



CLIPSTON TRAIL HALF AND COUNTRY FIVE MILER RACE PACK

SUNDAY, 22ND SEPTEMBER 2024

Thank you to all who have entered to run at the Clipston Trail Half Marathon or Country Five Miler events.

These races are organised in conjunction with the Clipston Recreation Field Trust, a charity which owns the playing fields at Clipston and is responsible for their maintenance and development.

This event would not be able to go ahead without the help and support of so many volunteers who have given up their time – please give them a shout of thanks, a nod or a wave as you pass on your run.

Please read through this race pack thoroughly, and do not hesitate to [ask if you have any further questions.](#)

Dave Blake, from the charity will be your Run Director on the day.

We look forward to seeing you on race day!

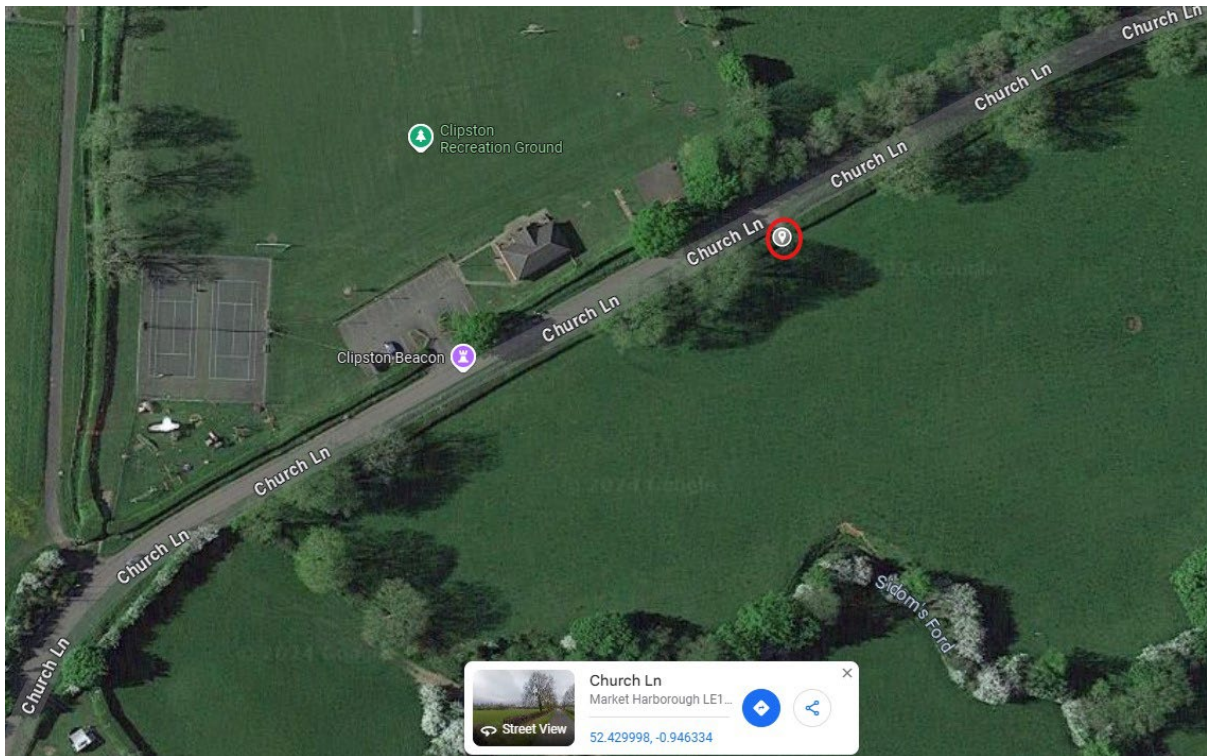
~Mary Pearson



VENUE:

Opposite [Clipston Recreation Ground, Station Road, Clipston, Market Harborough, LE16 9RN.](#)

Parking will be available in a field opposite the Clipston Recreation Ground on race morning, next to the start of the race.



RACE NUMBER COLLECTION:

Please be aware that your race number and timing chip will NOT be posted out to you. Instead, you should collect these on race day from the registration desk. Registration will open at 8:00am on race day morning. Race numbers should be pinned to your front, and remain visible for the duration of the event. This can be on your top or shorts. Please complete the emergency contact information on the back of your number on collection.

BAGGAGE:

There will not be any baggage facilities at this event, as the finish location is in the same location as the start. We suggest that you leave your belongings in your car and take any valuable possessions with you on the run.

MANDATORY KIT LIST:

To reduce our environmental impact, we ask you to please bring along your own cup to refill at the water stations on course, or wear a hydration vest for your run.



RACE START:

The half marathon race will start at 9am prompt, with a short, mandatory race briefing to be held on the start line at 8:55am.

Those running the five mile event should also attend the briefing, but their race will begin at 9:10am.

COURSE INFORMATION:

[5 miler route](#) | [Half Marathon route](#)

The course is run mainly on public footpaths with some short connecting road sections. There are no road closures in place but there are marshals in key locations. Please listen to their instructions. For this reason, headphones should not be worn unless they are of the bone conductor type. Stick to the right hand side of any road sections unless directed otherwise, and be aware of any traffic along the route.

Gates will be tied open where possible. If you do need to open a gate, **please ensure you close it again behind you.**

On course, there will be two water stations. These will be positioned with the first at approximately 2 miles / 11 miles and the second at mile 4.5 / mile 9 on the half marathon course. Those running the 5 mile event will pass the first water station at approximately 2.5 miles. Please bring appropriate collapsible cups or water bottles to refill at the water stations.

Please be courteous to other users of the trails. You may well encounter other runners, walkers, cyclists, dogs and horses on the route. Please take care when approaching horses – ensure you do not startle them – perhaps call out a friendly ‘Good Morning’ to the rider when passing from behind, to alert both horse and rider to your presence.

Runners on both courses will encounter a ploughed field in the final mile. It’s all part of the joys of trail running at this time of year!

We would advise runners wear a light trail shoe, but one which will also cope well with the sections of road on the course.

MEDICAL COVER:

Please ensure that you’re feeling well enough on the day of the race to take part. Medical cover for the event is being supplied by Maze Events. Please contact the nearest marshal if you have any concerns.

Our first aid team will have access to your medical and emergency contact details for the duration of the event only.

THE FINISH:

Upon reaching the finish you will receive your bespoke medal and cake which has kindly been baked by Alison and the local WI.



PHOTOGRAPHS:

Free photos will be available in an album on the [Race Harborough Facebook page](#) on the day following the event.

RESULTS:

Results will be provided by [AVTiming](#) and will be available on both <https://www.avtiming.com/results> and the [Race Harborough website](#) the day following the event.

SOCIAL MEDIA:

Please follow the Race Harborough accounts on social media and share your race prep/photos from the race using the hashtag #ClipstonTrailRaces or tag Race Harborough directly in your post.

Facebook: <https://www.facebook.com/RaceHarborough>

Instagram: <https://www.instagram.com/raceharborough/>

UPCOMING RACE HARBOROUGH EVENTS:



Festival of Cycling

Sunday 6th Oct
50k or 100k road / 70k
offroad

<https://raceharborough.co.uk/cycling/>



Irchester Spooktacular

Wednesday 30th Oct
2k / 5k night Halloween
themed fun run

<https://raceharborough.co.uk/irchester-spooktacular/>



Tunnel Vision

Thurs 2nd & Fri 3rd Nov
5 miles dusk / 5 miles dawn

<https://raceharborough.co.uk/night-run/>

