



Run Britain Licence number 2021-41723

## Turners Blinds and Shutters Hadleigh 10

### John Chisnall Hadleigh 5

Sponsored by M Chisnall & Son Ltd

5 & 10 mile Road Race (start time 11am)

### Junior Fun Run (2k) (start time 10am)

Sponsored by Plant Parts

Sunday 21<sup>st</sup> November 2021

**\*\* FOR SAFETY REASONS ACCESS TO AND FROM THE CARPARK AT THE FOOTBALL CLUB WILL NOT BE PERMITTED BETWEEN 10:00 AND 13:30-PLEASE PARK IN THE TOWN CENTRE CAR PARKS AND LEAVE TIME TO WALK TO RACE HQ AT THE FOOTBALL CLUB (APPROX 10MINS) \*\*\***

\*\* Junior race starts at 10am \*\*

### **IMPORTANT**

- Please do not attend the event if you have one or more COVID19 symptoms; have received a positive COVID19 test result and are still in self-isolation period or still have symptoms after that ends; are required to self-isolate (e.g. on the advice of NHS Test and Trace or for travel reasons).
- Refer to <https://www.nhs.uk/conditions/coronavirusCovid-19/> for further information.
- You should not run if you have any medical condition that would endanger yourself or others by taking part.
- There will be no entries or number collection on the day. Race packs containing your number will be posted to you in advance.
- Please leave enough time to park and walk to the Football Club (approx. 0.5 mile)
- The carpark at the football club will be closed between 10.00 and 13.30 for safety reasons. Cars will not be permitted up and down Tinkers Lane during this time for runners and spectators safety. Please use the town centre car parks where possible.

### **Updated race information**

Any last minute updates to the race information will be posted on [www.hadleigh-hares.co.uk](http://www.hadleigh-hares.co.uk) and in the facebook event.

## Directions to Hadleigh, Suffolk

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The start of the Hadleigh 5 / 10 is close to the Hadleigh United Football Ground and both events finish within the ground. The carpark at the football ground will be closed between 10.00 and 13.30 so if you wish to leave early, particularly if you are in the 5 mile race, then you should use one of the local car parks in Magdalen Road or Bridge Street, Hadleigh.

For users of satellite navigation systems, the following post code will take you directly to Magdalen Road: **IP7 5AD**.

### From Ipswich

- Join the A1071 heading towards Hadleigh
- Continue on A1071 for approx 7 miles
- Turn left onto Lady Lane B1070
- After approx 0.5 miles turn left at the mini roundabout into Magdalen Road

### From Colchester

- Join the A12 heading towards Ipswich
- Turn left onto B1070 signposted Hadleigh
- Continue on B1070 for approx 4 miles
- Continue through Benton Street to T junction
- Turn right onto Station Road
- Turn first left into Magdalen Road

### From Bury St Edmunds

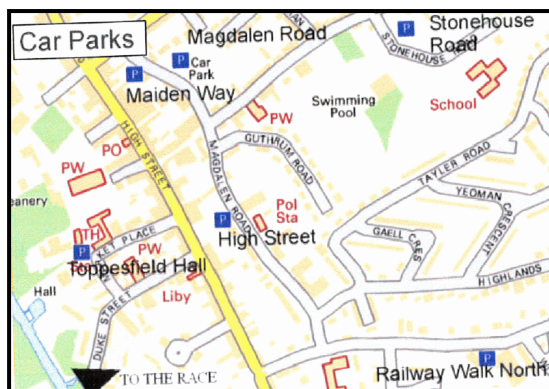
- Join the A134 heading towards Sudbury
- Turn left onto A1141
- Continue on A1141 for approx 13 miles
- Turn left onto A1071 for approx 200m
- Turn next right onto Gallows Hill B1070
- Continue on B1070 into the High Street
- First left onto Angel Street at the mini roundabout
- After 100m take the second exit at the mini roundabout into Magdalen Road

## Car parking

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You should use one of the car parks in Hadleigh and walk (approx 0.5 miles) to the ground. The following map shows the location of car parks in Hadleigh. Once you have parked make your way to the High Street and then turn down Duke Street (next to the library). Follow Duke Street for approx 400m and then once you have walked across Toppesfield Bridge turn directly left into Tinker's Lane. Walk alongside the river and the football ground is at the end of this road (approx 400m).

