



**RUN RABBIT TRAILS**



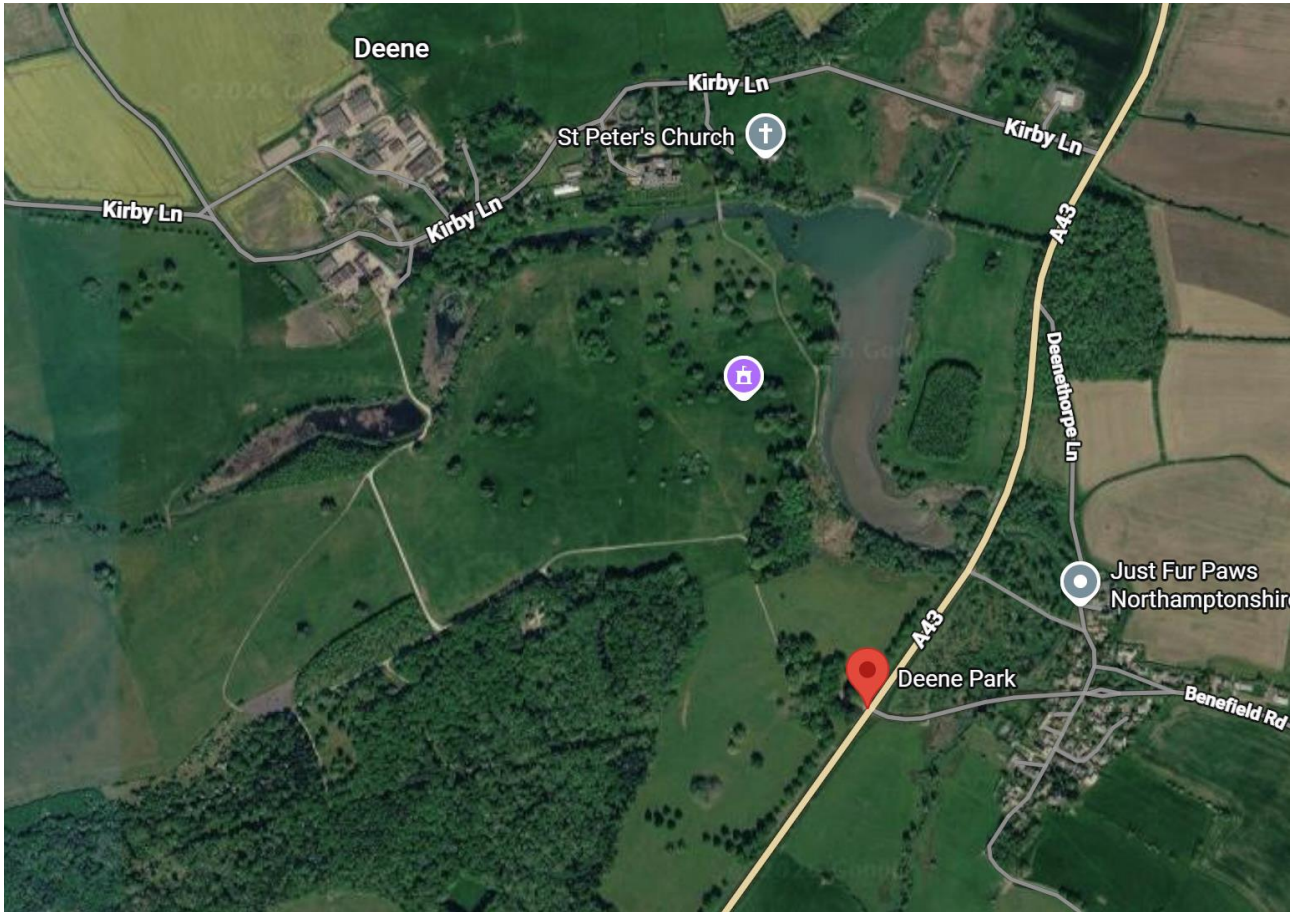
**RACE PACK**  
**Saturday, 9<sup>th</sup> May 2026**  
**&**  
**Sunday, 10<sup>th</sup> May 2026**

## VENUE

Deene Park Estate, Corby, NN17 3EW.

