

Hardwick 10k Race Instructions

Race permit: (ARC) 23/0213. Certified accurate 10 km course.

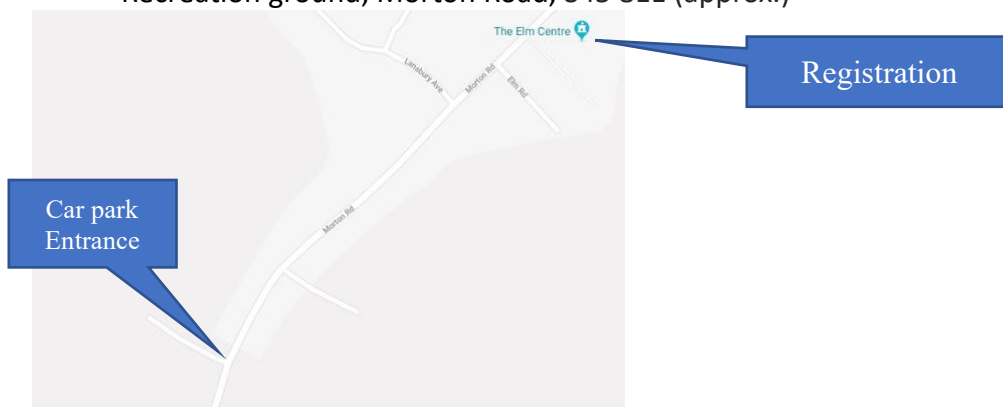
DATE of RACE: Thursday 20th July 2023
REGISTRATION OPENS: 6:00pm
REGISTRATION CLOSES: 7:15pm
RACE STARTS: 7:30pm
REGISTRATION LOCATION: Elm Centre, next to Pilsley Primary School, S45 8EH

Parking

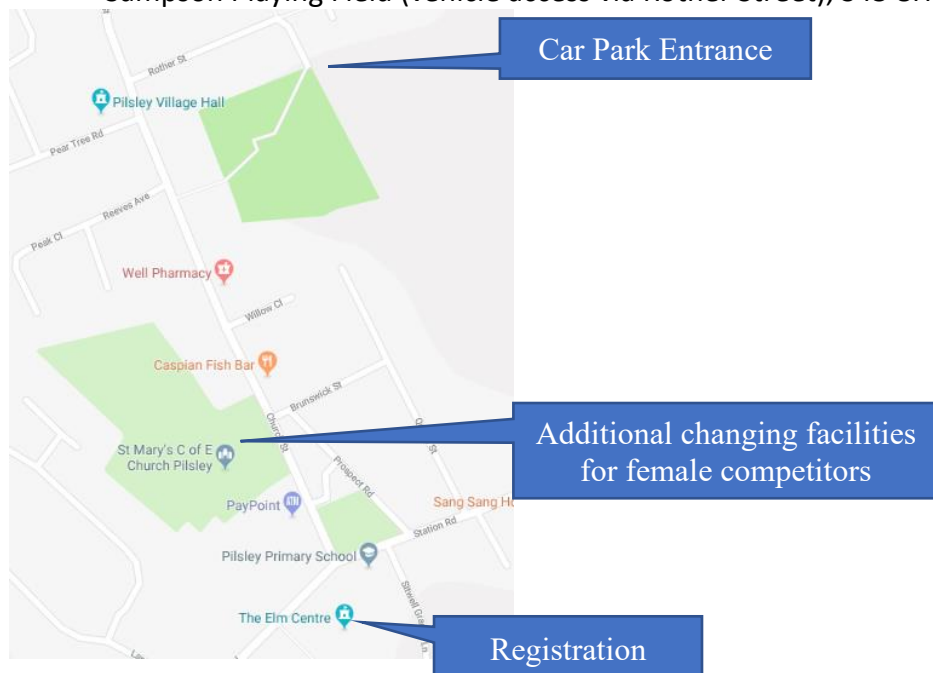
Follow the parking instructions, signs and marshal directions. Please avoid parking on the course (esp. Station Road to the east of Pilsley) and do not attempt to park near registration as this has previously caused congestion. Both official car parks are near registration.

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 (additional changing facilities available at St Mary's Church Hall for female competitors). 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 relevant 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. The number panel also has the timing chip pre-attached. If you don't wear it you will not receive a 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 31:33 by Samuel Moakes, Sutton in Ashfield Harriers & AC, and 38:36 by Lucy Neimz {chip timings}.

Prizes for first 3 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. All competitors 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.

Sponsored Charity

This year's race charity is Weston Park Cancer Charity.

Timing Chips



Your timing chip is pre-attached to your number. It does not need to be returned at the end of the race.

Results

Results will be available on the race website, as soon as possible following the race.

www.hardwickrun.co.uk