marshals will guide and assist with any concerns.

Your number is personal to you and must not be used by another competitor without the prior consent of the race organisers. Secure your number to the front of your running vest with four pins (one in each corner), and ensure that it is clearly visible.

On race day, if you do not wear your chip you will not be registered with an official finish time.

There is **no** timing chip marquee at the finish line. This will be live on the website. The results of the race will also be emailed to you.



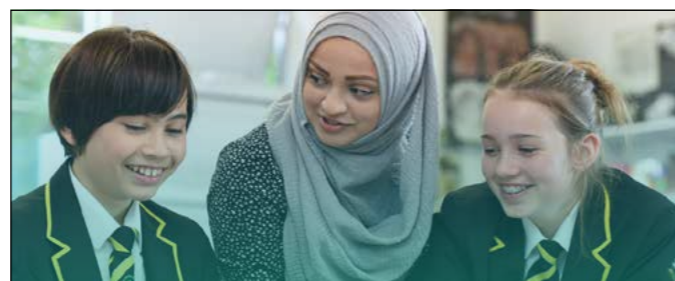
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Runners can pick up their race packs on Friday 11th or Saturday 12th October from Luton Central Library, St. George's Square, Luton LU1 2NG. Staff will be available from 10am to 4pm.

Or you can pick up your race packs from 7.15am on the morning of the race. Please do make sure you give yourself enough time.



Location, Facility Details & How To Get There

The Race HQ will be located in St. Georges's Square, Luton LU1 2NG.

There are a number of town centre car parks available. Runners can access the Crawley Road (LU1 1HT) car park free of charge (approx 8 mins walk from the start line). There are limited places available, so if you wish to access this, please ensure you arrive early.

<https://goo.gl/maps/NjHrfEyzJHPnnqPc7>

Other car parks available include:

Chapel Viaduct Car Park (£1 all day Sunday)

Vicarage Street (£1 all day Sunday)

There are also three multi-storey car parks and car parking on St. Mary's Road. The main Bus and Rail Interchange is just a 2 minute walk from St. George's Square. There are regular bus services from across the town that stop in the interchange. Please visit www.traveline.info to plan your journey.

Road closures will start to go in from 7:45am, so please make sure you have planned your journey accordingly as you do not want to get stuck behind a road closure.



The race and **START LINE** is located in **Luton Town Centre, St. George's Square, Luton, LU1 2NG**



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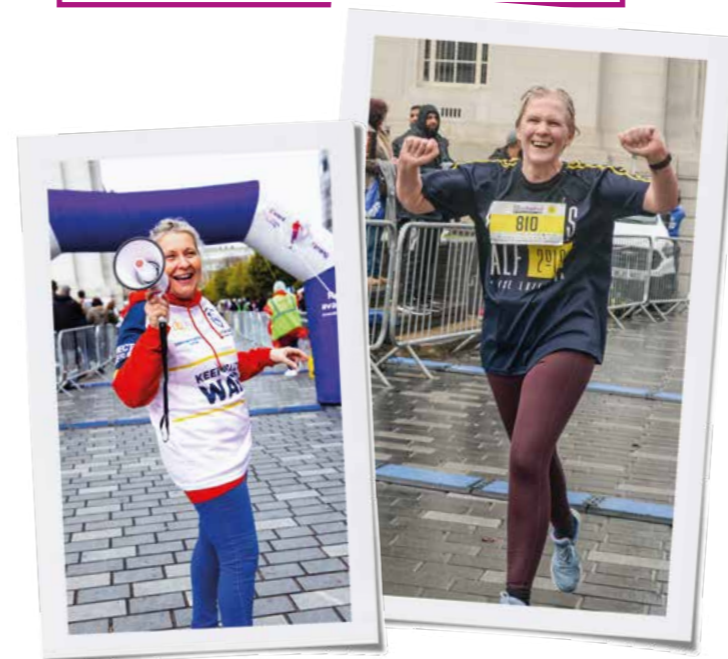
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VAUXHALL

Good luck to all the runners from the team at the Vauxhall Luton Plant!

The Start

The start line for all three races is just by St. George's Square (by Race HQ). It will be clearly signposted and marked up. The Half Marathon will be the first race. You should be at the starting point at 8:45am with the race beginning promptly at 9am. You are asked to line up in your finisher times – 1 hour to 1 hour 30, 2 hours to 2 hours 30 and 3 hours.