Please leave plenty of time for parking and walking to the Race HQ.





An online map is also available via:

<https://www.google.com/maps/d/viewer?hl=en&mid=1mQZjaP5iHzezVMcVLQMju4QX6DA&ll=52.038097402025016%2C0.9423299061638772&z=14>

## **Race Number**

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Race numbers with disposable chips will be posted to you in advance of race day, there will be no number collection on the day. If you have not received your race pack please contact [craig@racesonline.uk](mailto:craig@racesonline.uk) for support.

Please ensure that you update your details including emergency contact number on the reverse of your number. This is especially important if you have a medical condition which may affect you taking part in the event.

Please note that your details may be passed to NHS Test and Trace if there are any covid cases associated with the event. Therefore, it is even more important than ever that you do not give your number to anyone else.

Please note the routes are open to traffic. A Road Closure will be in place for the race start only.

If you think you have entered the event but have not received a confirmation email please contact [craig@racesonline.uk](mailto:craig@racesonline.uk) for help.

**There will be no entries on the day and you are not able to swap between the race distances.**

## **Event facilities**

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In line with Runbritain guidance we will not be offering changing or bag store facilities due to covid restrictions. Please arrive "ready to run".

Portaloos will be located outside of the Football Club House.

Please observe social distancing while queueing for the toilets.

Hand sanitiser stations will be positioned before and after the toilet facilities, please use them.

## **Refreshments**

There will be no drinks station in the 5-mile race.

There will be one drinks stations serving water in the 10-mile race 7 miles. Water will be provided in closed bottles which you will need to pick up from the table yourself.

In order to reduce congestion at the water station we ask that where possible you carry your own water.

Bottled water will be available to collect from a self-service water station at the finish of the race.



## Fundraising

The 5 mile race is named after John Chisnall who was a lifetime member of Hadleigh Hares who lost his battle with melanoma. There will be a cake stall at the event raising money for Melanoma Focus in John's memory. Melanoma Focus is a research charity based in Cambridge. More details on the charity can be found at [www.melanomafocus.org](http://www.melanomafocus.org)

Please enjoy some well-earned cake and give generously to this worthy cause.

If anyone would like to bake a cake for the stall please bring this along on the day.

## Secure Luggage Area

In line with Runbritain Guidance there will be no changing or bag store facilities. Please arrive "ready to run".

## Race start

The Hadleigh 5 /10 races start together at 11:00 at the small triangle of grass just over Toppesfield Bridge on the main road just outside the football ground (see map below for details). The 10/5 mile races have chip timing for the finish. Please note that the start will be a gun time as we are not able to accommodate a start mat.

**Runners should gather in the Football Club carpark prior to the race start, from here you be walked to the start by marshals. Please be in position in the carpark by 10:50.**

The 5 and 10 mile routes split approximately quarter of a mile after the start. **5 mile runners please make sure you are on the right hand side at the start** as you will be turning right whilst 10 mile runners will be going straight on.

The race routes are shown in the map at the back of this information pack. It is the runners' responsibility to know the route and to follow the signage. The lead bike and marshals at junctions will assist. Distance markers will be available at 1-mile intervals.

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## Awards ceremony / results

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Race mementos will be self serve post finish

We need to keep the finish area as free of people as possible, therefore please follow the marshals' instructions and keep moving through the post-finish area

In line with runbritain guidelines there won't be a prize presentation after the race. All awards will be sent in the post at no additional cost.



Full race results will be published at <https://www.racesonline.uk/> and on our web site <https://www.hadleigh-hares.co.uk/> after the event.

### Prizes

Prizes will be awarded for the Hadleigh 10 and 5 Mile race in the following categories:

- 1st, 2nd and 3rd man / lady
- 1st man over 40, 45, 50, 55, 60, 65, 70+
- 1st lady over 40, 45, 50, 55, 60, 65, 70+
- Team prizes (3 to score) for 1<sup>st</sup> men's and ladies' team

### Rules governing the event

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#### UKA rules

The event will be held under the rules of **United Kingdom Athletics**. Competitors are advised to familiarise themselves with the rules and regulations that apply to this event otherwise you may be penalised for breaking a rule. If you require more information about the Race Rules please visit <http://www.uka.org.uk/competitions/rules>.

