



Pre-event Runner Pack

Market Harborough Building Society

Carnival of Running

Saturday 10th June 2017

Dear Runner,

Thank you for entering the Market Harborough Building Society Carnival of Running!

Whatever distance you have decided to run on **Saturday 10th June**, we are sure you will find the routes around our town enjoyable. If this is your very first running race we expect it to be fun and safe for everyone participating.

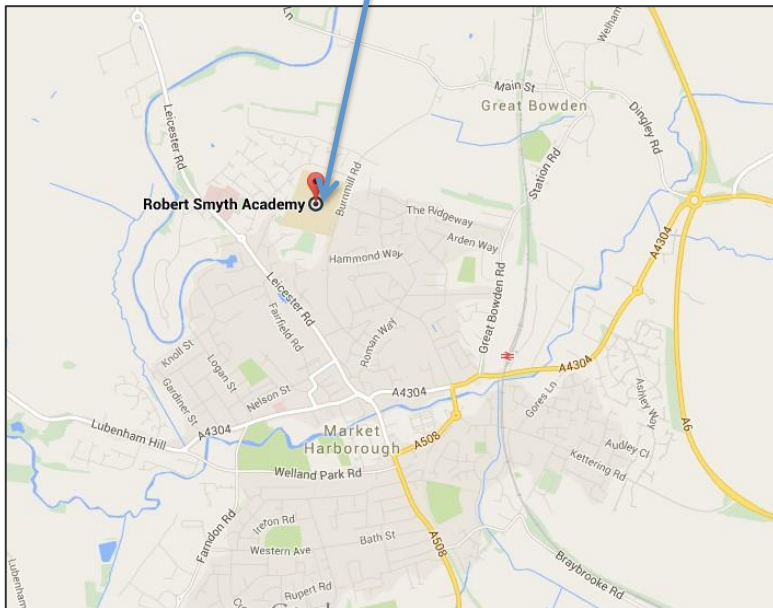
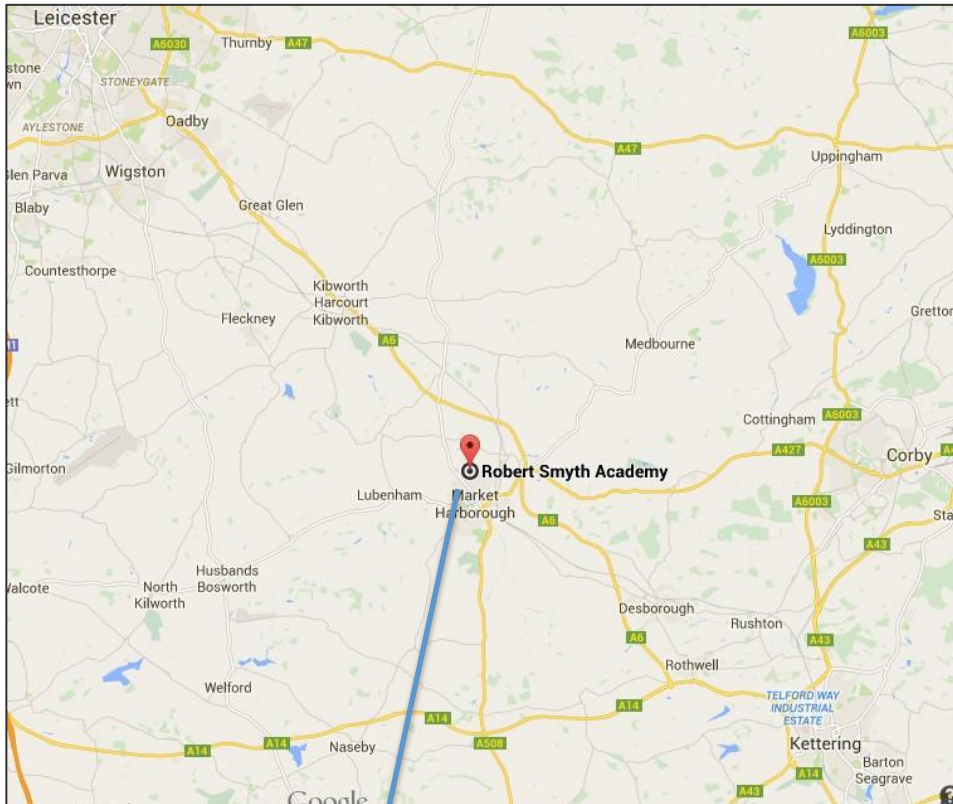
Thank you to everyone involved prior to the event. Just by being part of the event you have contributed to raising over £2,000 for charity through your entry fee alone. For those of you who have gone the extra mile with additional fundraising we cannot thank you enough.

