

HEANOR

== Running Club ==

The 35th Heanor 10k – Matthew Walker Pudding Run 2022 Sunday 20th November: Shipley Country Park, Heanor DE75 7GX

Dear Runner,

Thank you for entering the Heanor 10k. I hope that we have good weather for running on the day and that you manage to record a fast time.

Here are a few important race details:-

1. Number and Chip

Your race number with chip timing will be supplied by post prior to race day. Please attach it securely to the front of your race day vest/tee shirt.

NB

Please take time to fill in your details on the reverse of your number.

If you have a medical condition that the First Aiders need to know about, then please put the details of the condition on the back of your race number along with any medicines and any action the First Aiders need to take.

Do not let anyone else compete with your number, the transfer date has long since passed.

2. Race HQ

If you are using a SatNav to guide you to the race then the postcode is **DE75 7GX Shipley Country Park, ARRIVE EARLY as the roads will be closed 15 minutes before the start.**

The park has a pay & display car park, please take all normal precautions when leaving your car, putting all items out of sight in your boot.

Free parking is based a short walk away on Heanor Gate Industrial estate, you will be directed by Marshals to free car parks, once again lock any items of value in your boot.

There is a café and toilet facilities at race HQ along with an information shop in the Visitors Centre.

More portable toilets will be based near the race start, along with trade stalls etc.

A race announcer/PA system will be playing music from 8.30am

Assemble

Please get to the start line area ready to run by 9:50am and take a start position that is suitable to your ability.

3. Baggage

NB

Unfortunately we do not have a manned/secure baggage area or changing/shower facilities for the race. There will be an area taped off to leave any baggage, this area will be unsupervised so all belongings are left at your own risk.

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4. The Course

The course has been accurately measured by a UKA course measurer and is a fully licensed UKA event. The Matthew Walker 10k is a running race with a time limit of 90 minutes and therefore we will have a sweep bike following the last runner.

If any competitor falls behind the sweep cyclist they will then be asked to run on the pavement.

NB

The course is new for 2021 with a full road closure in place from 9:50am until 10:50 am. A map of the route it can be viewed online at www.heanorrunningclub.com

The surfaces are tarmac with approximately 1k on park paths.

Hydration

There will be a water station on the course around the half way point. We will provide bottled water at the finish.

5. Safety on public roads

The course does use public roads, these are at the start and up to around 6k.

The roads will be closed but you **MUST** keep to the left side at all times and follow the marshals instructions.

6. Safety and Courtesy in the Country Park

Shipleigh Country Park is used by the general public some of these may not be used to groups of runners. We do **NOT** have the right of way so we ask you to take the utmost care during the race and treat everyone with courtesy and manners that you yourself would expect to be treated with.

There may be horse riders/cyclists/dog walkers, children so please be aware.

7. Headphones

On safety grounds these are banned from use during the race, in line with UKA rules and regulations anything that may interfere with you hearing instructions from Marshals/Police are not allowed.

However Bone conductive listening devices are permitted as these fit around the ear.

8. Race time

The 10k will start promptly at 10am. Prize Presentations will take place near the PA system at approximately 11.30am

9. Prizes

There will be cash prizes and hampers for the top three men and women.

Hampers will be given to the age group winners

£50 for new course record male and female

10. Teams: Men 4 to score. Women 3 to score

Prizes will be given to the team winners, to qualify for a team prize you must run in your 1st claim club vest.

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11. Race mementos

A Matthew Walker Christmas Pudding, a technical Tee shirt and water will be given to all who complete the race.

12. Results

Results will be posted on the Heanor RC website www.heanorrunningclub.com as soon as possible after the race.

13. Social Media

Follow us on Twitter @Heanor-RC @XmasPudRun
Instagram Heanor Running Club
Facebook Matthew Walker 10k or Heanor Running Club

14. Race Photography

The Pudding Run Official Race photographer will be:- www.mickhall-photos.co.uk
Images from the race can be downloaded free of charge courtesy of Heanor RC

15. Charity

Treetops Hospice are the chosen charity for the 2022 Heanor 10k Pud Run, £1 from every entry fee will be donated to Treetops to help them keep up the fantastic work and care they provide.

OUR EVENT PARTNERS

