

**NORTHANTS 5K RACE SERIES 2021  
BOUGHTON HOUSE RACE BRIEFING**

Date of Event: **Sunday 20<sup>th</sup> June 2021**

Venue: **Boughton House, Geddington Road, Kettering, NN14 1BJ – use sat nav until see brown tourist signs for Boughton House and then follow these.** See the directions PDF that I have also attached.

Parking Fee: **FOC**

Time: **Wave starts from 10:30am (see Wave times overleaf)**



**Parking**

Please car-share if possible (and safe to do so) and arrive in plenty of time – although **please do not arrive before 09:15 as gates will not be open!** There is no fee to park, but it is on Boughton House lawn, so please drive slowly and follow guidance from the carpark marshals. Please park considerately to maximise the number of available spaces and to ensure others can leave if they finish before you. Prepare as much as possible in/around the car, before heading the start area.

**Baggage**

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

**Event Control / Registration**

If you haven't collected your Race Park / Number, please head for the Registration area, and let the staff know your name, or your Race Number if you have. There will be an Event HQ at each race (Nsport red gazebo) for questions and Race Number replacements.

**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. **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.**

**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.

### **Wave Starts:**

We will be starting runners in a steady trickle feed. Your time will start and finish as you run over the timing mats. On arrival, you will find yellow signs on wooden stakes. These will have the following Wave information on. If you can gather by the sign reflective of your expected finish time – you will be called to the start line when we are ready for you.

**The Wave Signs will display the following: Please note: Times are approximate. We will aim to start people at 10:30am, but then as quickly as we are able after this time.**

**10:30 – Wave 1** Please stand in WAVE 1 if you estimate your 5K Finish time to be less than 22minutes.  
Wave 1 will go first at 10:30

**10:32 – Wave 2** Please stand in WAVE 2 if you estimate your 5K Finish time to be between 23 – 25minutes.  
Wave 2 will go at 10:32

**10:34 – Wave 3** Please stand in WAVE 3 if you estimate your 5K Finish time to be between 26 – 29minutes.  
Wave 3 will go at 10:34

**10:36 – Wave 4** Please stand in WAVE 4 if you estimate your 5K Finish time to be 30 minutes.  
Wave 4 will go at 10:36

**10:38 – Wave 5** Please stand in WAVE 5 if you estimate your 5K Finish time to be between 31 – 34 minutes.  
Wave 5 will go at 10:38

**10:40 – Wave 6** Please stand in WAVE 6 if you estimate your 5K Finish time to be between 35 – 39 minutes.  
Wave 6 will go at 10:40

**10:42 – Wave 7** Please stand in WAVE 7 if you estimate your 5K Finish time to be 40 – 60+ minutes.  
Wave 7 will go at 10:42

### **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.

### **Toilets**

Toilets are situated next to reception in the stable block. Just head under the archway and they are at the end of the block on the left-hand side.

