



Holymoorside 10K and Fun Run Sunday 8 May 2022



Race Day Instructions for Entrants

Licence Number 2022 – 42818. Under UKA Rules.

The 1st Holymoorside Scout Group thank you for supporting the 11th Holymoorside 10k and Fun Run. 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.

Car Parking

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 park considerately to avoid disturbing residents. Please do not park on the course route and please do not park on grass in residential areas.

Water Stations

In line with latest UKA guidance runners should be self-sufficient and bring their own water. Water stations will not be provided on the 10k course route. A self-help water station will be provided at the race finish.

Road Closures

The 10k course is subject to a rolling road closure operated by Vocon Traffic Management throughout the race. Emergency vehicles and access traffic are permitted through the road closure so please be aware of the presence of vehicles on the race route. Please keep left and follow marshals' instructions.

Check-In for all registered 10k runners

All registered 10k runners are required to sign in at the Check-In desks outside the Village Hall and collect their Race Number. Check-In desks will be open from 9:00 a.m. 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 including contact details, next of kin, and previous medical history, e.g. including current medication. 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. Safety pins will be provided but please bring your own if possible.

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

Start 10k

The 10k race starts at 10:30 a.m. Marshals will direct runners to the Start of the race on the road at the Village Hall. Runners are advised, 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.

Distance markers are placed at every kilometre.

Finish 10k

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 have entered the race by 24/04/2022 and after this date subject to availability. T-shirts will be available for collection on a self-help basis from outside the Village Hall after the race. Presentation of trophies to category winners will take place outside the Village Hall at approximately 11:30 a.m. as far as possible otherwise prizes will be posted 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 Facilities

Toilet facilities for women are available inside the entrance to the Village Hall. Women's additional toilets are accessible via a staircase inside the Village Hall. Toilet facilities for men are located in an outside toilet block and an additional toilet is available in the changing block adjacent to the Village Hall. Due to coronavirus considerations changing facilities are not provided. There are no shower facilities. A disabled toilet is located inside the entrance to the Village Hall.

Other facilities

Due to coronavirus considerations baggage storage is not provided.

Cakes and Refreshments

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

First Aid

First Aid will be provided during the event by St John's Ambulance. First Aid posts will be located at the Start/Finish and at the approximate mid-point of the course. An ambulance will be provided capable of providing a mobile response to any point along the course.

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. Runners with pre-existing medical conditions such as cardiac, asthma, and diabetes are advised to compete only on advice of their GP. Runners are advised not to compete if they have suffered fever or sickness in the week before the race or are suffering from Covid.

The minimum age for entry to the 10k is 15 years.

Data Protection

In entering the Holymoorside 10k, runners agree that their Personal Information may be published as part of the entry lists 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

Best of luck on the day!
Holymoorside 10k Race Team

