



## RACE PACK WEDNESDAY 30<sup>TH</sup> OCTOBER 2024

**Thank you to everybody who has signed up to take part in either the 2k, 5k, or even both events at Irchester Spooktacular this week!**

These races would not exist without the help and support of a number of volunteers who have given up their time so that you can run. If you get the opportunity to do so, it would be lovely if you were able to thank them on your run!

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

We look forward to seeing you for the Irchester Spooktacular runs!

*~Mary Pearson*

(Event Director)



## CAR PARKING:

There is plenty of parking on hardstanding at [Irchester Country Park](#). Parking is priced at £3.50, and can be paid using cash or card at any of the parking machines in the park.

Free parking is available locally at [The Embankment](#), [Tesco](#) and [B&M](#) car parks, although please do check the time limits for these locations so that you do not overstay on your visit.

## REGISTRATION:

No race numbers or timing chips will be posted out before the event. These should be collected from registration on the Wednesday evening. Registration for both events will open from 5pm, and will be located in the gazebo by the finish line on the meadow.

Your race number should be securely fastened to the front of your top and your timing chip should be fastened to your shoe using your lace. Please see the picture below if you are unsure of how to do this.



## TOILETS:

There are toilets available in the brick building at the park.

## BAGGAGE:

We encourage runners to take any valuable items with them or leave them at home. There will be no facility to store baggage at this event.

## WHAT TO BRING:

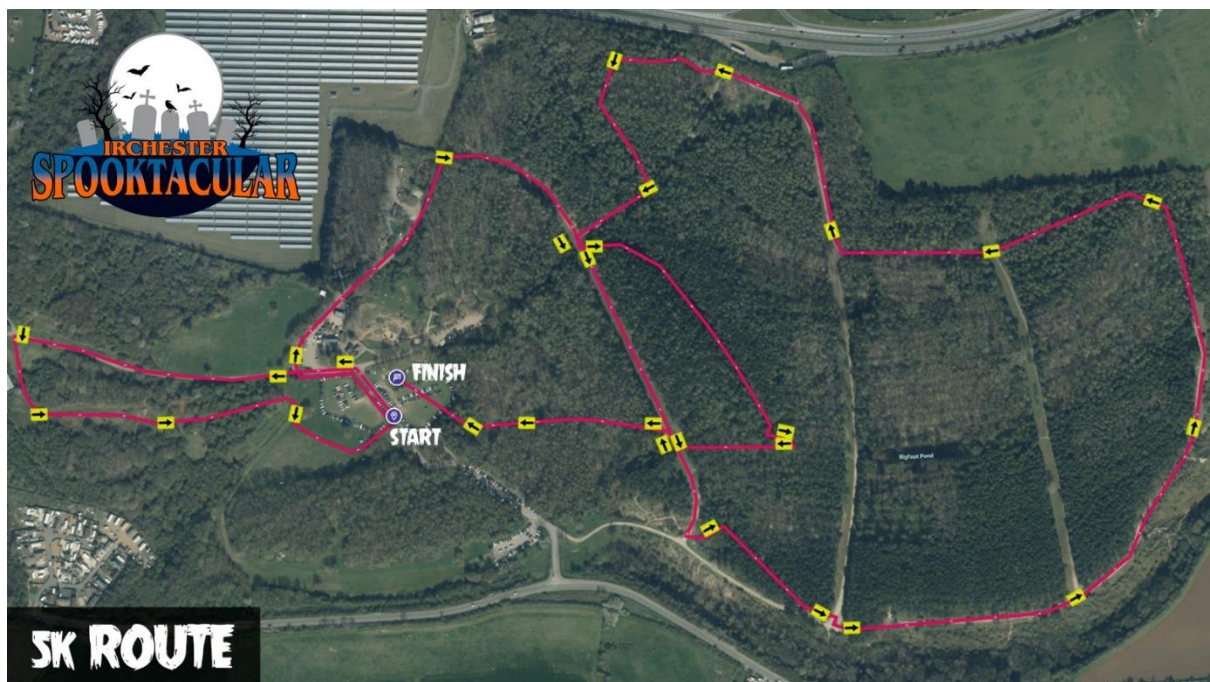
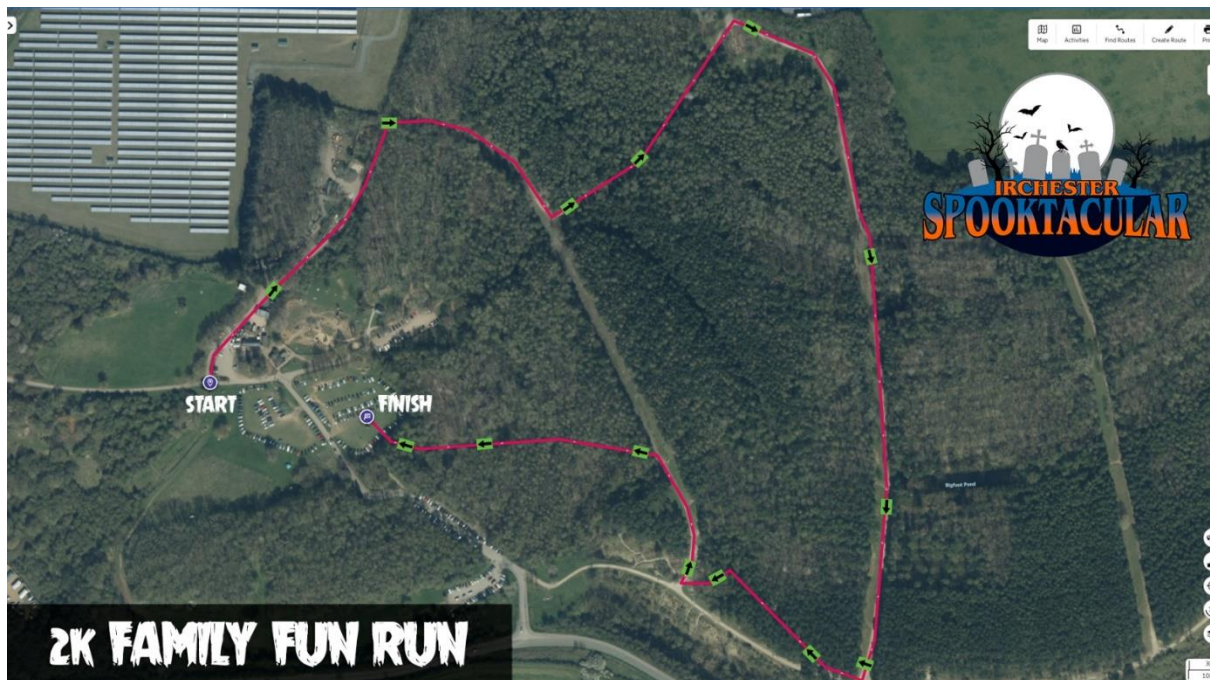
- **Headtorch / handheld torch - ESSENTIAL**
- A Halloween-themed fancy dress outfit! – encouraged!

