



Dear Night/Dawn Runner,

Firstly, we would like to thank you for supporting the fourth Tunnel Vision event. Your entry fee means you have contributed to a good chunk of money raised for or nominated charity so we thank you for the support. It's going to be a busy Brampton Valley Way on the 15/16th and we are really excited about seeing you enter that tunnel!

Some final details for you:

Thursday 15 th Night Run	Friday 16 th November Dawn Run
1800 - Registration opens	0600 - Event opens/final registration point
1915 - Registration closes	0625 - Race briefing
1925 - Race briefing	0630 - RACE STARTS
1930 - RACE STARTS	0720 - Prizes awarded
2020 - Prizes awarded	0745 - Event closed
2045 - Event closed	

Address

The Brampton Valley way runs from Market Harborough to Northampton. The location of the start will be signposted from Northampton Road but is situated off Scotland Road, behind the Protheroes garage. If you are approaching from Northampton Road, the entrance is immediately on the right-hand side of Scotland Road before Rookwell Drive. There will be glow sticks!

Parking is free at the nearby leisure centre (LE16 9HF). From here, turn left and walk along Northampton Road, passing the cemetery. Opposite Protheroes / Jet petrol station there is a safe crossing place, do so here and turn the right corner onto Scotland Road. The start of the Brampton Valley Way begins almost immediately on the right-hand side and here you will be signposted to the race start.

From the centre of town, head along the Northampton Road out of town. Once you get to the crossing before the Protheroes and Jet petrol station you have reached the start. Turn left into Scotland Road and immediately right onto the Brampton Valley Way and you will be signposted to the race start.

Registration

The 'ticket office' will be set up a short walk from the gate down the track. Here you will collect your race number (we will have pins for you), timing chip and beer for those who have pre-purchased one. See above for the opening times. You will use the same number and timing chip for both races if you are doing both the Night and Dawn runs.

Early Registration

We will be holding an additional pre-event registration for both Night and Dawn events at the Leisure Centre on Northampton Road. This will be on Wednesday 14th November from 5-7.30pm. Your friends/family can collect your race number on your behalf.

Toilets

The toilets at the leisure centre are close by and will be available. There will also be ONE emergency portaloos available very close to the start/finish area.

The Race

The race is 5 miles long and is an out and back run. You will be on this flat former railway line public track for 2.5 miles. On entering the tunnel for the first time you will see a marshal who will warn you to keep left. Shortly after making it through the tunnel you will reach the turnaround point. You will be given something silly to wear so that we know that you have all completed the distance. Time for the tunnel again. Again, when passing through the tunnel on your return please keep to the left! The track will be lit by glowsticks for the whole distance. There will also be some lighting inside the tunnel itself but just to reiterate you must please wear your headtorches. The ground is unstable through the tunnels and it is an old, well used path so please be vigilant, we want your ankles to survive!

Dogs

We know that many of you use the Brampton Valley Way to walk and run with your dogs. We welcome the Canicross community but the numbers for the night run have grown to such a point that it isn't safe to have dogs and two-way runners sharing the (at points) narrow path. As a result, we've reduced the capacity of the dawn run to accommodate dogs.

Night Run – no dogs

Dawn Run – 1 friendly dog on a short lead and under control (or a buggy)

The End

Once you've clocked in with timing you can head to the 'Buffet Car' and receive your well-deserved free gift and a hot brew. In the morning there will be a cup of fresh orange juice and croissant to greet you home before the day commences. For those of you that chose to pre-order beer from the Box Steam Brewery with the kind discount supplied by Duncan Murray Wines, it will be available to collect at the end too. You are also welcome to collect your beer at Early Registration if you prefer.

Timing

Both runs will have electronic chip timing. The results are usually up on the FB page within a few hours and on the website within 24 hours.

Prize Giving

To avoid people getting cold we will award our top 3 male and female finishers with their special trophies by 8.20pm and 7.20am. There will also be a 1st Male and 1st Female award for Canicrossers on the Dawn Run.

Medical Support

As with all our events full medical cover will be in place and situated at the start/finish. They will have access to the half way point by road within 5 minutes. If you do require any medical attention please make a marshal aware and they can radio us at Race HQ immediately.

Photography

We take pleasure in providing FREE photography for this event. Whilst they will try and capture everyone there is no guarantee that you will have an individual shot. Photos will be live and searchable within 24 hours. We also encourage the use of GoPro's for any video footage but on one condition you share it with us and load onto Facebook!

What to bring

Don't forget to bring your nerves if you are scared of the dark and your **head torch!**.

Come dressed as you would normally for a dark run. We'd love to see as much hi-viz and glow in the dark kit as possible so go for it!

Spectators

Whilst we encourage support at all our events there won't be a specific area to watch from, plus it will be pretty dark! It remains a public right of way so loved ones are welcome to cheer you on.

Thank you to local businesses that have supported this event. In particular the Harborough Leisure Centre that have supplied some great prizes and Duncan Murray Wines for supplying the all-important beer. Finally our wonderful marshals will need lots of high fives and shouts of thanks when you run past them.

See you on Wednesday, Thursday or Friday!

