



Holymoorside 10K and Fun Run Sunday 3 May 2020



Race Day Instructions for Entrants

Licence Number 2020 – 38494. Under UKA Rules.

The 1st Holymoorside Scout Group thank you for supporting our event. We will be on hand to help on Race Day so please approach us if you require assistance. We hope you have an enjoyable day.

Location and Directions

The Holymoorside 10k and Fun Run are located at The Village Hall, Holymoore Road, Holymoorside, Chesterfield, Derbyshire **S42 7DX**. Please visit our website at www.holymoorside10k.co.uk for travel directions and maps.

Runners are encouraged to car share wherever possible. Free parking will be available in a designated field on Holymoore Road which will be signposted. Allow 5-10 minutes to walk to the Start. There is only limited parking on the roadside so please use the event car park. Please do not park on the course route and please park considerately to avoid disturbing residents. Road closures will be in place along the 10k route throughout the event.

Check-In for all registered 10k runners

All registered 10k runners are required to sign in at the Check-In desks at the Village Hall and collect their Race Number. Check-in desks will be open from 9.00am. Please note that Race Numbers will **not** be sent out in advance of race day.

Please complete your details on the reverse of your race number. This will be essential to assist medics if you need medical help. Please do not give your Race Number to another runner. Numbers are to be worn on the front of your vest. Please bring safety pins.

Please note that there will be no entry on the day for the 10k race.

Start

The 10k race starts at 10.30 a.m. Marshals will direct all runners to the start of the race located on the road in front of the Village Hall. Runners are requested, for their own safety, to wait on the pavements beforehand and not to enter the road until directed by marshals.

Runners are advised that in accordance with UKA Rules of Competition the wearing of headphones, or similar devices, is not permitted in the Holymoorside 10k. Please ensure that you do not wear headphones whilst running so that you are aware of the presence of traffic and other runners and instructions from marshals. Conductive headphones that do not sit in the ear are permitted.

Drink Stations

Drinks stations are situated at approximately 4km, 7.5km and at the Finish.

Finish

The 10k race finishes with a lap of the playing fields located behind the Village Hall. This section of the course is on grass. Please note that marshals will stand down after 90 minutes when runners will be advised to run on the pavements and observe the Highway Code.

Mementos and prizes

A T-shirt will be awarded to all 10k finishers who enter the race by 19/04/2020 and after this date subject to availability. T-shirts will be available for collection from inside the Village Hall after the race. Presentation of trophies to 1st, 2nd & 3rd males and females will take place at the Village Hall at approximately 11:30 a.m. Other category winners will be notified during the following week. Please note that a competitor may not be awarded more than one prize.

Fun Run

The Fun Run starts at 10:00 a.m. and is approximately a 2k course consisting of 6 laps of the playing fields adjacent to the Village Hall. All participants will receive a medal. Entry is available on the day.

Toilet and Changing Facilities

Toilet facilities for women are available inside the entrance to the Village Hall. Women's changing facilities and additional toilets are accessible via a staircase inside the Village Hall. Toilet facilities for men are located in an outside toilet block. Men's changing facilities and an additional toilet for men are available in the changing block outside the Village Hall. There are no shower facilities. A disabled toilet is located inside the entrance to the Village Hall.

Other facilities

Supervised baggage storage will be available inside the Village Hall free of charge.

Tea, coffee, cakes and cold refreshments will be available for purchase inside the Village Hall. Hot bacon butties will be available for purchase throughout the morning.

First Aid

Event First Aid will be provided during the event. A First Aid ambulance will be located at the approximate mid-point of the course. There will also be a First Aid Post at the Start/Finish.

Results

We aim to publish results on our website at www.holymoorside10k.co.uk within 48 hours.

Preparation and Training

Runners are required upon entry to the 10k to certify that they are medically fit to participate. For advice on preparation and training runners are encouraged to visit www.runnersmedicalresource.com

Data Protection

In entering the Holymoorside 10k runners agree that their personal information may be published as part of the entries to and results of the event and may be passed to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times and age category.

Contact

Please contact us with any queries by emailing holymoorside10k@gmail.com

