

NORTHANTS 5K RACE SERIES 2019
IRCHESTER COUNTRY PARK RACE BRIEFING

Date of Event: **Sunday 8th September 2019**

Venue: **Irchester Country Park, NN29 7DL**

Parking Fee: **£3.20 (card & coins)**

Time: **Race briefing: 10:55 (Race starts at 11am)**

UKA Race Licence Number: **2019-37877**



Parking

Please car-share if possible and arrive in plenty of time. The cost to park is £3.20 (the machine takes cash or coins but card payments can often be unreliable due to limited signal) Please park considerably to maximise the number of available spaces. There will also be staff in the car park that will be taking payments to ease pressure on the machines.

Baggage

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

Event Control / Registration

Please head towards the Red Northamptonshire Sport Gazebo which will be situated on the event field opposite the car park and next to the children's playground. The registration desk will open at **09:30**

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.**

Children's 2KM Race

We will be holding a children's 2KM race before the main race. Prices are just £3.00 per child for ages 4 – 11 years. Book on the day.

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

Whether this is your first multi terrain run or you are a more experienced runner, the varied terrain of Irchester Country Park in Northamptonshire is ideal. Running through the stunning surrounds of both open grassland and woodland make this an enjoyable event for all entrants. The course starts on the flat, grassed event field and passes alongside the café before heading into the park. The first challenge is the grass hill just before you reach the 1KM marker. Currently a little muddy, but fingers crossed some nice weather this week will create better conditions under foot. The remaining 4KM offer a mix of surfaces and as shown below the Irchester course is undulating throughout as shown on the elevation chart below.

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. To help out the timing team, please only cross the finish line once and ensure your race number is visible.

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. 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 – please stay around to see the 2019 Male and Female Whole Series Winners Award Presentation (by 12noon, straight after the last runner goes through the gantry)

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. If you have ordered a T Shirt – these will be available for collection at Event Control. If you didn't make the online order deadline, don't worry we still will have a small selection for sale.

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. If for any reason you do not want your photo to be shown on these platforms please see event control and they will record your race number.

Our partners

To find out more about Irchester Country Park and all the other beautiful Country Parks across Northamptonshire, please visit: www.northamptonshireparks.co.uk

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

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