5 Mile Certificate of Course Accuracy 15/339 10 Mile Certificate of Course Accuracy 15/338  
This event is licenced by RunBritain under licence number 2021-41723

#### Race numbers

You will be issued with one race number which must be clearly visible on your front whilst racing. Please attach the number to your running top with the safety pins provided. The use of race belts is permitted. Please do not cut, fold or mutilate your race number in any way.

#### Swapping of entries

Please note that the swapping of entries between competitors is strictly prohibited. Any transfers must be pre authorised by the Race Committee before 11<sup>th</sup> November.

#### Withdrawal from the race

A runner who retires from a race must not remove his/her race number until he/she has reported to an official as having retired from the race.

#### Competitors conduct

Competitors and spectators are reminded that they share the Football Ground, parks and the roads with other pedestrians and car users who may not be fully aware of the event.

We ask that you treat both members of the public including other road users, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in immediate disqualification from the event. Please try to remain courteous on the road even if other road users may offer you the same respect.

Sprint finishes are discouraged.

#### MP3 players

For your safety, the use of MP3 players during the race is strictly prohibited. If you are caught using an MP3 player whilst taking part in the race, you will be disqualified.

### Other information

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#### Race Preparation

We hope your preparations for the race have gone to plan. Information and advice on running safely can be found at <http://www.runnersmedicalresource.com>. You should be particularly careful about over hydrating during a race.



### **Medical advice**

If you have any known medical condition please ensure you have written all your medical details including any medication taken on the back of your race number, as well as next of kin and emergency contact details and put a small indelible red cross on the front of your number. This is not just an administrative request. It could be a matter of life and death in an emergency. This will only be used in the event of you being involved in an accident.

**Whether you have a medical condition or not, if you feel unwell on race day - don't race!**

### **Race volunteers**

The races cannot run smoothly without the help of many volunteers. If you have friends or family that will be supporting you during the race, why not ask them if they would be willing to give up a few hours to get involved and help. You do not need any experience or training to become a race marshal – all training will be provided on the day. If you would like to volunteer please contact us by e-mail at [hadleigh10@hadleighares.co.uk](mailto:hadleigh10@hadleighares.co.uk).

### **Junior Fun Run 10 am start**

There will be no on the day entries to the Fun Run. Entries can be submitted online at <https://www.racesonline.uk/race-entry/hadleigh/> and cost £4.50.

Spaces are limited to 100 junior runners so please ensure that you enter early to avoid disappointment.

The start time for the junior race is 10 am. Please make sure children are at the start point by 9.50 am. The Junior 2km Fun Run starts in the grassy picnic area directly adjacent to the river. This is very close to the Hadleigh 10/5 start.

There will be medals and goodie bags for all junior finishers.

Children in the junior race aged 5 and under must be accompanied by an adult.

The age categories are:

1st Boy & Girl overall

1st Boy & Girl U6

1st Boy & Girl U8

1st Boy & Girl U10

1st Boy & Girl U12

1st Boy & Girl U14

1st Boy & Girl U16

We need to keep the finish area as free of people as possible, therefore please follow the marshals' instructions and keep moving through the post-finish area

As per runbritain guidelines there won't be a prize presentation after the race. All awards will be sent in the post at no additional cost.





### **Thank you**

We would like to thank the generous support of our sponsors who have helped to make this years' races happen.

Turners Blinds and Shutters Limited [www.turnersblinds.co.uk](http://www.turnersblinds.co.uk)

M Chisnall & Son Limited [www.mchisnall-builders.co.uk](http://www.mchisnall-builders.co.uk)

Plant Parts <https://plantparts.eu/>

East of England Co-Op <https://www.eastofengland.coop/>

### **And finally**

The Hadleigh Hares committee would like to wish you well with your race and hope you have a safe and enjoyable event. Please feel free to e-mail us comments, criticisms and suggestions – we are always looking for ways to improve our events.

