

NORTHANTS 5K RACE SERIES 2021
DELAPRE ABBEY – RACE BRIEFING

Date of Event: **Sunday 3rd October 2021**
Venue: **Delapre Abbey, London Road, Northampton, NN4 8AW**
Parking Fee: **Parking is FOC**
Time: **Race Starts at 10:30am. Race Briefing 10:20am**



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

There will be an Event HQ at each race (Nsport red gazebo) for questions and Race Number replacements. **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. Under no circumstances swap your number or give your place to another participant – we need to know all the participants on site for our Covid-19 responsibilities.**

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. 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. **Do not attend if you have shown any Covid-19 symptoms in the 14 days preceding event day as outlined by the NHS**

Race Number

Race Numbers are to be secured on the **FRONT** using safety pins (we will supply) and need to be always visible. **Under no circumstances swap your number or give your place to another participant – we need to know all the participants on site for our Covid-19 responsibilities.**

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

Maze Events will be providing our medical support and will be based near 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

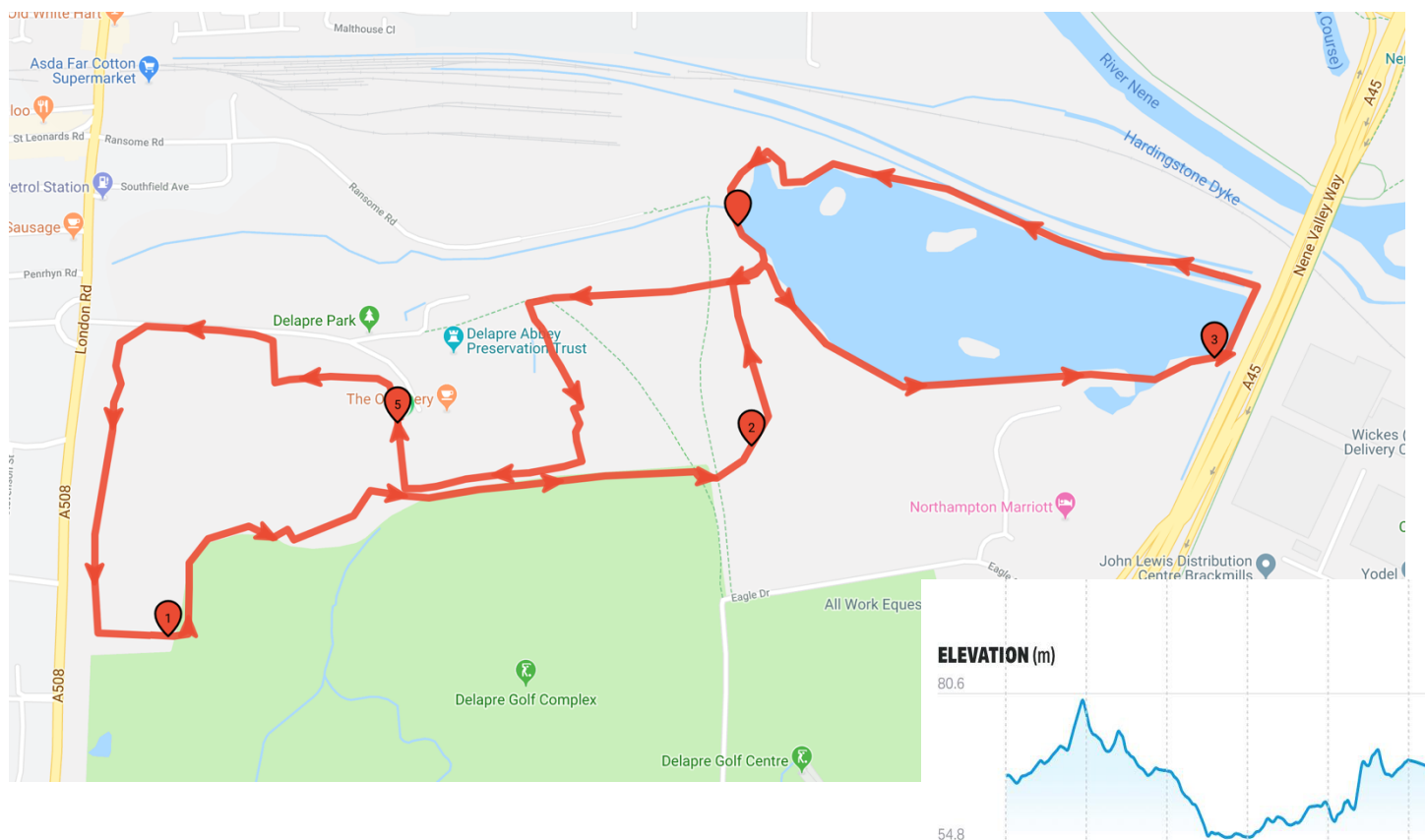
Due to the terrain and for the safety of all our other runners, no pushchairs / running buggies are permitted. Whilst we welcome well behaved dogs to be with spectators, we do not allow runners to run with their dogs on the course.

The Course

For the 4th year we are at the historic Delapre Abbey and home of the Northamptonshire Sport team. 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 West Northamptonshire 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 😊

Please ensure that if you are overtaking you do so by taking a wide berth. Avoid running in large groups and be aware of your personal hygiene e.g., avoid spitting



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.

Start

We will be trickle feeding runners every few seconds. As soon as you pass across the timing mat your time will start.

Finish

We will be using our new Race Timing Equipment for the 5K Race Series for the first time. The Timing Chip will be a sticker on the back of your Race Number. Please ensure you don't put a safety pin through the sticker when you pin the number to your shirt. The Race Number must be visible and not under clothes. You will get a text with the link to the Results page and an email link from Northamptonshire Sport. Any challenges to the times must be made within 48 hours.

Medals and Awards

Bespoke medals for each finisher (wearing a Race Number) these will be available at the end of the finish funnel – self serve as stated in our Covid Safe Plan. Whole Series winner trophy – Male and Female awarded on completion of Race 5.

Refreshments

Participants to bring their own hydration to the event. We won't be supplying water at the end of the race as we have done in previous years.

Virtual 5K Option

Never miss out on completing the series and collecting all 5 medals! You are eligible for the Virtual 5K if you have booked onto each of the 5K Races. Run the route at a time or date you can do, send in a selfie and we will send you out the medal! See our website for details: <https://www.northamptonshiresport.org/virtual-5k-offer>

Photos

Share your photos of the morning and tag us on Twitter. @Nsport #5kraceseries

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 Delapre Abbey and their events, visit: <https://delapreabbey.org/>

Further Information

For further information about this Race or the 5K Race Series please visit our website and have a read through our FAQs: <https://www.northamptonshiresport.org/northants-5k-race-series>