Good Luck & see you at the event!

Brian Corcoran & Kenny Anderson

Email: info@raceharborough.co.uk

Essential Information Getting to the Race Start By Road:



Start Address;

Burnmill Road,
Market Harborough
Leicestershire
LE16 7JG

Finish address;

Symingtons Recreation Ground,
Clarence Street/Andrew
MacDonald Close,
Market Harborough

Rail: The Market Harborough train station is just one mile away. It is on the midland mainline so has frequent trains to and from.

Parking & Registration

This event is a split venue race. i.e. it will start at one location and finish at another. They are both within very close proximity to one another, half a mile apart. We encourage those that can, to walk to the venue.

The best option for parking is a public pay and display car park just a 5 minute walk and halfway between the start and finish down Burnmill Road at the Doddridge Road Car park near Bowden Lane. Here there are many long stay spaces available charging £1.20 for up to 4 hours and £2.20 for 4 hours plus.

Additional public car parking is available at St Mary's Road LE167DU, and Symington Way LE167XA (which are all slightly closer to the finish than the start). Please note that between 11.45am and 1.30pm, these car parks will be inaccessible due to road closures in the town. It shouldn't affect you though as you'll be at the start or running at that point.

Please note : This year there will be no parking at Robert Smyth Academy

Medical Support/Cover

Provided by Leicestershire Search & Rescue, <http://www.leicestershire-sar.org.uk> their team will be providing medical cover throughout the event ensuring your safety is of the highest priority. They will be located at Race HQ, the finish and a mobile unit out on the course.

Baggage

We are offering a free facility to safely store your belongings for you. Inside your registration envelope you will find a luggage label. If you wish to leave baggage with us, please fill in your race number and attach this to your bag. These will be transferred to the finish area and on display of your race number you can retrieve it back. Baggage will be open from 10.30-11.30am. This will allow us sufficient time to get the baggage to the finish ready for the speedy 10k runners.

Toilets/Showers

There will be many toilets across both sites. Showers will be available at the start only. There will be NO facilities available at the Training Shed.

Free Photography

There will be a number of photographers out on the routes, these will be uploaded online within 24 hours.

www.mickhall-photos.com

Polite Notice

Our beautiful routes pass through a number of villages. Please keep hold of your gel wrappers or pass them to a marshal. We would love to see the return of this race next year, so please help us!

Catering

There will be numerous outdoor caterers available on the showground at the finish.

Fun Run

This event requires a pre-registration available online. It is a one-mile walk/run/warm up with the family around the school field. It will be clearly marked and marshals will ensure that you don't get lost. Please register from 10.30-11am to receive your number and hear the briefing ready for a prompt 11.15am start. You will see the HomeStart staff who will be starting the run and awarding all registered runners with a medal.

Pre Race

Registration

Race numbers, timing chips and luggage labels will be posted out in batches, starting mid-May. If you enter in June (assuming that there are places left by then), you will have to collect your pack on race day. Registration will be open from 10.30-11.30am at Robert Smyth Academy.

How to fasten your timing chip!

Thread the paper strap through a lace, take the label off the sticky patch and stick the two ends of the strap together to form a loop. Rotate the loop until the number is at the top.

Do not flatten the strap against your shoe!!!



