



**Pre-event runner pack**  
**Market Harborough Building Society**  
**Carnival of Running**  
**Saturday 8<sup>th</sup> June 2019**

Dear Runner,

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

Whatever distance you have decided to run on **Saturday 8<sup>th</sup> 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.

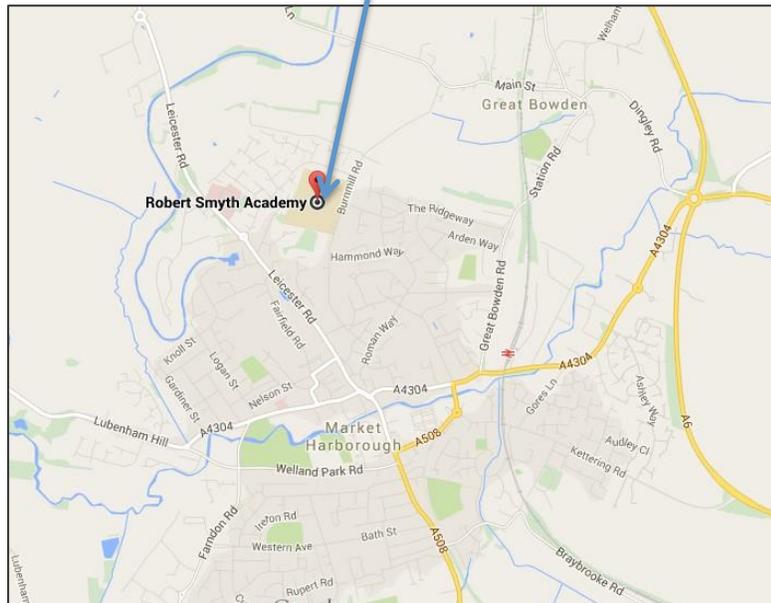
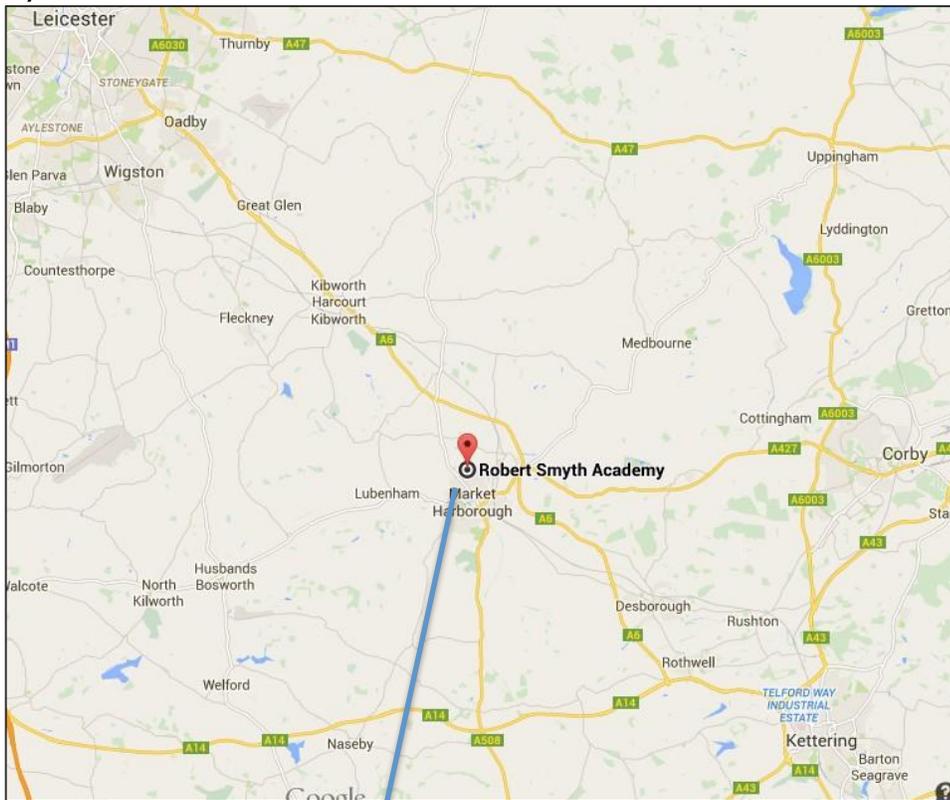
Good luck & see you at the event!

Brian Corcoran & Kenny Anderson

Email: [info@raceharborough.co.uk](mailto:info@raceharborough.co.uk)

## Getting to the Race Start

By Road:



Start Address;

Burnmill Road,  
Market Harborough  
Leicestershire  
**LE16 7JG**

Finish address;

Symingtons Recreation Ground,  
St Mary's Road  
Market Harborough

Rail: Market Harborough train station is just one mile away. It is on the Midland Mainline and is served by frequent services.

## 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. If you are unable to, there are several parking options (in no particular order):

- 1) Doddridge Road Car Park (LE16 7JD) is a public pay and display car park just a 5-minute walk and halfway between the start and finish. The school is a short walk up the hill from this car park.
- 2) Other car parks that are also close include St Mary's Road (LE167DU), and Symington Way (LE167XA) (which are all slightly closer to the finish than the start). Please note that between 10.15am and 12.30pm, these car parks will be inaccessible due to road closures in the town.
- 3) There is also parking available at the Robert Smyth Academy. There are two car parks here. The bottom car park is open until 9.30am. The road will then close to allow the Carnival procession to queue along this road. The top car park is out of bounds as the race starts in this area. Please note that if you are parking at RSA, the car park will be locked just before 2pm.
- 4) Ridgeway Primary Academy LE16 7HQ is also a 5-minute walk away from the start venue. Turn right out of the school gates and the RSA is directly in front of you.

