NORTHANTS 5K RACE SERIES 2019
DEENE PARK RACE BRIEFING

Date of Event: **Wednesday 24th April 2019**
Venue: **Deene Park, Kirby Lane, Corby, NN17 3EW**
Parking Fee: **£2.00**
Time: <mark>**Race briefing: 19:10 Race Starts: 19:15**</mark>
UKA Race Licence Number: **2019-37877**

Parking
Please car-share if possible and arrive in plenty of time. The cost to park is £2.00 (CASH ONLY) park considerately to maximise the number of available spaces. Follow the signs to the 5K and enter the site via the Kirby Lane entrance where you will be shown where to park.

Baggage
No baggage facilities are available for this event, runners should turn up ready to run.

Event Control / Registration
Please head towards the red NSport gazebos just through the gate near car park. The registration desk will open at **6.00pm.** Refreshments / Snacks will be available to be purchased – CASH ONLY

General Health and Safety notices
Please ensure you are medically fit enough to run a 5 kilometre distance. If you have any medical conditions please make sure you list these, with any medication required and your emergency contact details on the back of your race number. The route is **multi terrain**. There will be some sections that might be uneven under foot. Please ensure you take care on the sections and make sure you are wearing appropriate, sturdy footwear. You will be provided with water upon finishing. Please make sure that on a hot day you bring enough water to see you through the course, as no refreshments are provided along the route. At Deene Park there are a couple of stretches of the route that will have **geese /sheep/lambs** in the field you will run through. Both won't cause you any issues as will move/fly away as you run past. Because of this there will be sheep/goose poo you will also need to try to avoid.

Race Number
You will be given your race number when you sign in on Race Day. Race Numbers are to be secured on the **FRONT** using safety pins (we will supply) and need to be visible at all times. **Please look after your Race Number if you have entered the Whole Race Series as you will need if for each of the 5 races.**

Minimum Age
The popular 5km race distance is suitable for people of all running abilities aged 11 years and over. On race day, 11 and 12 year olds must be accompanied by an adult entrant.

First Aid

St John Ambulance will be providing our medical support and will be based at event control and on the route. If you feel unwell or pick up an injury please report to the nearest Race Marshal or member of Northamptonshire Sport staff who will request medical assistance.

Dogs / Pushchairs

Due to the terrain and for the safety of all our other runners, no pushchairs / running buggies are permitted. Please note: Due to this being a private estate NO DOGS are allowed on site.

The Course

New and Improved route for 2019 - An amazing course at Deene Park, the beautiful home of the Brudenell family situated in the stunning countryside of East Northamptonshire. Deene Park is a ring fenced estate, bisected by the A43 road linking Corby to Stamford. The estate is centred on Deene Park with its medieval hall and designed landscape, gardens and parkland. The 5KM Route will take you through the lovely gardens and a mix of woodland, cattle fields (minus the cattle – although you will run past sheep and their lambs – but they will move out of your way) before bringing you back past the stunning house on the finish straight. A true "multi –terrain" you will be running on gravel paths, woodland trails, across fields which will give it a real 'cross country' feel. This course will be a challenge, but the beautiful scenery at each kilometre (and the sheep with their new lambs) will keep you going!

We would like to thank Brudenell Estates for all their help in putting this course together and allowing access to this wonderful site.

ELEVATION

Race Timing

Manual timing will be used for each event to the nearest second. We will aim to get provisional results on the website within a day.

KM Markers / Marshals (see maps – appendix 2 and 3)
There will be a KM marker at each kilometre. KM Markers will be located on the nearest post/stake to the kilometre mark. There will be Race Marshals at points throughout the course. These marshalls will be visible wearing yellow 'high vis' vests.

Finish
The Race has finished once you cross through the Red Gantry and sprayed line on the floor. Once you have crossed the line, please stay in order, without overtaking and walk to the end of the funnel where you will be given water and your race medal. Once you have gone through the finish line, do not go through again as this will affect all timings. Please ensure your Race Number is visible at all times.

Medals and Awards
Bespoke medals for each finisher (wearing a Race Number) these will be given out at the end of the finish funnel. Prize for 1st - 3rd male and female runner, which will be sent via post after each race. Whole Series winner trophy – Male and Female awarded on completion of Race#

Official Race Series T Shirt
As part of the package when you book the Whole Race Series you will receive a free T shirt. These can be collected when you sign in for your first race.

Photos
Share your photos of the morning and tag us on Twitter. @Nsport #5kraceseries2019
We will have an official photographer taking some snaps throughout the evening. These will be shared via our website and Facebook page.

Survey
Shortly after the race you will receive a link to our survey. Please take the time to fill this out. We continually strive to improve and your feedback is extremely important to us.

Our partners
To find out more about Deene Park and the Brudenell Estate please visit: http://deenepark.com/

If you have any further questions that are not covered in this briefing, please contact:
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