The 10k run is the second race. It will begin at approximately 9.10 - 9.15. You should be ready to line up from 9am (after the half marathon departs).

The 5k is the third race. You should be at the starting point from 9:10am and be ready to line up after the 10k departs.

Staff will call and direct all runners to their starting point prior to their race, so please listen for instructions.

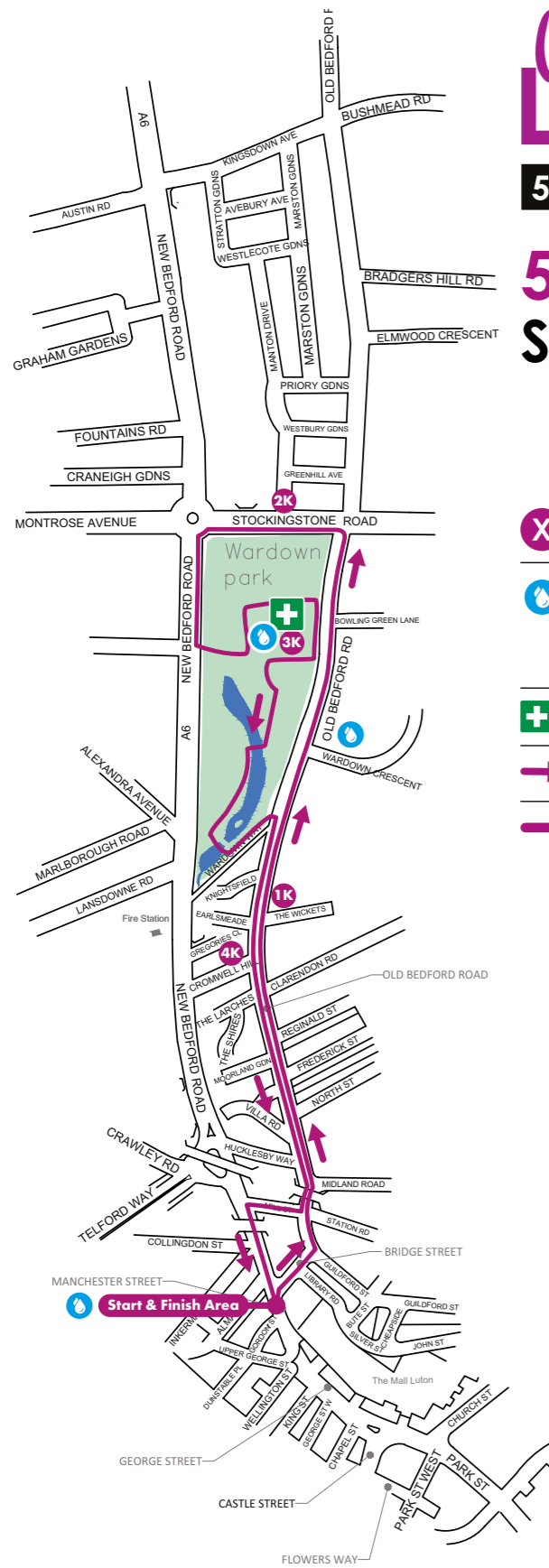
Public Transport

The main Bus and Rail Interchange is just a 2 minute walk from St. George's Square. There are regular bus services from across the town that stop in the Interchange. Please visit www.traveline.info to plan your journey.

Bag Drop

Kelly's Storage will be managing the Bag Drop on the day. This will be located in St. George's Square. This facility will be supervised, but no responsibility will be accepted for loss or damage.