## THE RACES:

The 2k Family Fun Run will start promptly at 6pm, and the 5k event will start at 7pm. There will be a short, mandatory briefing before the start of each race. Please ensure you are at the start line by 5:55pm (2k run) and 6:55pm (5k run).



The routes will be marked using coloured signs with black arrows on. If you are completing the 2k route, you need to follow the **GREEN** signs. Those running the 5k route need to look out for the **YELLOW** signs. Both routes will also be well marshalled.



Please take care. Both routes are off-road, and you may encounter tree roots/stumps and uneven surfaces. There will be areas of the course which are lit, but **a torch is still an essential requirement for your run**. Marshals will be in Halloween fancy dress, and areas of the park will be decorated. The 5k route incorporates steps as part of the route and you may prefer to run in a pair of trail shoes if you have some.

Once you have finished you will be presented with a bespoke medal and Halloween-themed treats.





## MEDICAL COVER:

Please ensure that you are fit enough to take on the challenge of completing 2k/5k, and that you are feeling well enough on the day to take part. Medical cover for the event is being supplied by Genesis Event Medical Services. They will be based at the start/finish area, but will be able to access the course if necessary. If you have any concerns during the run about either yourself or another participant, please let the nearest marshal know, who will be able to contact the race medic.

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

## HEADPHONES:

No in-ear headphones will be allowed at this event as runners will need to be able to hear instructions from marshals on the course. Bone conducting headphones, that do not sit in the ears, are allowed.

## PRIZE GIVING:

All runners will receive a bespoke medal for the event they run in, as well as Halloween-themed treats following their run.

The first three male and first three female finishers of the 5k event will receive a trophy. We will be awarding prizes for the best fancy dress in the following categories:

- Best girl's fancy dress 2k Family Fun Run – child aged 4-12 years old (Kindly sponsored by [Osborne's Toymaster, Rushden.](#))
- Best boy's fancy dress 2k Family Fun Run – child aged 4-12 years old (Kindly sponsored by [Osborne's Toymaster, Rushden.](#))
- Best family/group fancy dress 2k Family Fun Run
- Best male fancy dress 5k
- Best female fancy dress 5k
- Best group fancy dress 5k

## REFRESHMENTS:

The Quarryman's Rest Café will be open to serve hot drinks and snacks throughout the evening.

## RESULTS:

Chip timing will be provided by Andrew Vickerman at [AVTiming](#). Results will be available shortly after the event, and we will share the link to these on our social accounts once ready.



## PHOTOGRAPHS:

We will have a photographer from Mick Hall Photos out on course who will be capturing your moments from the day, with images available free to download on his website shortly after the event.

<https://mickhallphotos.photohawk.com/>

## SOCIAL MEDIA:

Please follow the Race Harborough accounts on social media and share your photos from the event using the hashtag **#IrchesterSpooktacular**.

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

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

## CHARITY:

We would like to take this opportunity to thank everybody who has made a charity donation on entry to the [Jubilee Foodbank in Market Harborough](#) and the [Weston Favell Centre Foodbank in Northampton](#). All donations will be split between the two food banks and donated at the end of 2024.

The Jubilee Foodbank, Market Harborough, are on a mission to end hunger across the Market Harborough district. Launched in 2012 when they received just a few food parcels each month, they now receive over 100 referrals from individuals and families each month.

The Weston Favell Centre Foodbank, Northampton, a collaborative project between Emmanuel Group of Churches, St Peter's Weston Favell, and Storehouse Church, also opened in 2012. They provide three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. They are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

## UPCOMING RACE HARBOROUGH EVENTS:



### Naseby 1645

Sunday 16<sup>th</sup> February

16.45 mile road race

<https://raceharborough.co.uk/naseby-1645/>



### Pitsford Water Trail Races

Sunday 2<sup>nd</sup> March

10k / half marathon

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



### Battle of the Brampton Valley Way

Sunday 13<sup>th</sup> April

28 mile ultramarathon

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

