



# IRCHY PARK CANICROSS

## RACE PACK SUNDAY 8<sup>TH</sup> FEBRUARY 2026

**Thank you to everybody who has signed up to take part in the Irchy Park Canicross 5k!**

This race 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 and your dog for our Irchy Park Canicross run on Sunday morning!

*~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 will be posted out before the event. These should be collected from registration on the morning. Registration will open from 8am, 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. Your timing chip will be stuck to the back of your race number.

## **TOILETS:**

There are toilets available in the brick building at Irchester Country 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.

## **EQUIPMENT:**

Non-stop Dogwear have very kindly offered to let our runners borrow equipment to be able to run with their dog at this event. If you do not have Canicross equipment of your own, then please arrive for 8am and head down to the registration area, where they will be able to fit you and your dog with equipment to suit you for your run.

## **WHAT TO BRING:**

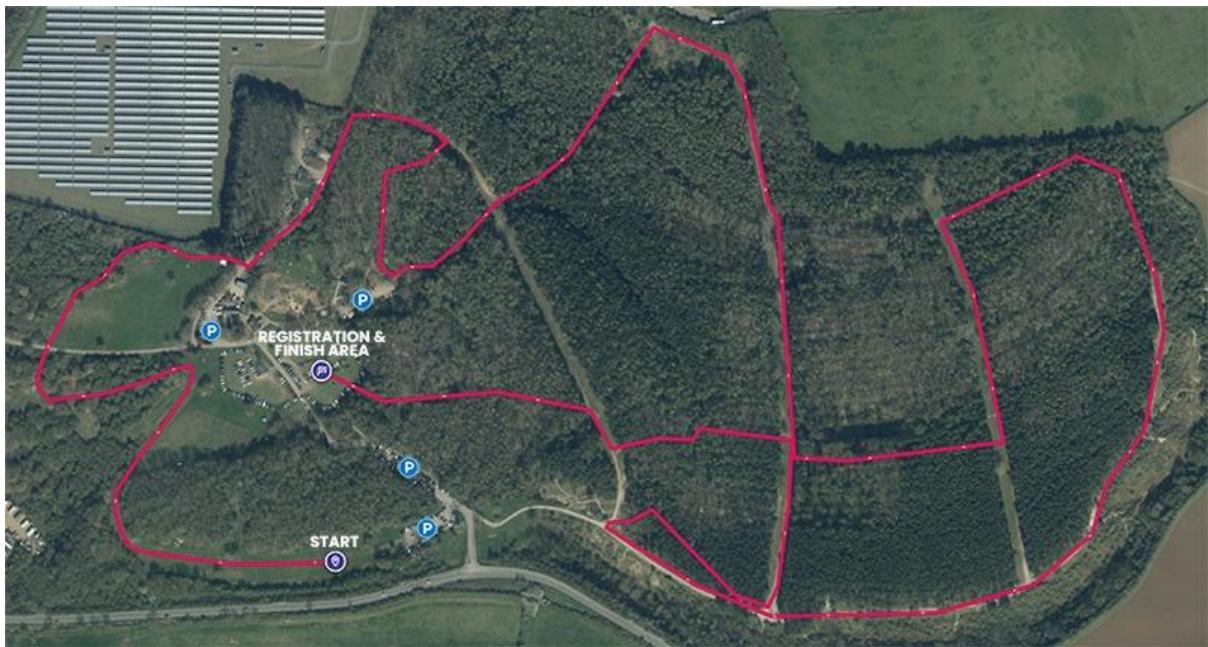
- Comfortable running shoes (trail shoes if you have them)
- Canicross kit for you and your dog

## **THE RACE:**

The race will be via a staggered start, to ensure the safety and wellbeing of all dogs and runners. There is a 5 minute walk from Race Registration to the start line. If you make your way towards the start for 9am and we will set small groups of runners and their dogs off every 20-30 seconds. If you wish to be started solo, then please let us know and this can be arranged. There is a lot of open space at the start area for you to be able to keep your dog apart should you need, just approach the start line once you are ready to begin. There will be no formal briefing at the start of the race. Please ensure you read this race pack thoroughly before the event. A list of our Canicross specific rules can be found here - <https://raceharborough.co.uk/wp-content/uploads/2025/01/Canicross-Rules.pdf>

The routes will be marked using **YELLOW** signs with black arrows. The route will also be well marshalled.





Please take care. The route is fully off-road, and you will be encountering tree roots/stumps and uneven surfaces. Due to the amount of rainfall we have had in recent weeks, there are areas of the course which will be muddy underfoot, so a pair of trail shoes is advised.

Once you have finished you will be presented with a bespoke medal.

## **MEDICAL COVER:**

Please ensure that both yourself and your dog are fit enough to take on the challenge of completing 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 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 headphones will be allowed at this event.

## **PRIZE GIVING:**

All runners will receive a bespoke medal at the finish of their event.

The first three male and first three female finishers of the 5k event based on chip start/finish times will receive a trophy. Non-stop will also be providing spot prizes at the event to a number of finishers.

## **REFRESHMENTS:**

The Quarryman's Rest Café will be open and serving hot and cold drinks and snacks throughout the morning. They also offer a selection of treats for your dog.



## 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:

Photos from the day will be shared on our social media the following day, and a link sent out to all runners.

## SPONSORS:



Louise Humphrey, from [Paws4Running](#) is a Canicross instructor, offering Canicross taster sessions and social runs. She also hosts a popular podcast all about the fun of running with your dog.

[Snow Paw Store](#) is the longest running Dog Sports Equipment specialist in the UK. A family-run business, only stocking quality products which they would use themselves.



[Non-stop dogwear](#) is a company making equipment for active dogs and their owners.

The cover art for the "CANICROSS CONVERSATIONS" podcast. The title is at the top in large, colorful, block letters. Below it, it says "with Louise Humphrey &amp; Michelle Mortimer". There are two photo frames: one showing a person kneeling with a black dog, and another showing a person smiling with a tan dog. A yellow speech bubble between them contains the text "OMG!". To the right, there is a teal text box with white text describing the podcast as a "podcast exploring the world of running with dogs: canicross stories, and expert advice about how to keep you and your dog healthy and happy".



## SOCIAL MEDIA:

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

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

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

## UPCOMING RACE HARBOROUGH EVENTS:



**Naseby 1645**  
Sunday 15<sup>th</sup> February  
16.45 mile road race  
<https://raceharborough.co.uk/naseby-1645/>



**Pitsford Water Trail Races**  
Sunday 1<sup>st</sup> March  
10k / half marathon  
<https://raceharborough.co.uk/pitsfordwatertrails/>



**Battle of the Brampton Valley Way**  
Sunday 12<sup>th</sup> April  
28 mile ultramarathon  
<https://raceharborough.co.uk/brampton/>