Love Luton RunFest

loveluton.org.uk

5K, 10K & HALF MARATHON



5K ROUTE Sunday 13th October 2024

X Kilometre Markers

💧 Water Stations
all station locations are approximate

+ First Aid

➔ Direction

— Route



Love Luton RunFest

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5K, 10K & HALF MARATHON



10K ROUTE Sunday 13th October 2024

X Kilometre Markers

💧 Water Stations
all station locations are approximate

+ First Aid

➔ Direction

— Route



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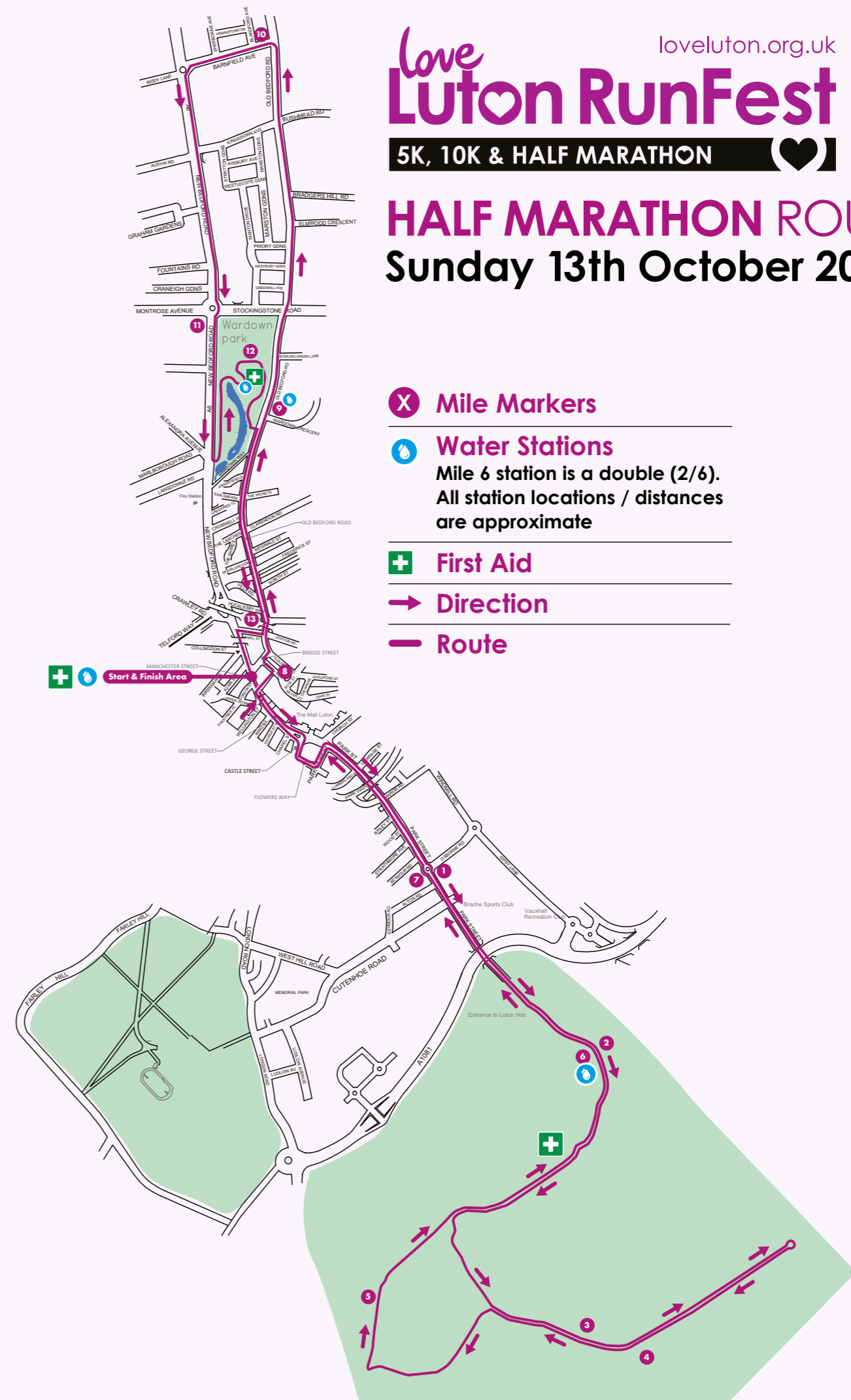
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VolkerFitzpatrick

Good luck to all the runners of the Love Luton Run Fest!

volkerfitzpatrick.co.uk





Do you know a local hero who deserves to be honoured?



Luton's Best Awards

Recognising Community Achievement for Fifteen Years



Love Luton is delighted to announce its 15th Luton's Best Awards

The awards mission has always been to shine a light on the unsung heroes in the community. Nominated by the public, previous winners have been from all walks of life, of all ages, and from all over the town. Their achievements are awe-inspiring and a lesson to us all.