### **Dogs / Pushchairs**

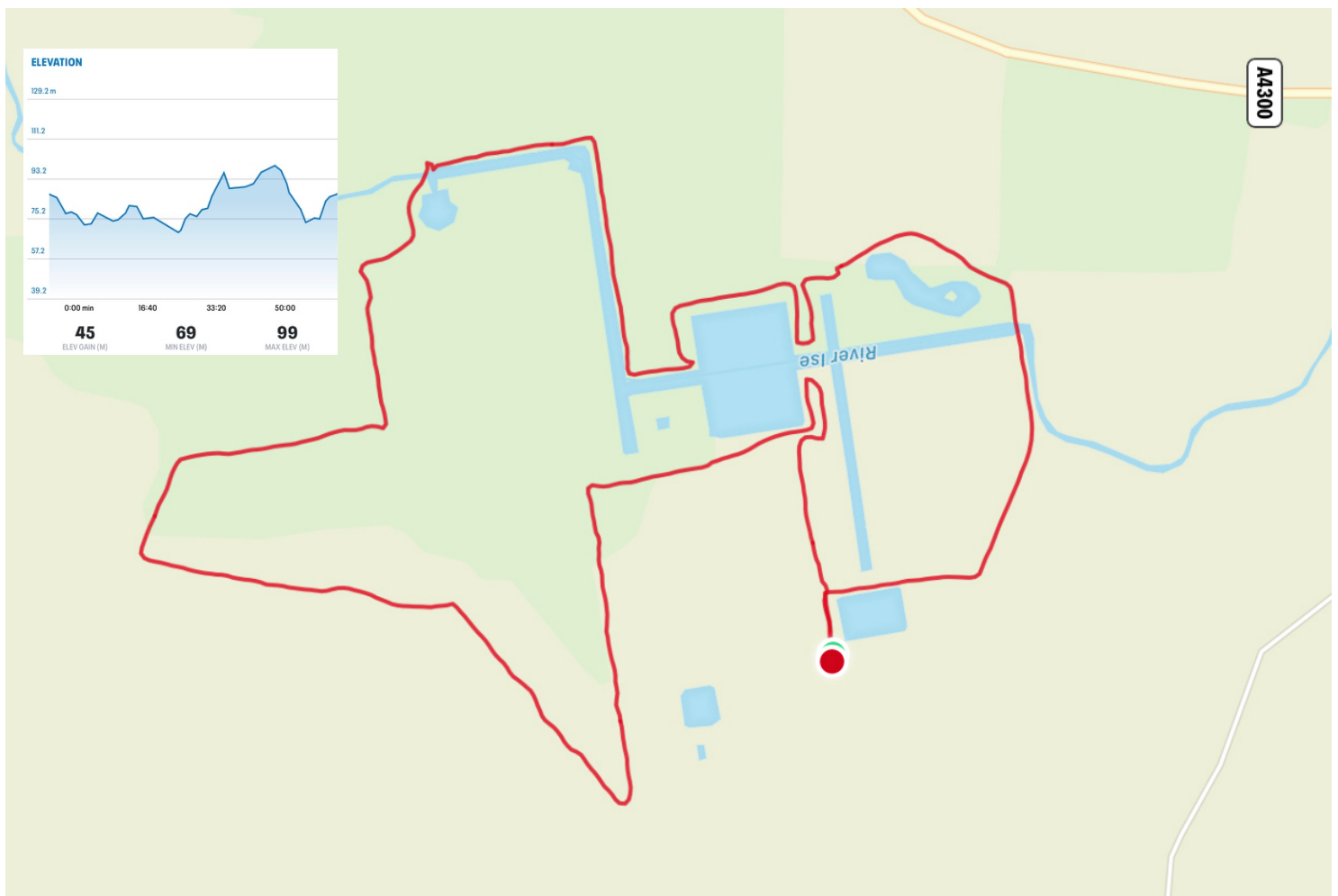
Due to the terrain and for the safety of all our other runners, no pushchairs / running buggies are permitted. As this Race is on Private Land – NO DOGS are allowed on site.

### The Course

The stunning Boughton House grounds will host the 2<sup>nd</sup> Race of the Northants 5K Race Series. We feel very lucky to be able to bring this route to you, usually on private land. A real mix of farmland, paths, and stretches of manicured lawns – with the backdrop of the magnificent House. Thank you to the Buccleuch Family and the Boughton House Estates team who have granted us permission to use this venue and their support in bringing the route we have set for you.

Once away from the main house and lawns you will be able to follow the spray paint arrows on the ground, tape, and signage to keep you on track and of course you will see our wonderful marshals along the route to keep you heading in the right direction. **PLEASE NOTE: THERE ARE SHEEP/LAMBS (AND THEIR POO) AT A FEW POINTS ON THE ROUTE. THEY WILL STAY AWAY FROM RUNNERS AND THE AREA WILL BE MARSHALLED. ALSO ROUTE TAKES YOU ON 2 FARM ROADS – LIMITED TRAFFIC ON A SUNDAY BUT YOU MAY BE ASKED BY A MARSHAL TO RUN ON GRASS IF THEY SEE A VEHICLE APPROACHING**

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 using staggered start times for this race. Participants will be given a 10-minute arrival to start area and they will be moved to the start line in small groups to meet Government guidelines. 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.

### **More about Boughton House**

Discover one of Britain's grandest and best-preserved stately homes. As well as the splendours of the House, you can also enjoy the 18th-century landscaped gardens, woodlands, and a grand country park. For more info:

<https://www.boughtonhouse.co.uk/>

### **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>