**IMPORTANT NOTE: Parking on Burnmill Road, Alvington Way and Ridgeway West will cause huge problems for both emergency service and float access for the Carnival and race starts for the Carnival of Running. This will seriously jeopardise our relationship with the local Council and residents and affect our ability to continue running both events. Please use one of the above options or any other town centre parking.**

## Medical support/cover

Provided by Maze Events. 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 mobile units out on the course. If you or any other runner is in distress, please get in touch with the nearest marshal immediately.

## **Baggage**

We are offering a free facility to store your belongings for you. If you wish to leave baggage with us (please do not put valuables in your bags), please fill in a luggage label with your race number and attach it. 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 9 am to 10 am. This will allow us sufficient time to get the baggage to the finish ready for the speedy 5k and 10k runners.

## **Toilets**

There will be many toilets at both the start and finish area. Showers will be available at the start only.

## **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](http://www.mickhall-photos.com)

## **Catering**

The Carnival had a huge re-vamp last year. There will be numerous outdoor caterers available on the showground at the finish as well as loads for the family to do. There is also live music to enjoy in the evening.

## **Fun Run**

This event required a pre-registration available online but on the day entries will be available. 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. On the day, please register from 9am to receive your number and hear the briefing ready for a prompt 9.45am start. You will see the HomeStart staff who will be starting the run and awarding all registered runners with a medal and fruit.

## **Pre-race**

### **Registration**

Before running, you will need to collect your race pack containing number and timing chip.

If you entered more than 1 week ago, your pack will be at Market Harborough Building Society until Thursday morning.

After that, you can collect from the Training Shed, St Mary's Road from 5-7.30pm. Finally, on event day you can collect from Robert Smyth Academy between 8.30 and 10 am.

### **Runner and distance changes**

If you wish to transfer your entry to someone else then this can be done at either the Training Shed or on the day. If you have already collected your race pack then this will need to be exchanged as the number has the distance on it. If not, then we will have it already at registration. The new runner will need to complete a form (see below) and bring it along with them.

For distance changes, you will again need to bring your race pack and change it for the appropriate distance.



## EVENT ENTRY FORM

To the Organiser:

<b>Event name:</b>		<b>Event date:</b>		<b>Distance:</b>	
Title:		Date of Birth:		I enclose entry fee of (£):	
First name:		Surname:			
Address:					
Town:		County:			
Postcode:		Telephone no:			
Mobile no:		Email:			
T-shirt Size:		Estimated Swim Time:			
Emergency contact name:		Emergency contact no:			
Club/Team name (if applicable):					
Medical Conditions (if applicable):					
<p>"I agree to abide by the rules set for this running event, and understand and agree that I participate in this event entirely at my own risk, that I must rely on my own ability in dealing with all hazards, and that I must run in a manner which is safe to myself and others. I am aware that when on a public highway the function of marshals is only to indicate direction and that I must decide whether the movement is safe. I agree that no liability whatsoever shall attach to the promoter, promoting club/Organisation, event sponsor, or any event official or member of Race Harborough Ltd in respect of any injury, loss or damage suffered by me in or by reason of the event however caused. I will participate in running events in a loyal and sporting manner. I will submit to disciplinary measures taken against me and will take any appeals and litigation to the authorities provided for in the Regulations. Subject to that reservation, I shall submit to any dispute that may arise exclusively to the courts. I have read and agree to abide by the above declarations".</p>					
Signed:			Date:		
ENTRIES WITHOUT CORRECT FEE OR DETAILS WILL NOT BE ACCEPTED					

## 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 pens for the 5K, 10k and HM runners. 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.

5K runners will have red numbers, 10K runners will have green numbers and HM runners will have grey.

The 5K will start at 10.30 am. 10k at 10.32 am and HM at 10.35 am.

You will be brought forward to the start line to receive the race briefing just before the race starts.

**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.

## **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 5K route splits from the other races in the town centre and the HM splits in Great Bowden and then re-joins it 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.

### **5km route map**

[https://gb.mapometer.com/running/route\\_4672238.html](https://gb.mapometer.com/running/route_4672238.html)

### **10km route map**

[http://gb.mapometer.com/running/route\\_3982656.html](http://gb.mapometer.com/running/route_3982656.html)

### **Half Marathon route map**

[http://gb.mapometer.com/running/route\\_3965189.html](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.

## Water Stations

There are 4 water/feed stations on the course.

The stations are:

- 1) 10K/HM routes at 5K/3 miles – water only
- 2) HM route only at 6 miles – water and Nuun/Clif Shot Blox
- 3) HM route only at 8.5 miles – water and Nuun/Clif Shot Blox
- 4) 10K/HM routes at 7.5K/11.5 miles – water only



Please note – there is no water provided on the 5km route

**Water will be provided in paper cups. There will be rubble bags at approximately 100 metres and 200 metres after each water station. Please discard any bottles and gel wrappers into these rubble sacks. Anyone seen discarding litter in any other place will be disqualified.**

Thank you to Desborough and Rothwell RC for staffing WS2 and WS3. They have a great local event on 8<sup>th</sup> Sept 2019. It would be great if you could support it.

<https://www.drcc.run/tchm>

## 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 5km prize giving at approximately 11.30am, 10K at 12pm and HM at 1pm. We will not be able to post any prizes or trophies to those that are not able to attend but we will leave them after race day at the Training Shed if you wish to collect them.

## Published times

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.

**See you all on Saturday 8<sup>th</sup> 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!

