



everyone ACTIVE RACE PACK

NIGHT RUN > 6TH NOVEMBER 2025

DAWN RUN > 7TH NOVEMBER 2025

Thank you to everybody who has signed up to take part in either the Night Run, the Dawn Run or both events!

We would like to thank our sponsors, [Everyone Active](#) for their generous support as part of this event.

“At Everyone Active it is our mission to get everybody doing at least 30 minutes of activity five times a week. Here we are to sponsor the long running Tunnel Vision keeping the local community active inside and outside of our centres. Get your glow sticks ready and we will see you at the start line!”

These races would also 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 Everyone Active Tunnel Vision runs!

~Mary Pearson

(Event Director)

CAR PARKING:

Harborough Leisure Centre, Northampton Road, Market Harborough, LE16 9HF.

Free car parking is available at Harborough Leisure Centre for both races.

Please use the overspill car parking area in the first instance:

<https://maps.app.goo.gl/BnHVeqxAPJsg32dC8>

REGISTRATION (TICKET OFFICE):

No race numbers or timing chips will be posted out before the event. These should be collected from our 'Ticket Office' as outlined below. Harborough Leisure Centre have kindly allowed us to offer an opportunity for you to collect your race number and timing chip on the evening of Wednesday 5th November, so you can do so without the rush of race day!

Race numbers can be collected as follows:

*** WEDNESDAY 5th NOVEMBER - 6-8pm – HARBOROUGH LEISURE CENTRE**
(Night, Dawn or Dual entries)

*** THURSDAY 6th NOVEMBER - 6pm-7:15pm – HARBOROUGH LEISURE CENTRE**
(Night, Dawn or Dual entries)

*** FRIDAY 7th NOVEMBER - 6am-6:25am – BRAMPTON VALLEY WAY (By the start line)**
(Dawn entries only)

Please confirm with the registration team which event/s you are running. These should be marked on your race number.

Your race number should be securely fastened to the front of your top. Your timing chip is attached to the back of your race number.

If you have pre-ordered a t-shirt or hoodie for the event you will be able to collect this at registration. T-shirts/hoodies will not be available for sale on race day.

If you would like to purchase tubes of glow in the dark face paint, we will be selling tubes in a range of colours for £1 (cash only) at registration. These will be available on a first come, first served basis.

If you are entered to run in both the Night and Dawn runs, please keep hold of your race number after finishing the Night Run, as you will reuse this the following morning when you run in the Dawn Run.

TOILETS:

We will have access to the toilets at Harborough Leisure Centre for the Night Run only.

Two portaloos will also be available for use within the Leisure Centre car park for both the Night and Dawn Runs.

BAGGAGE:

We encourage runners to take any valuable items with them or leave them at home. There will not be any official baggage facilities at this event, as the finish location is in the same location as the start.

WHAT TO BRING:

- Race number
- Headtorch / handheld torch
- Plenty of hi-viz/glow-in-the-dark items...your brightest outfit!

THE RACE:

The start line can be reached by accessing the Brampton Valley Way from the entrance on Scotland Road. If making your way across from the Leisure Centre, the route to the start will be well signed. Please be mindful of the local residents when walking to the start. Keep to the paths. You should not be walking across anybody's garden or grass.

The Night Run will start promptly at 7:30pm, and the Dawn Run at 6:30am. There will be no formal race brief at the start of the event, as the race starts alongside a residential area. Please read this pack thoroughly, as it will contain all of the information you need to know. Please ensure that you are in place at the start line by 7:25pm (Night Run) and 6:25am (Dawn Run).

Due to the narrow track at the beginning of the event, there will be a need to self-seed to enable a safe start. Please realistically estimate your finish time and place yourself according to the times displayed along the edge of the track.

The route is 5 miles in total. It is an out and back route along the Brampton Valley Way which is a flat, former railway line. Due to the out and back nature of the course, we ask that all runners **keep left** once the race has begun. There will be a number of signs out on the course reminding you of this.

The majority of the route is run on a compacted path with a fairly level surface, but please take care, particularly when running through Oxendon Tunnel where the footing is not quite so secure. Weather dependent, there may also be some small puddles along the Brampton Valley Way track.

There is a small ford which crosses the track at one point. If you choose to run on the crossing alongside the ford, please be mindful that the wooden platform could be slippery.

Oxendon Tunnel will have some mood lighting, but a torch is still an essential requirement for your race.

Once you reach the turnaround point at mile 2.5 you will be handed a fun gift to carry back for the second half of the race so that we know you have run the full distance (and so that we can take some fun photos of you all enjoying the race)!

Please remember to keep hold of your race number after the Night Run if you will also be joining us for the Dawn Run the following day.

Once you have finished you will be presented with a bespoke medal and ushered towards the 'Buffet Car' where you will be rewarded with a hot drink and biscuit on the Night Run, and croissant and fruit juice (or hot drink) on the Dawn Run. Please do not linger by the finish and move down the track away from the finish line as soon as you are able in order to give space to those still to cross the finish.

MEDICAL COVER:

Please ensure that you are fit enough to take on the challenge of completing a 5 mile race, 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 the team 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.

DOGS:

Due to the narrow nature of the Brampton Valley Way, running with a dog is not permitted.

PRIZE GIVING:

All runners will receive a bespoke medal for each event they run in. For those running both the Night and the Dawn Run, your medals will interlink!



The first three male and first three female finishers at each event will receive a trophy.

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:

Photographer Mick from Mick Hall Photos will be capturing your moments from the events, with images available free to download on his website shortly after the event.

<https://search.mickhall-photos.com/pages/events-2025>

SOCIAL MEDIA:

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

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 2025.

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:



Irchy Park Canicross

Sunday 8th February

5k canicross

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



Naseby 1645

Sunday 15th February

16.45 mile road race

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



Pitsford Water Trail Races

Sunday 1st March

10k / half marathon

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