

# HEANOR

Running Club

## Midsummer Festival

### 5k & 10k Race Day Information.

#### **Race HQ**

The race headquarters will be situated at:-

**Shipley Hall Cricket Club, The Field, Shipley Country Park. DE75 7JH**

Here you will find Toilets, Bar, Refreshments and our sponsors stalls The Derby Runner and Decathlon.

Changing and shower facilities will be available as will an unsupervised bag storage area. Please Note:- Property is left entirely at owner's risk.

On the day, race entries will be situated inside the cricket pavilion should there be any left.

#### **All Race numbers to be collected on the day from 5pm**

**The race start lines are a 10 min walk from the Race HQ so allow time for this in your warm up preparations, an announcement will be made 15 minutes before the start of the races**

#### **Race Number**

All runners must wear the race number on the front of their vest at all times. Please fill in the details on the reverse of the number to help the first aid personnel in the event of an emergency.

Please note: Unfortunately Heanor Running Club do not give refunds or defer entries if you enter and then for whatever reason decide not to run.

#### **Personal Headphones**

Please do not wear anything that may prevent you from hearing instructions from the Marshals and/or Police. This is for your own safety and in the event of an accident will invalidate your insurance.

#### **Drinks**

There will be a water station near the halfway point in the 10k race ONLY and at the finish.

#### **First Aid**

Derby Civil Aid will be in attendance during the race.

#### **Spectator Points**

Bell Lane, Osbornes Pond and the Visitor Centre on Shipley Country Park are all good vantage points.

#### **Directions & Parking**

From the M1

Exit junction 26, take A610 signposted Heanor. Leave dual carriageway following signs A608 Heanor/Langley Mill. Follow road up a steep hill to traffic lights, at traffic lights bare left towards Ilkeston, Shipley Garden Centre will be on your left then turn right signposted the Field. Follow this as far as you can go then parking is at Shipley Hall Cricket Club.

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## **Parking**

Free parking will be available on the field at Shipley Hall Cricket Club. Limited parking will also be available in and around the Coppice. Please follow marshal instructions to designated free parking areas. NB: **Shipley Country Park Visitor Centre Car Park is Pay & Display.**

## **The Course**

The course is made up of an even mix of tarmac and park paths with the finish being on the cricket field. We do have to share the park with the public so please be aware of this during the race as we do not have any right of way.

## **At the Finish**

Please ensure that your race number is clearly visible, and that your number has been recorded before leaving the finishing funnel. Keep moving through the funnel to allow other runners to finish but remain in your finishing order.

## **Presentation & Results**

The presentation and prize giving will be held at the Race Finish as soon as possible after the race.

Full results will be available via [www.heanorrunningclub.com](http://www.heanorrunningclub.com)

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5k Course Map



10k Course Map

