

**NORTHANTS 5K RACE SERIES 2019**  
**DELAPRE RACE BRIEFING**

Date of Event: **Wednesday 19<sup>th</sup> June 2019**  
Venue: **Delapre Abbey, London Road, Northampton, NN4 8AW**  
Parking Fee: **FREE**  
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. Parking is FREE! Please park considerately to maximise the number of available spaces. Once all official parking spaces are used you will be directed to park on the overflow carpark (field)

**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 field adjacent to the overflow car park. The registration desk will open at **6.30pm**.

**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.

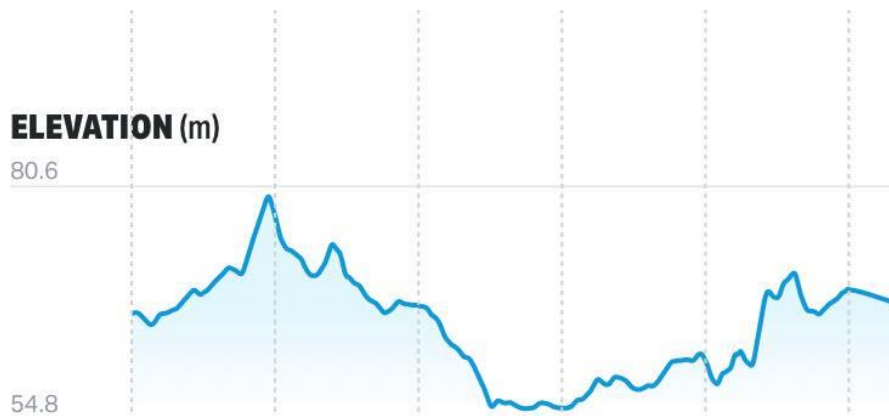
### Dogs / Pushchairs

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

For the 3<sup>rd</sup> year running we are at the historic Delapre Abbey. The route starts outside the beautiful Abbey, before taking in some of the grounds around Delapre Park Lake. Heading deeper into the park alongside Delapre Golf Course following the paths to the lake. A real mix of terrain, from grassland to woodland to lake shore – all surrounded by the splendid ancient trees.

We would like to thank Northampton Borough Council and Delapre Abbey Preservation Trust for allowing us to use this a venue for the series. This is a multi-terrain course within Delapre Abbey and through Delapre Park trails. A great mix of varied terrain and as a bonus - this is one of our flatter courses 😊



### 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 marshalls will be visible wearing yellow 'high vis' vests.

Northamptonshire Sport • One Angel Square • Angel Street • Northampton • NN1 1ED

### **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 1<sup>st</sup> - 3<sup>rd</sup> 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. 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 Delapre Abbey, including the new Orangery Café please visit: <https://delapreabbey.org/>

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

[joanna.danvers@firstforwellbeing.co.uk](mailto:joanna.danvers@firstforwellbeing.co.uk)