They say they are ordinary people, but quite often their acts are truly extraordinary. Our winners come from hundreds of public nominations and stories of remarkable individuals and organisations. They are whittled down to a short-list from which our judging panel, made up of sponsors who all have a stake in the future and success of our town.

Our nominees are honoured at the glittering Luton's Best Awards ceremony which is held at the Luton Hoo Hotel, Golf and Spa.

This year's event will take place on Friday 17th January 2025.

Nominations are now open and will run until Sunday 1st December 2024.

You can nominate online by visiting the website: www.loveluton.org.uk/lutonsbestawards

Luton's Best 2024 Sponsors



The Courses

5K Course

The 5k course is a closed road race therefore runners have full access to the road. Distances will be shown in kilometres and the route will be sign-posted with marshals in attendance. Please note the 5k distance signage will be yellow. Please ensure you follow this signage throughout and pay attention. Marshals will also be on hand to support you as you may encounter runners in the opposite direction within your final Km.

10K Course

The 10k course is a closed road race therefore runners have full access to the road. Distances will be shown in kilometres and the route will be sign-posted with marshals in attendance. Please note the 10k distance signage will be green. Note there will be a U-Turn point at approximately 2Km. Please ensure you follow the signage throughout. Marshals will also be on hand to support you.

Half Marathon Course

The 13.1 mile course is a closed road race therefore runners have full access to the road. Please note there will be some car movement in the Luton Hoo, but this will be rigorously managed by marshals and there will be full signage.

When entering the Hoo, runners should KEEP LEFT and when returning to public roads keep right. Note there is a U-Turn point at approximately 6 miles. Distances will be shown in miles and the route will be sign-posted with marshals in attendance. Half marathon distance signage will be purple.



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Love Luton RunFest
5K, 10K & HALF MARATHON



Good luck everyone!

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Guidance

Obey marshals' instructions at all times. Across the course runners should generally keep to the left unless instructed otherwise but marshals and/or signage will give you clear directions.

PLEASE NOTE: **Runners are strongly advised NOT to wear earphones while competing in this event for safety reasons.**

If a runner fails to obey (or hear) instructions from the police or a marshal, he/she will do so at their own risk and the race organisers will not be held responsible. Dogs (or other animals) will not be allowed to accompany runners and neither will unauthorised cyclists be permitted to accompany runners. The finish is in the town centre adjacent to the Town Hall.

The course is NOT considered suitable for wheelchairs.

Water Stations

Water stations will be sited at approximately three mile intervals which are:

Half Marathon

- **Three** and **six** miles **Luton Hoo Estate** (double water stations are located between **three** and **six** miles, **nine** and **twelve** miles - Wardown Park)

10K

- **5K** and **8K**

5K

- **1.5K** and **3K**

- **Finish area**

Toilets

There will be toilets and changing facilities at **St. George's Square**.

For those running the half marathon – there will be toilet facilities in the Luton Hoo by the entrance/exit (near to mile 7).





Sunday 13th October 2024

love **Luton RunFest**

loveluton.org.uk

5K, 10K & HALF MARATHON

Volunteer Marshal
= Hero 2024

Come and join
the team

Community Interest Luton are thrilled to be working in partnership with Love Luton to manage the legendary volunteer campaign.

Each year hundreds of amazing people generously give their time to ensure a fun and safe race for all. There are lots of volunteering opportunities from marshalling through to assisting runners at the finish line.

To find out more email Aimee at:
volunteer@ciluton.co.uk

For further details on the annual event visit:
www.loveluton.org.uk/runfest

The Finish Line!

The course has a three hour time limit. Finishing times will be displayed on a clock at the finish.

Finishers medals will be available at the end of the race for all runners.