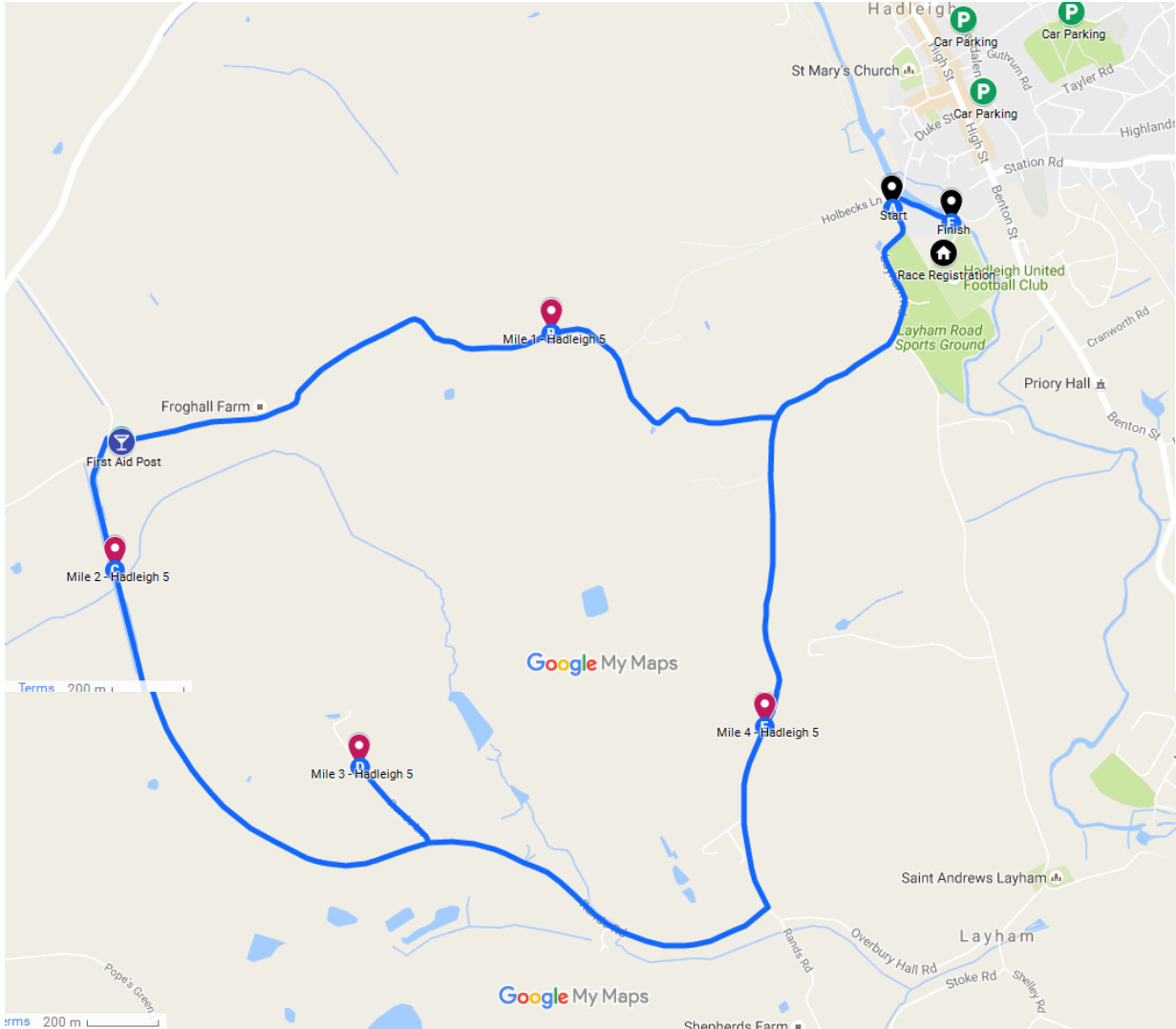
**e-mail: [hadleigh10@hadleighhares.co.uk](mailto:hadleigh10@hadleighhares.co.uk)**

**web site: [www.hadleigh-hares.co.uk](http://www.hadleigh-hares.co.uk)**

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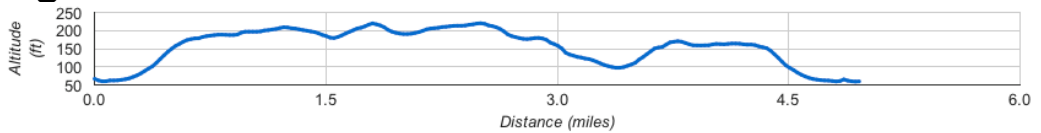


