

Entrant Instruction

PLEASE READ

Sunday 17th September 2017 - 10.30 am start

Thank you for entering our Serpentine running event. The below instructions should help you before, during and after the run. We hope you have a great day!

Organised by Sedgefield Harriers AC

Venue Sedgefield Cricket Club, Station Road, Sedgefield, TS21 2BY

FAQ

How do I get there?

<https://www.google.co.uk/maps/place/Sedgefield+Cricket+Club>

What time does registration open?

Registration opens at 9am and race briefing is 10:15am. Please turn up as early as possible.

What is parking like?

There is parking at the cricket club, which is free, please try to car share as parking at the cricket club is very limited.

Additional parking is available at the nearby Hardwick Park, which is Pay and Display (£3 all day) and about a 10-minute walk to the start/finish via the A177 underpass. Please bring change.

There is very limited street parking but please respect residents by parking considerately if you park on the street. Take particular care not to block driveways or the pavement.

What about facilities?

The cricket club has toilets available and will have a bar open for after the race finishes.

There will be a charity cake stall on after the race finishes - please bring change.

Nearby Hardwick Park also has toilets and a café.

There will be water available at the start/finish and at the drinks station.

Is there anything to keep non-runners amused?

Yes, Hardwick Park is only a short walk from the start / finish. The race route goes out and back through the park so there are plenty of opportunities to support runners whilst in the park.

<http://www.durham.gov.uk/hardwickpark>

Sedgefield village is also only a short walk away, although being a Sunday not all businesses will be open.

Is there a run for under 16s?

At this time unfortunately not. For the younger folk [Junior parkrun](#) will still be on at 9am (check their website) in Hardwick Park.

Do I need to register?

Yes, you do. Numbers will not be sent out in advance, so you will pick them up when you arrive, that way we will also know who is out on the course. Please display your numbers clearly.

Can I enter on the day?

Subject to us reaching our race limit then yes, entries will be available on the day between 9-10am. If you would like to run then we suggest entering as soon as possible (it also helps us know how many gifts to order if people enter in advance).

What is the entry limit?

300

What happens if I enter and can't do the race for some reason?

Something that I am sure has happened to us all. There are no refunds and no deferments (we must pay for the event regardless). We can transfer your number to another runner, either in advance or on the day. There is no charge for transfers.

Is there a time limit?

Yes, medical support and drinks station will be removed at 12pm. However, you can carry on at your own risk.

Is there an age limit?

The lower age limit is 16. There is no upper age limit. Just make sure that you are up to it, and you have checked with your GP if in doubt. This is your responsibility.

What sort of shoes should I wear?

I can't make recommendations; however, I feel it is a good surface and I regularly run the route in road shoes when it is dry. If the weather has been unkind then it can get a bit clarty in sections and trail shoes might be better.

If you really need to know then a recce of the course might help you decide.

Is there any medical support?

Yes, please write any medical conditions on the back of your number.

What is the course like?

Please see map for details.

The race starts just behind the cricket club in Hardwick East Park on a grass surface. It then goes through the A177 underpass from East Park into Hardwick Park and does a section on paths before leaving the park on a footpath towards Bishop Middleham. The route then stays on footpaths and farmers tracks before returning to Hardwick Park via the rear of Hardwick Hall. There is then another short section in the park before returning via the underpass back to the start/finish.

This race is on footpaths and trails, be aware that there are trip hazards, low hanging branches, uneven surfaces, livestock, golf buggies and other outdoorsy things. Please do not drop litter (gel wrappers, water bottles, etc) and if you pass through a gate then close it behind you (unless there is a marshal). Thanks!

Does the course have marshals, is the route marked?

Yes, the course does have marshals who are there for the safety of the runners and members of the public. The route is marked with signs and red and white tape and follows obvious footpaths. The route should be obvious from the tape and signs, however maps are also available on the website along with GPS files of the route. As with all races, it is your responsibility to ensure you know the route, marshals are provided for safety, but they will naturally point you in the right direction if you ask nicely.

Can I use my MP3 player?

We would prefer it if you didn't, but we understand you may enjoy running to music. Please make sure the level is not too high or you won't be able to hear marshals, other runners or vehicles.

How accurate is the course distance?

The course has been Garmin measured many times but has not been measured with a wheel.

Can I run with my dog?

No, I am sorry but on some parts of the course the tracks can be narrow and dogs or runners could be injured with a large number of people and dogs all racing through. Also some parts of the route pass through fields with livestock and running dogs, even on leads, could spook them.

Do I get a goody bag?

You will get a finish gift which this year is a neck tube. You will also get a feeling of awesomeness for completing the course.

Is water available on the route?

There will be water available at the start/finish and at the drinks station. The drink station is approximately half way around the course.

Are there awards?

There are awards to the first, second and third male and female (£100, £50, £25 Start Fitness Vouchers respectively). Veterans prizes will also be awarded (usually a bottle of wine).

Only one award per person and you have to be there to receive it. Awards will not be posted out afterwards.

From 2015 we have also introduced a shield (in memory of Gail Bell) which is awarded to the first Sedgefield lady to finish.

Awards will be presented outside the cricket club at 12:15pm.

What happens if it rains?

You will get wet. :-)

If you have any questions that are not answered above, please contact me on:

serpentine@sforeman.com

Steve Foreman
Race Director