

Dear All

We are looking forward to seeing you at Irchester Country Park, Gipsy Lane, Irchester NN29 7DL on 18<sup>th</sup> February 2024 for the Dirt Run Round 2 Uphill. Listed below are the race day instructions which should be read even if you've done this before.

## **Arrival By Car**

There is parking in the Country Park but please try to car share where ever possible. Please allow adequate time to park, parking is paid for in all areas of the park at a cost of **£3.20** for the event, payment is by card or cash at the machine. The machine is the only way to pay so please arrive in good time, **there are three machines** one at the top near the entrance; one near the toilet block; and one near the play area, and the latter is usually quieter. Please use the Car Parks as directed by the event team. You must display your ticket as the parking is controlled by council wardens not the park rangers; there is a big fine to be had for not displaying! If the car parks are full you will be directed to the Tesco/B and M car parks then it is a 10 minute walk; go under the flyover on the A509 London Road, turn left at the memorial on to Daniels Road, then take the next right after Newton Road (at the gates) into the park . Follow the park trail into the Royal Meadow

## **Toilets**

There are toilets in the Country Park situated near the finish line.

## **Race Numbers**

You will collect your race number on the day between 8:30am and 9:30am from the gazebo near the Quarryman's Rest Cafe. There will be specific lines according to your chosen distance. Please ensure that your race number is securely fastened to the front of your clothing (we have safety pins available) and is clearly visible – not folded or hidden under another layer of clothing! Please allow time for this, as we will also be dealing with entries on the day, also it is roughly a 5 minute walk to the start line.

## **Timing**

The race is electronically timed so when crossing the finish line please ensure that your number is visible and stay in the order in which you finished so the team can record your time. The results will be available on the event web page

## **Race Briefing**

We will email you a link to the race briefing on YouTube

## **Race Timings**

**The race is scheduled to start at 10:00am. All distances set off at the same time.**

## What kit do I need?

Trail shoes! Keep your eye on the weather and dress accordingly, please bear in mind whilst you might feel a little chilly at the start you will warm up once you get going so don't over dress.

## Headphones

Please don't wear headphones; it stops you being aware of your surroundings and others. Also be sociable and talk to and encourage your fellow competitors, if they are not wearing headphones they might reply to you!

## Maps and Route

Please [CLICK HERE](#) for the "Ride with GPS" file – this will give you an indication of the route.

The run takes place within the confines of the Country Park, if you find yourself outside the park boundaries then you have gone horribly wrong. From the start you will run around to the right and keeping left take care when crossing the road, there will be marshals on the crossing point. Follow the track until it then bends to the right and straightens downhill towards your favourite part – the hill! At the top of the hill keep left, then turn left for your first loop. Along the straight path with the gulley to your right take the first left and continue to the marshal point where you will turn right. Go straight on into the woods (ignoring the right turn) and follow the path round to the right. Stay on the path with the gulley to your left, go past where you turned to the left on the out lap and turn right at the marshal point which takes you to the top of the hill. Bear left through the trees and out across the field and cross the road with care through the gaps in the wooden fencing. Keep left on the path, into the field where you started and stay to the left of the start line, loop round the fence at the top and keep left back towards the lap point or finish depending on which race you have opted for. For the 5K race, head straight to the finish line, 10K or 15K you will be directed down the path, across the road and round the field boundary towards the water station then back onto the loop for your 2<sup>nd</sup> round (10K), and 3 times round for 15k [CLICK HERE](#) for the map

**The start is in a different place to the finish – this is in the field to the right of the finish line as you face it. It is a short walk so please allow 5 minutes for this.**

## Marshal Points

There are marshal points throughout the course for your safety, encouragement, and to keep you on the correct route. The course is also marked with signs to help. There is also a radio communications team at key points on the course.

## First Aid

Marshals will be equipped with first aid kits in key areas. If you feel unwell, have an accident or injury, or spot a fellow competitor in trouble please inform a member of the event team immediately. In the case of a serious incident please dial 999.

## Food and Drink

There will be a water station in the field close to the finish line for the 10K and 15K runners. **The Quarryman's Rest Café will be open from 8am** where hot drinks and food

will be available to purchase before and after the race. Please support them as they open especially early for us.

## **Personal Effects**

There will be 3 boxes in the registration area (one for the 5km run, 10km and 15km run) where you can leave additional clothing/small items etc. WE CANNOT ACCOMMODATE LARGE BAGS.

These will be relocated to the finish line. This area is unsecured, so please ensure you do not leave any valuables in the boxes. **Any items left will be at your own risk.**

## **Other Park Users**

We don't have exclusive use of the country park for this event so please be aware of other park users. Be courteous and do not drop litter on the course.

## **Race Photography**

We have a race day photographer on hand to capture you at your muddy best!

## **Race Results**

Please check out the website [event page](#)

## **And Finally...**

We look forward to seeing you on Sunday; please let me know if you have any questions

**Simon Hollis**

**Race Director**

**Race Director's mobile – in case of an emergency is 07989 850170**