

**NORTHANTS 5K RACE SERIES 2021**  
**BRIXWORTH COUNTRY PARK – RACE BRIEFING**

Date of Event: **Wednesday 14<sup>th</sup> July 2021**

Venue: **Brixworth Country Park, Northampton Rd, Brixworth, Northampton NN6 9DG**

Parking Fee: **The daily cost to park at each of the country parks is £3.20 for up to 4 hours**

Time: **Wave starts from 7.30pm**



**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 considerately to maximise the number of available spaces 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**

The pack will contain your Race Number, T shirt (Whole Race Series only) 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. **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.

## 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.

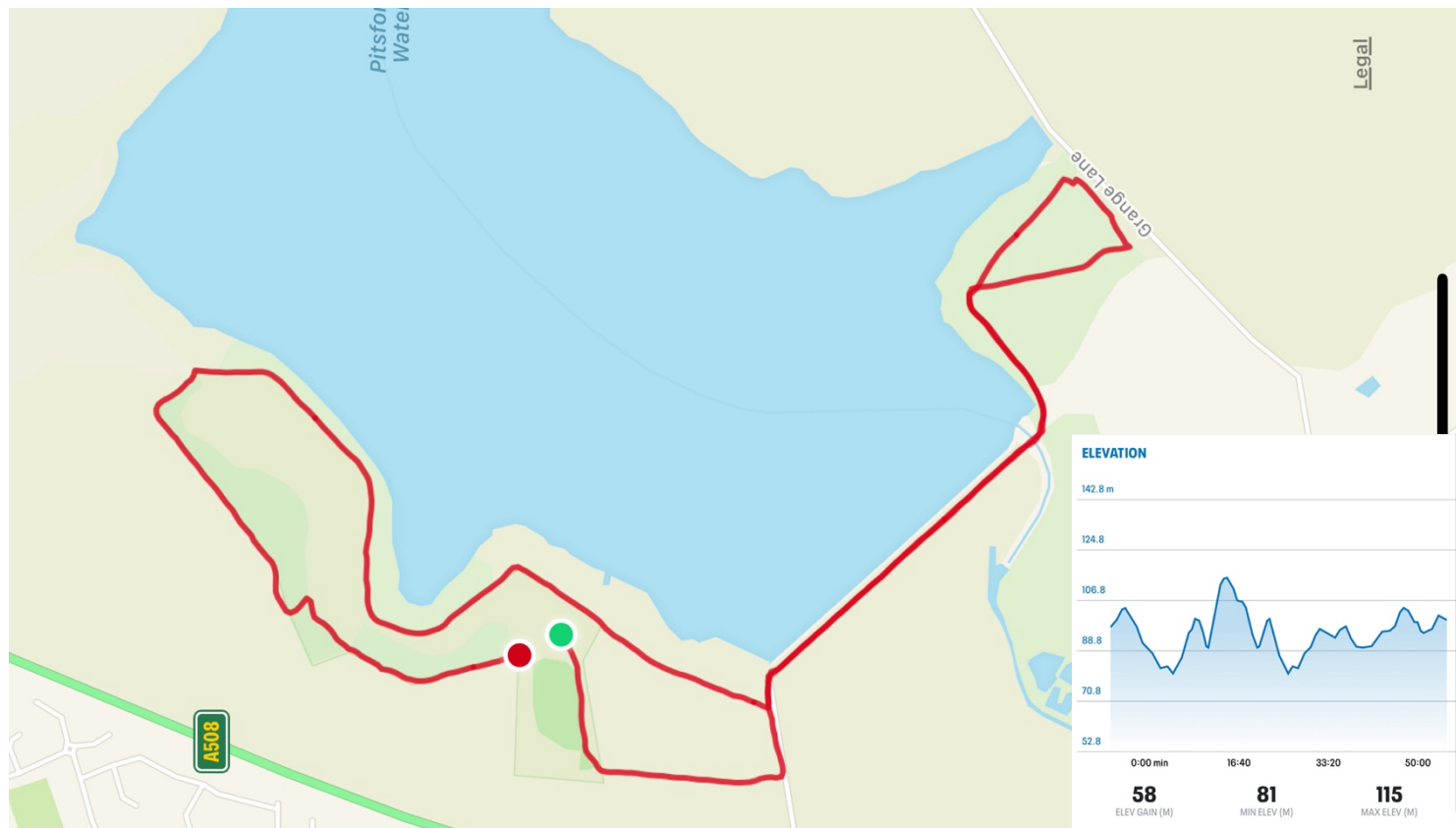
## Dogs / Pushchairs

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

We would like to thank the Country Park and Anglian Water for their help in allowing us to host this race at Brixworth for the 4th year. Starting and finishing on the event field, we take you out the car park and down towards the sailing club, onto the dam where you will run across taking in the beautiful surroundings of the park on the way out and the reservoir on the way back, you will then enter the County Park, with a mix of gravel paths of the park to the grassy hills of the 'dog walk' this is a challenging but beautiful course. There is a small hill right near the end, so try to save a little bit of energy for this! Sorry!

**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.

### **Our partners**

To find out more about Brixworth Country Park and all the other beautiful Country Parks across Northamptonshire, please visit: <https://www.northamptonshireparks.co.uk/Pages/home.aspx>

### **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>