



Harwich Runners 5km Series

- Dates: **Tuesday** the ... 6th May, 27th May, 17th June, 8th July, 29th July
- Registration opens at: 18:45hrs and closes at 19:45hrs
- Start time: First runners at 20:00hrs.

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 18:45hrs and close at 19:45hrs. The first Tuesday of the series you will be able to collect your race number with chip. **IMPORTANT** please ensure that you keep this and bring 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 5km Race you will be able to collect your race number on the first Tuesday that you attend. Each Tuesday of the 5km series that you race you must register at the container with your given race number. You do not have to attend every race of the 5km series to have your times recorded.

Run start:

The 5km 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 10 minutes before your start. If you are late to report to the start then the start marshals will start you as quickly as they can, however your original start will be taken.

Bag drop:

We have use of the upstairs of the Rugby club for a bag drop, refreshments and prize giving after each race. Please do not leave valuables in this area as any personal belongings will be left at the owners risk.

Health and safety

- Any audio devices. Including bone-conduction headphones, are not permitted.
- Competitors have a "duty of care" to other road users and the public. In addition, you must be able to hear and abide by marshalling instructions.
- Failing to comply with marshals instructions or to wear any audio device or similar equipment may lead to disqualification.
- Part of the race is on open road so please be aware of road traffic and look out for each other's safety.
- When you have crossed the finish line, keep moving down the prom to avoid issues with the chip timing.
- EAS Medical is providing First Aid for the 5kM series.
- If requiring First Aid, please attempt to stop at a marshal point or alert another entrant.

Getting there and Parking:

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 just before Dovercourt Leisure Centre on your right. You will see marshals at entrance to the grassed parking area. You must not park in the leisure centre or rugby club car park. Harwich Runners takes no responsibility for parking and therefore suggest that you leave enough time to park and consider car sharing if possible.

Run route:

The 5km course is a one lap loop, starting and finishing at the same place on the Dovercourt Promenade.

The run is mainly along the Promenade, which is likely to be busy. Please always keep to the right side of the prom. We are sharing the promenade with the general public, it is your responsibility to keep out of their way or politely make them aware you are approaching from behind. 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 marshal will direct you around this bend (this is a narrow path at this point so be aware of general public approaching the opposite way). 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 marshal will direct you through the park, past the band stand. You will cross the park diagonally, then down a steep slope and back onto the Promenade. You will follow the Promenade (keeping **right**) back past the light house, then to the finish line which is the same point as the start line.

Important; Do not cover your number/chip timer as you cross the finish line. Go through the finish and then stop your watch. This is in case there are any issues with the timing and your number is clear on the photograph and the chip in your number is not covered.

Prizes

- There will be 2 spot prizes for each race. Two random race numbers will be selected by the RD. If you are not in the Rugby Club to receive the spot prize a new number will be selected by the RD.
- There will be a prize for the 1st male and female age related winner for each 5km race.
- There are certificates awarded for first, second and third overall male and female on the night.
- There will also be an overall trophy for first, second and third male and female on the final night (30th 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 – 1 mile Gary Donoghue Series:

Each night of the 5km series there will be a 1 mile Gary Donoghue junior race starting at the same start line of the adult race on the promenade. This will also be chipped timed and registration will be upstairs in the Rugby Club from 1830hrs and closes at 1850hrs. The 1 mile Gary Donoghue race starts at 19.15hrs. The cost is £5 which covers the 5 events with all profits going to a charity.

Thank you for taking an interest in this event, have a great run and look forward to meeting you for refreshments in the club house afterwards.