# The Hadleigh 5-Mile Race Route



## The Hadleigh 5-Mile Race Route Elevation Profile

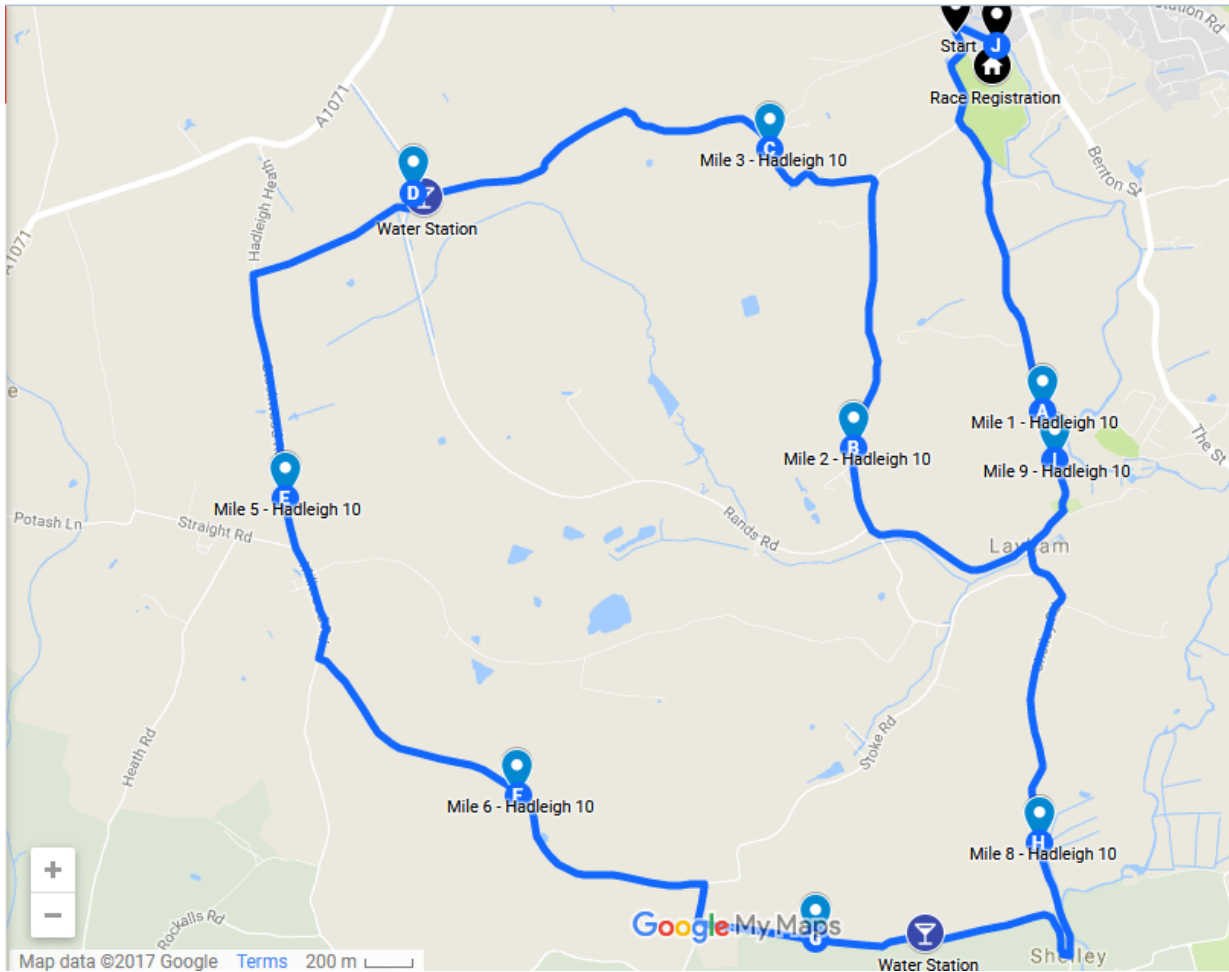
Max Height: 220ft  
 Min Height: 59ft  
 Total Asc: 310ft  
 Total Desc: 317ft







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