

NORTHANTS 5K RACE SERIES 2019
SALCEY FOREST RACE BRIEFING

Date of Event: **Wednesday 15th May 2019**
Venue: **Salcey Forest, Wootton Road, NN7 2HX**
Parking Fee: **£1.50 for up to 1 hour. £4.00 for 1 hour plus**
Time: **Race briefing: 19:25 Race Starts: 19:30**
UKA Race Licence Number: **2019-37877**



Parking

Please car-share if possible and arrive in plenty of time. The cost to park is £1.50 for up to 1 hour or £4 for 1hour plus. (one machine takes cards) There will be a member of The Forestry Commission taking manual card payments to try to ease pressure/queues at the machines. Please park considerately to maximise the number of available spaces.

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 **6.15pm**. Refreshments / Snacks will be available to be purchased from Grounds Café who have agreed to stay open. Why not register and then head over for a coffee.

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.

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 it 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. Whilst we welcome well behaved dogs to be with spectators, we do not allow runners to run with their dogs on the course.

The Course

The picturesque Salcey Forest will this year host Race2 of the Northants 5k series. This route was the highest rated route of 2018! We would like to thank the Forestry England for allowing us to host the race at Salcey again this year. You will notice this route is now a permanent fixture here at Salcey Forest as 5K way-markers have now been installed. The route is one of our flattest (you will be pleased to hear after Deene) and the majority of the track is stone paths. There is a section heading into the forest which has become a little churned up due to the recent heavy rain and the logging activity in the forest, so please do take care on this small section.

To keep the forest as natural as possible we won't be using spray paint out on the course. We will add a few of our arrows and KM markers but please follow the turquoise arrows on the wooden posts and of course you will see 10 of our wonderful marshals along the route to keep you heading in the right direction.

ELEVATION



KM Markers / Marshals

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 marshals will be visible wearing yellow 'high vis' vests.

Finish

The Race has finished once you cross through the Red Gantry and over the finish line (at Salcey this will be a line of sawdust). Once you have crossed 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 5.

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. Due to popular demand, we are going to order some more T shirts. Unfortunately these won't be available to collect at Salcey. Details will be on our website soon.

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.

Our partners

To find out more about Salcey Forest and Forestry England as they celebrate 100 years visit:

<https://www.forestry.gov.uk/salceyforest>

Grounds Café are staying open especially for the 5K Race. Please visit beforehand for a quick pre-race snack or treat your spectators to a coffee - <http://www.aecatering.co.uk/grounds-salcey/>

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

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