

Hardwick 10k Race Instructions

Race permit: 19/241 (ARC). Certified accurate 10 km course.

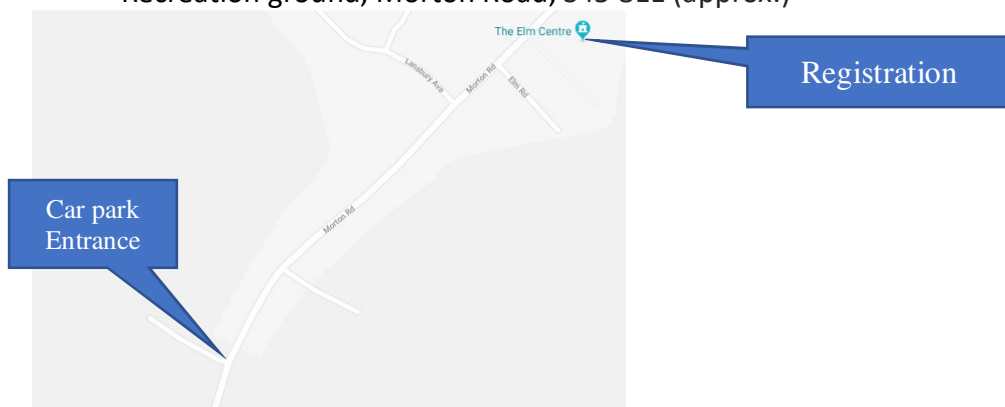
DATE of RACE: Thursday 18th July 2019
REGISTRATION OPENS: 6:00pm
REGISTRATION CLOSES: 7:15pm
RACE STARTS: 7:30pm
REGISTRATION LOCATION: Elm Centre, next to Pilsley Primary School, S45 8EH

Parking

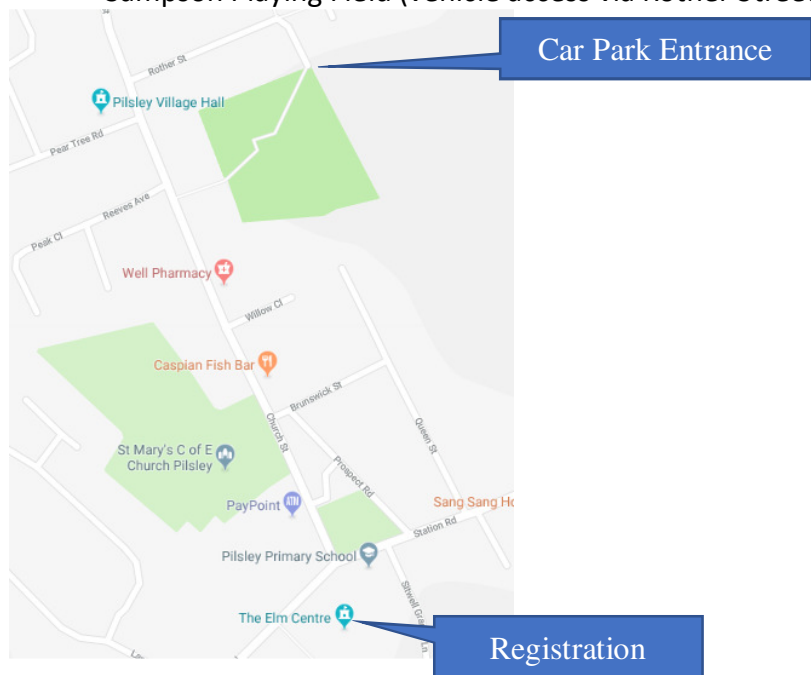
Follow the parking instructions, signs and marshal directions. Please avoid parking on the course (esp. Station Road to the east of Pilsley) and do not attempt to park near registration as this has previously caused congestion. Both official car parks are near registration.

There are 2 car parks.

- Recreation ground, Morton Road, S45 8EE (approx.)



- Sampson Playing Field (vehicle access via Rother Street), S45 8HG



Registration

Please leave yourself plenty of time to register.

Race H.Q. is at the Elm Centre (next to Pilsley Primary School S45 8EU where the race starts) where race numbers, timing tags/chips, T shirts and baggage labels will be available from 6:00pm. Changing facilities are available. Registration will close at 7:15pm. Note that T shirts will only be available at registration – they will not be given out at the finish. Please note that baggage is left at owner's risk – do not leave valuables.

Fill in the back of your race number with your details and any medical conditions.

The Race

Runners assemble at 7:15pm outside the Elm Centre for the 7:30pm start. Do not wear headphones as you will not be able to hear marshals' instructions and it may invalidate our insurance. Wear your number on the front of your vest and make sure it is visible to the timekeepers at the finish. Tie your chip to your shoe with the tie provided. The chip will be collected at the finish. Please note - no chip, no time or position.

Drinks will be available near the 5k turnaround point and the finish. Dogs are not allowed on the course. Please keep to the left and follow marshals' instructions.

Prizes

There is a £100 cash prize for the first man and/or woman to beat the course record. The official course record for the 10k is 33-25 by Daniel Haworth and 40-36 by Sonka Reimers {chip timings}. Prizes for first 5 men and women. There is a first men's team prize {4 runners} and first ladies' team {3 runners}. There are also prizes in the age categories (first vets 40/50/60/70, men and women) and the first Pilsley resident male and female who are not members of a running club. Every finisher will receive a commemorative t shirt.

Prize giving will be between 8-30pm and 9pm in the small car park near the start/finish where there will be food/drink and entertainment available.

Run Forest Run and ON shoes are donating the raffle prize for the Weston Park Cancer Charity.

Sponsored Charity

This year's race charity is Weston Park Cancer Charity - sponsor forms on our website. The Weston Park supports cancer sufferers in North Derbyshire, Yorkshire and Nottingham areas. Raffle tickets are £1 each and all proceeds will go to Weston Park Cancer Charity . The raffle will be drawn just before the prize giving and will include two £20 vouchers for Run forest Run. Tickets will be on sale in the Elm Centre.

Attaching your Ipico Sport Tag (Timing Chip)

You must wear the IPICO Sport Tag correctly to get an official finishing time. If you do not wear your IPICO Sport Tag, the system will not record your race time.

NO TAG, NO TIME!

RETURN YOUR TAG AFTER THE RACES

Your Sport Tag is not disposable. We will collect your IPICO Sport Tag at the finish line for re-use at another event.

DO attach your Sport Tag firmly the top of your shoe using the ties provided

DO NOT lose your Sport Tag. It is re-useable.

www.chiptiminguk.co.uk

FOLLOW THE INSTRUCTIONS

REMEMBER NO TAG NO TIME

Step 1

Thread the cable ties under your shoe laces



Step 2

Thread the IPICO Sport Tag onto the cable ties



Step 3

Secure the IPICO Sport Tag by tightening the cable ties



YOUR TAG WILL BE REMOVED AT THE END OF THE RACE

www.chiptiminguk.co.uk