What3Words address: [///flood.that.highbrow](https://www.what3words.com/#!/flood.that.highbrow)

[Google Pin](#)



## CAR PARKING

Free car parking for the event is available on site at Deene Park Estate.

The Event Entrance gate, off the A43 will be open (and manned) at the following times:

- Saturday 9am – 11am, 4pm – 6:30pm
- Sunday 7am – 9am

Please try to arrive during these times. If you arrive outside of these times, there will be a sign with a number displayed for you to call to request access, but if a race is taking place, you may not get immediate access.

When exiting the estate, the barrier will automatically raise when approached.

Parking will be on grass. Please listen to the instructions of the car park marshals on arrival. If you are entering or leaving the site whilst events are still taking place, please be aware that there may be runners on course and drive carefully.

# SITE PLAN



## EVENT TIMINGS

### Saturday, 9<sup>th</sup> May

- 09:00:** Venue and camp site opens  
Registration opens at The Hutch (Race HQ Marquee)  
Hot drinks/snacks available from [Penny's Vintage Coffee Bar](#)
- 10:45:** Trail Mix Challenge race briefing
- 11:00:** Trail Mix Challenge start
- From 12:00:** [Tapas Zampa](#) serving a selection of hot food and cold drinks.
- 16:00:** Trail Mix Challenge prize giving at The Hutch
- 16:30:** Guest Speaker – Paul Albon in The Hutch
- 17:45:** Headlight Hop 10k registration at The Hutch
- 18:20:** Headlight Hop 10k race briefing
- 18:30:** Headlight Hop 10k start
- 19:45:** Headlight Hop 10k prize giving at The Hutch
- 20:30:** Live music from Jack Hopkinson in The Hutch

### Sunday, 10<sup>th</sup> May

- From 07:00:** Tapas Zampa serving a selection of hot food and cold drinks  
Hot drinks/snacks available from Penny's Vintage Coffee Bar
- 08:00:** Thump Trail Half registration at The Hutch
- 08:50:** Thump Trail Half race briefing
- 09:00:** Thump Trail Half start
- 11:40:** Thump Trail Half prize giving at The Hutch  
Announcement of Carrot Dash qualifiers
- 11:45:** Carrot Dash start
- 12:00:** Quest prize giving at the Finish Line

Please note: Tapas Zampa will be selling a selection of alcoholic drinks, but you can also bring your own to enjoy.

## **SATURDAY, 9<sup>th</sup> MAY**

### **Trail Mix Challenge – 5x5k**

The first event of the Festival starts with a briefing at The Hutch (Race HQ) at 10:45, with the start time at 11:00.

- Each route will start from the start gantry, set up alongside the main track
- Each event will start on the hour
- There will be a short reminder of the course and any points of note before each of the 5ks are set off
- Maps of each route will also be on display in The Hutch. They are colour-coded in terms of signage out on the course

The routes, that can be viewed on the website here:

<https://thumpevents.co.uk/challenges/> , are as follows:

- **11am – Woods 5k (Red)**
- **12pm – Boundary 5k (Orange)**
- **1pm – Green Lane (Green)**
- **2pm – Obelisk (Blue)**
- **3pm – Lakes (Purple)**

(The colours of the rainbow, minus yellow, as we use that for our regular signage!)

You can leave clothing, bags, food and drinks, etc, in the drop bag boxes situated in The Chill Out Zone.

You'll use the same race number for each route.

The ground is a mix of hard standing track, softer track through woodland, field margins, road and grass. You may feel a bit more confident on some sections if you are wearing trail shoes, but you will get by just find wearing road shoes too.

Please keep left at all times unless instructed otherwise and, should you need to overtake, please do so on the right hand side.

There are short stretches, or crossings of roads on the **Green Lane**, **Obelisk** and **Lakes** 5k courses. These are quiet, village roads, but will be well marshalled. Please listen to the instructions of the marshals. They are there to keep you safe.

Following completion of the Trail Mix Challenge you will receive your bespoke event medal.