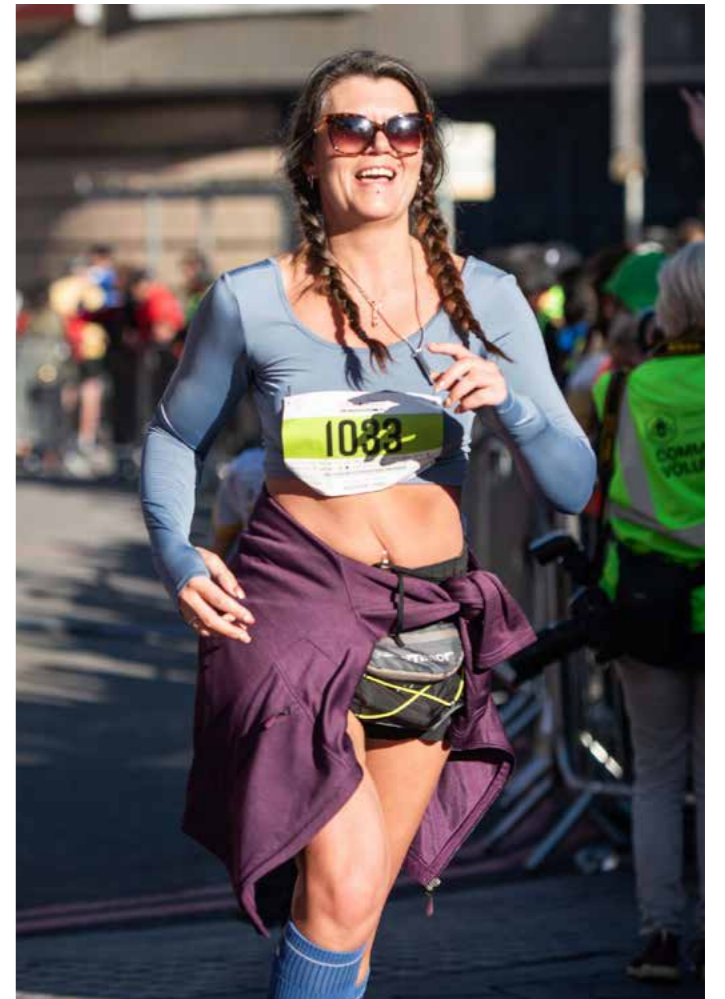
Water and refreshments will also be available at the finish line.

Photographs will be taken of runners at the finish and out on the course, which will be available for inspection via the website.

Official Photographs taken by **CG Photography**


Photographs will be available online after the event by visiting loveluton.org.uk/runfest/

Presentations to the winners will take place throughout the morning. This will be done on the stage in St. George's Square.



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Medical Information



On the day, please do not run if you feel unwell or have been unwell on the days prior to the event. Nearly all medical emergencies occur in such circumstances. It is unfair to yourself, your family and marshals to risk becoming a medical emergency. There is always another race.

PLEASE NOTE: Should you have a medical condition that first aid should be aware of, please give details on the reverse side of your race number.

The event is fully supported by ALR Training. A paramedic and first-aiders will be in attendance. It could be cold on the day so please do wear appropriate clothing for the weather conditions. Foil blankets will be available at the finish line.

Should you require any further information prior to the day, please visit our website loveluton.org.uk/runfest

or email events@activetrainingworld.co.uk

Particular thanks go to Community Interest Luton for their support in organising this event and to Active Luton for hosting Race HQ. Thanks also go to Pratts Bananas for the generous donation of bananas for our runners.

A huge thanks to the Luton Hoo Hotel, Golf & Spa for allowing the use of their wonderful grounds and finally thanks to the Love Luton partners as this event would not be possible without their sponsorship and support.



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AND WE'RE JUST TALKING
ABOUT WHAT WE DO.

Good luck to everyone participating
in the Love Luton RunFest 2024.

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Your chance to step forward



Become a Supporter

Be the heart of Step Forward Luton! Embrace the opportunity to become a valued supporter and join our uplifting community shaping the future of our vibrant town.

Become an Ambassador

Our lead ambassadors are at the forefront of Step Forward Luton, using their influential voices to celebrate the town and passionately defend its reputation.



Become a Business Ambassador

Business ambassadors play a key role in helping attract new investment and new businesses to the town. By supporting the wider initiative of Step Forward Luton, businesses can greatly benefit from increased exposure and awareness, opening up new opportunities for growth.



If you're ready to step forward for Luton, we'd love to hear from you! Email us at hello@stepforwardluton.co.uk



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A huge thank you to the Love Luton partnership for organising this event. Without sponsorship, this event would not be possible.

