

### **Sue McCann Harwich Runners 5k Series**

- Dates: Tuesday 3rd May, Tuesday 24th May, Tuesday 14th June, Tuesday 5th July, Tuesday 26th July
- Registration opens at 18:45
- Start time: First runners at 20.00.

**Getting there and Parking: Dovercourt Leisure Centre CO12 3TA (Parking is not at the centre, but the postcode will get you to the right area). YOU WILL NOT BE ABLE TO USE THE CAR PARK AT THE CENTRE. Follow the signs and marshals as you approach the area, parking is on a grass area accessed via a gate in front of the centre. (Car park closes at 21.30 hrs gates are then locked).**

Take the A120 from Colchester signed to Harwich. At Ramsey, Junction roundabout turn right up the hill. Turn right at the mini roundabout by the One-Stop shop. At the next mini roundabout turn left (Low Road). Follow Low road until you reach the Dovercourt Leisure Centre on your right. You will see marshalls directing you to the dedicated car parking in front of the leisure centre.

### **Registration**

Registration will be in the container which is located at the side of the Rugby Club, behind the leisure centre a short walk from the car park. Marshalls will be on hand to direct you.

Registration will open at 18:30hrs and close at 19:45hrs. On the first Tuesday of the series, you will be able to collect your race number with the chip. IMPORTANT please ensure that you keep this and bring it to each race of the series that you run, so we can record your times across the series. If you are not attending the first 5k Race you will be able to collect your race number on the first Tuesday that you attend. Each Tuesday of the 5k series that you race you will need to register at the container with your given race number. You do not have to race every race of the 5k series to have your times recorded.

### **Bag drop:**

We have use of the upstairs of the Rugby club for a bag drop area and also refreshments and prize-giving after each race. Please do not leave valuables in this area as any personal belongings left here will be left at the owner's risk. There are limited toilet facilities in the Rugby club, there are no event toilet facilities. Public toilets are available on the prom, sea front and park, but we cannot guarantee these are open and they are of course for public use.

### **Run start:**

Each 5 k Race will start a short walk from the Rugby Club on the Dovercourt Promenade behind the beach huts. The race is a handicap entry so you will be given a start time at registration. Please ensure that you go to this area at least 5 minutes before that time to ensure that we can keep to handicap race times.

### **Run route:**

There will be one lap of 5k, starting and finishing at the same place on the Dovercourt Promenade.

The run is mainly along the Promenade, which is likely to be busy. To minimise disruption please keep to the left of the prom at all times. We are sharing the prom with the general public and it is your responsibility to keep out of their way. We will take complaints from the public very seriously as it endangers any future events.

Run along the Promenade, past the lighthouses. Continue along the promenade below the park and follow the Promenade past the last set of beach huts following the path until you reach the stone pier bend, a marshall will direct you around this bend (this is a narrow path at this point). Follow the Promenade to the next marshal, who will direct you up, Barrack Lane. Keep to the left of Barrack Lane (please note this is not a closed road) until you meet the entrance to Cliff Park, where the next marshall will direct you through the park, past the bandstand. You will cross the park diagonally, then down a steep incline and back onto the Promenade. You will follow the Promenade (keeping left) back past the lighthouse, then to the finish line which is the same point as the start line.

### **Prizes**

There are certificates awarded for first, second and third overall male and female on the night. There will also be an overall trophy for the first, second and third male and female on the final night (26th July). The series is points based and your best four races count.

Results are usually available very quickly and, barring technical problems, presentations will take place soon after the last competitor finishes for the overall race places. These will take place in the Rugby club where refreshments are available.

### **Junior Race:**

Each night of the 5k series there will be a junior race which will be a 1 mile race starting at the start line of the adult race on the promenade. The junior race starts at 19.00 and registration will be upstairs in the Rugby Club. The cost of entry to the Junior race will be £1 per race or £5 for the series. Entry is on the night starting at 18.15 and will close at 18.45. Medals will be awarded on the night and cups for series performances.

Thank you for taking an interest in this event.

Enjoy your training.