Trophies will be awarded for Top 3 male and female finishers at 4pm in The Hutch.

Please join us after your run and enjoy the post-race entertainment, details of which are in the event timings above.

Tapas Zampa will be on site serving hot food and alcohol, along with Penny's Vintage Coffee Bar keeping you topped up with caffeine!

## **SATURDAY, 9<sup>th</sup> MAY**

### **Headlight Hop - 10k**

The second event of the Festival starts with a briefing at The Hutch (Race HQ) at 18:20, with the start time at 18:30.

If you are participating in the Quest, or another event, then please continue to use the same race number for the Headlight Hop 10k and/or the Thump Trail Half.

You can leave clothing, bags, food and drinks, etc, in the drop bag boxes situated in The Chill Out Zone.

The route can be viewed on the website here: <https://thumpevents.co.uk/challenges/>

The ground is a mix of hard standing track, softer track through woodland, field margins, road and grass. You may feel a bit more confident on some sections if you are wearing trail shoes, but you will get by just fine wearing road shoes too.

There is no water station on the route, but water is available at the start/finish area.

Please keep left at all times unless instructed otherwise and, should you need to overtake, please do so on the right hand side. There are short stretches, or crossings of roads as part of the course. These are quiet, village roads, but will be well marshalled. Please listen to the instructions of the marshals. They are there to keep you safe.

Following completion of the Headlight Hop 10k you will receive your bespoke event medal.

Trophies will be awarded for Top 3 male and female finishers at 19:45 in The Hutch.

Please join us after your run and enjoy the post-race entertainment, details of which are in the event timings above.

Tapas Zampa will be on site serving hot food and alcohol, along with Penny's Vintage Coffee Bar keeping you topped up with caffeine!

### **ENTERTAINMENT LINE UP**

Join us in The Hutch for some entertainment throughout Saturday. We've got Paul Albon, from Big Bear Events, joining us as a guest speaker at 4:30pm, and Jack Hopkinson providing music into the evening.

### **16:30 – Paul Albon**

Paul is the Race Director at Big Bear Events. He's been putting on small scale trail events for nearly 10 years in the local area. Despite being small, Big Bear has built a dedicated and loyal following in the local trail running community. As well as his work with Big Bear he's also been race directing at Centurion Running for the last 5 years and has recently worked at London Marathon and other events around the country. He's looking forward to talking all things events, the good, the bad and the ugly!



### **20:30 – Jack Hopkinson**

Jack is a singer songwriter from Warwickshire who has been BBC artist of the month and track of the week multiple times. He is bringing his own take on popular covers from Tina Turner, The Beatles, Bon Jovi and Dolly Parton. Something for everyone that everyone will enjoy. Got a request? If Jack knows it, he'll do it; if he knows it enough, he'll do his best!





## **SUNDAY, 10<sup>th</sup> MAY**

Sunday morning will no doubt see some tired legs around the site, so please give yourself a relaxing start to the day by heading up to Tapas Zampa where they will be serving from 7am.

### **Thump Trail Half – 21.1k**

The third event of the festival starts with a briefing at The Hutch (Race HQ Marquee) at 08:50, with the start time at 09:00.

You can leave clothing, bags, food and drinks, etc, in the drop bag boxes situated in The Chill Out Zone.

If you are participating in the Quest, or have participated in the Trail Mix Challenge or Headlight Hop, then please continue to use the same race number for the Thump Trail Half.

The ground is a mix of hard standing track, softer track through woodland, field margins, road and grass. You may feel a bit more confident on some sections if you are wearing trail shoes, but you will get by just fine wearing road shoes too.

The course consists of two laps, and can be viewed on the website:

<https://thumpevents.co.uk/challenges/>

Each lap contains two stiles, which runners will need to climb over, positioned at either end of a field which falls at the end of each lap.

There are two water stations on the course. One located at the half-way point of each lap, which runners will pass on each lap, and one at the start/finish area, which is also passed as runners start their second lap.

Please keep left at all times unless instructed otherwise and, should you need to overtake, please do so on the right hand side. There are short stretches, or crossings of roads as part of the course. These are quiet, village roads, but will be well marshalled. Please listen to the instructions of the marshals. They are there to keep you safe.