Race Briefing and Start Arrangements

On the school field (along the drive and past the sports hall), runners will congregate in starting pens before the race start. There are 2 pens for the 10k and another 2 for the HM. Please ensure that you follow the guidelines for finishing times and put yourself in the correct pen to ensure that the race gets away as smoothly as possible. 10K runners will have red numbers and HM runners will have green.

The 10K race will start at 12pm. You will be brought forward to the start line to receive the race briefing just before the race starts.

The HM will start at 12.05/12.10pm. There will be a different briefing for this race.

Please do not wear headphones. Several of the roads are open to traffic and you will not be able to hear traffic or the instructions of marshals. We will DQ runners that fail to follow this instruction.

Relay Teams

Relay teams will be sent details directly. We will contact you to confirm your running order. Runners 2 will be asked to walk the short distance to the first changeover point. Runners 3 and 4 are asked to be at registration from 11.30am. Please make yourself known to us! From here you will be shuttled to your relevant changeover points out on the course. If you are making your own way to the starts please let us know.

There will be a rolling vehicle so as you finish you will also be shuttled back to the finish area to welcome your team home. You will be using electronic relay batons to determine an accurate time for your team.

During the Race

Emergency Details

In case of the unlikely event of an emergency please make a note of the following numbers;

Kenny Anderson 07967 698390

Brian Corcoran 07734 853748

All our marshals and medical cover will be in radio or phone contact throughout the race.

Signage

The route will be well signposted throughout. Using signs as seen below. The route splits at one junction and then reunites later. It is down to you to follow the signage carefully for the correct course resulting in a safe and enjoyable race.



Spectators

Throughout the town there are lots of great cheering points to see your loved ones and friends pass by. There are also many spots out on the rural section of the route, in particular the villages of Great Bowden, Welham and Thorpe Langton. Be aware that the course will be live and speed restrictions in place if you plan to drive out to these areas. Better still, come prepared and cycle to them! The showground which is hosting the Harborough Carnival has a small entrance fee (proceeds to local charities) for all those entering into the finish line area.

Route Maps

There will be maps on the day highlighted with where the marshal points, water stations and where first aid is located.

10km route map

http://gb.mapometer.com/running/route_3982656.html

Half Marathon route map

http://gb.mapometer.com/running/route_3965189.html

Marshals

All our marshals on the day are volunteers, they are there to help and guide you. They will NOT be stopping traffic or assisting with junctions, they are there purely for your safety and to warn you that there is a busy section ahead. They have contact back to HQ and will be wearing Hi-Vis.

On certain junctions of the race we also have in place a Traffic Management road crossing team who will be stopping traffic to allow you cross roads safely.

Between approximately miles 1 and 3, the race goes through the town and there are closed roads. Details of the route and traffic management measures that are in place can be found at:

www.raceharborough.co.uk/running

Water Stations

There are 4 water stations on the course.

Thanks go to the Market Harborough Building Society and Edward Hands and Lewis that will be crewing the first two stations.

The stations are at:

10K route – 5K and 7.5K

HM route – 3 miles, 6 miles, 8.5 miles and 11.5 miles. High 5 gels are available at the 6 and 8.5 mile stations .

Post Race

Finish Line

You will collect your medal at the finish line. Then don't forget to come and collect your free t-shirt from **The Training Shed**, which will be signposted from the finish line. Here, there will also be a 'stretch zone' and free post race massage courtesy of the experts at The Training Shed.

Prize Giving

We will conduct the 10km race prize giving at approx. 1pm. Please do hang around for this and to see some of the half marathon runners finish. Unfortunately, we will not be able to post any trophies out for those that can't stay.

The Half marathon prizes will then be presented at approx. 2.30pm. The relay team challenge prizes will also be presented here.

Published Times & Photographs

Race times will be posted on the Race Harborough website and on the event Facebook page as soon as possible after the event has finished.

Event photos will be uploaded as soon as possible and available from www.mickhallphotos.com.

See you all on Saturday 10th June and have a great race!

Sponsors/Partners

A BIG thank you to all our partners who have supported this event, without whom it wouldn't be possible. Volunteer marshals, thank you!

