

The EMGP Rugby Six

(Under UKA rules, BVAFA Grade 1 event, MCAA permit applied for)

Wednesday 19 July 2023 at 7:45pm

This race is part of the EAST MIDLANDS GRAND PRIX 2023

Course records : men - D.Payne 29:15 (1995)

women – Kate Ramsey 33:57 (2006)

VENUE : ST ANDREWS RFC, ASHLAWN ROAD, RUGBY

Race numbers will be available at registration from 6:00pm.

Changing facilities & showers for men and ladies are available at the venue.

Start and finish are adjacent to the clubhouse. The course is a single 6 mile loop of Ashlawn Rd, Onley Lane and Barby Lane.

Presentations will be in the bar after the race.

Entries on the night may be limited and subject to a £3 surcharge. Runners will be eligible for only one individual prize. The Registration desk will close 15 minutes before the start of the race.

ENTRY FEES : £10 (£12 unaffiliated) Entries on-the-night £13 (£15)

Cheques payable to : RUGBY & NORTHAMPTON AC

SEND ENTRIES TO : [Runbritain website](#)

DIRECTIONS : **From M1** leave at J18, follow signs to RUGBY (A428). On entering Rugby take left fork at the PADDOX public house (B4429 - Ashlawn Rd). [St Andrews RFC](#) is ½ mile on the left.

From M45 leave at J1, follow signs to RUGBY (A45), turn towards RUGBY at traffic lights in Dunchurch, take second exit at next roundabout (B4429 - Ashlawn Rd). [St Andrews RFC](#) is 1 ½ miles on the right.