Following completion of the Thump Trail Half you will receive your bespoke event medal.

Trophies will be awarded for Top 3 male and female finishers at the Finish line.

There will then be a short, nervous wait while we work out who has qualified for the Carrot Dash!

## Carrot Dash – 1.6k

This is the 1 mile, winner takes all, ending to the Festival. It will start from the race gantry and will be a loop for runners. We would love it if all remaining runners could encourage these runners on their final mile. There will be some very tired legs now being asked to pick up the pace!

The 6 males and 6 females with the lowest cumulative time from the Trail Mix Challenge, Headlight Hop 10k and Thump Trail Half will be eligible to compete.

The first male and female across the line get to take home the Golden Carrot Trophy!

The prize giving will take place immediately at the finish line, and the cumulative results will be displayed close to The Hutch throughout the event.



## Spectators / Dogs

Spectators are of course most welcome to join you at the event to cheer you on! We will have a Chill Out Zone on site, near to the start/finish area, where spectators will be able to grab some shade, but be at a good vantage point for runners out on the courses. We will have a number of labelled boxes available for you to leave items in at your own risk in this area. If you are a member of a club, or have a group of friends joining you, then please feel free to bring along your own gazebo to pitch alongside ours to host your belongings and chairs.

Unfortunately, due to the working nature of the estate, **dogs are not permitted** for the safety of livestock, farm workers, and the dogs themselves.

## The Warren (Camping Area)

Camping is free on the Saturday evening with your race entry but, if you didn't indicate that you would be camping at entry, please advise us on [info@raceharborough.co.uk](mailto:info@raceharborough.co.uk) if you will be camping.

The Warren will consist of two separate areas – a hardstanding area for caravans and campervans, and a grassed area for tents. Please get in touch – [info@raceharborough.co.uk](mailto:info@raceharborough.co.uk) – if you require hardstanding and didn't state this at entry.

At registration you will be asked to sign in to the camping site, as well as provide details on any guests that are staying with you or as part of your party.

There will be running water, toilets and hot showers, but there is no electric available.

You are expected to take all of your rubbish home with you, so please bring enough bags with you for this purpose.

The best time to set up camp will probably be before the start of the Trail Mix Challenge, as you will need as much time as possible in between the other events to eat, drink, and rest. You can access the site from 9am on the Saturday morning.

If you require hardstanding for a caravan/camper van then marshals will direct you to the hardstanding area as you come in. All other campers should head to the main car park.

There will be a short walk from the car park to the camping area. If you need assistance transporting your camping equipment from the car park to the camping area please get in touch – [info@raceharborough.co.uk](mailto:info@raceharborough.co.uk).

Please note that no campfires or BBQs are permitted in the camping areas at any time.



## First Aid

A first aid team will be on site throughout the entire event. Please contact the nearest marshal or any member of the Race Harborough team if you have any concerns. The first aiders will be stationed at the finish line/out on the course throughout the individual events to keep an eye on athletes welfare and give assistance where necessary. They will have access to your medical and emergency contact details for the duration of the event only.

## Venue Access

Some of the routes take in the main entrance track, so please be alert when driving on/off site.

The main gates to the venue will be closed to restrict entry after 18:30 on Saturday, 9<sup>th</sup>, and will be opened for exit only, except in the case of emergency.

The gates will re-open at 07:00 on Sunday, 10<sup>th</sup>.

## Sports Massage & Taping from the Collick Injury Rehab Team

Sam and Archie from [Collick Injury Rehabilitation](#) will be based on site over the weekend.

Collick Injury Rehab, specialists in sports injury management, will be on site over the weekend. They will be offering sports massage and taping for £10 for 10 minutes.

Their treatment gazebo will be located by the Chillout Zone, alongside the start/finish area.

No appointment is necessary.

# collick

INJURY REHABILITATION

Run, lift, move, carry.  
Don't let pain get in the way.  
Your recovery, delivered.

INJURY REHABILITATION • SPORTS MASSAGE  
RUNNING SPECIALIST • KIBWORTH, LEICESTERHIRE

**15% OFF INITIAL ASSESSMENT  
for RUN RABBIT PARTICIPANTS**

## Photographs

We will have a photographer on site all weekend from Mick Hall Photos who will be capturing moments from the Trail Festival. All images will be available free to download from his website shortly after the event has finished. <https://www.mickhall-photos.com/>

## Results

Results will be provided by Race Timing Solutions and will be available on both the [Race Timing Solutions website](#) and the [Race Harborough website](#) by Monday, 11<sup>th</sup> May. A screen will be shown at the start/finish area with live results, and an update of the fastest 6 males and females following Day 1 will be made available in The Hutch by the start of Day 2.

## Social Media

Please follow the Race Harborough accounts on social media and share your race prep/photos from the race using the hashtag **#RunRabbitTrails**.

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

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

## Problems

If you have any problems or require assistance whilst on site, please speak to the Event Director, Mary Pearson, who will be based at either the start/finish area or at The Hutch for the duration of the event.

Should you require assistance during the night, please call the medical team on 07549 983442 or call Mary on her mobile: 07810 877546.

**EVENT MERCHANDISE**

Two trucker caps: one blue and one black, both with the 'Run Rabbit Trails' logo. Price: **£15**.

Race Harborough Buffs. Price: **£5**.

Five t-shirts: brown (Foxton Hound Ultra 2024), yellow (even one 2024), green (Pitsford Water Trail Race 2025), red (2025 Finisher), and grey (2025). Price: **£5**.

**AVAILABLE RACE WEEKEND - CASH & BANK TRANSFER**



# UPCOMING 2026 EVENTS

## Snap Fitness Market Harborough Half Marathon

SUNDAY, 17TH MAY  
Our New Road Half Marathon

JOIN US FOR THE INAUGURAL  
MARKET HARBOROUGH HALF MARATHON  
Run over 13.1 miles on closed roads through the  
stunning countryside around Market Harborough .  
This event promises a vibrant atmosphere with music,  
food, drink and trade stalls in the Event Village  
at The Showground.

## Miles & miles of glorious trails!



### Three Shires Way Ultra & Marathon

Saturday, 20th June

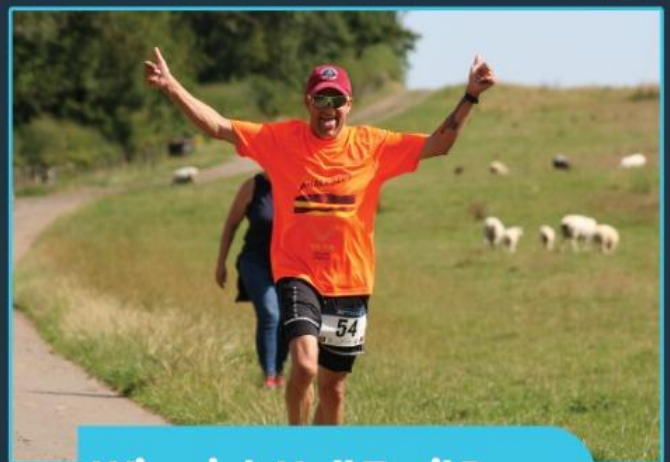
50 MILER & MARATHON DISTANCES  
FINISHING AT GRAFHAM WATER

Excellent Trails • Superbly Way Marked

The routes pass through the quiet rural landscapes and  
ancient woodlands of Bucks, Beds & Northants along  
The Three Shires Way.

Wide, uninterrupted trails make for a quick course.

## A perfect intro to trail running



### Winwick Hall Trail Races

Sunday, 19th July

10K & 5K RACES, PLUS A 2K CHILDREN'S RACE ON THE  
GLORIOUS TRAILS ON & AROUND THE WINWICK HALL ESTATE  
IN AID OF THE BRUCE GREEN FOUNDATION

The races provide the perfect introduction to trail running  
as well as a challenge for those looking to build their  
experience. With a good mix of terrain on both routes, the  
10k also involves some rewarding hills & speedy descents!

[www.raceharborough.co.uk](http://www.raceharborough.co.uk)