

HEANOR

== Running Club ==

The 37th Heanor 10k – Matthew Walker Pudding Run 2024 Sunday 17th November: Shipley Country Park, Heanor DE75 7GX

Dear Runner,

Thank you for entering the Heanor 10k. I hope that we have good weather for running on the day and that you manage to record a fast time.

Here are a few important race details:

Number and Chip

Your race number with chip timing will be available to collect from **8am until 9:30am** on race day in the **Green Room**.

Please attach it securely to the front of your race day vest/tee shirt.

NOTE

Please take time to fill in your details on the reverse of your number.

If you have a medical condition that the First Aiders need to know about, then please put the details of the condition on the back of your race number along with any medicines and any action the First Aiders need to take.

Do not let anyone else compete with your number, the medical details along with emergency contacts etc. could result in unnecessary complications if the number is worn by anyone else.

Anyone found to be running in a number not assigned to them will be disqualified and reported to England Athletics.

Race HQ

If you are using a Satnav to guide you to the race, then the postcode is **DE75 7GX Shipley Country Park**.

PLEASE ARRIVE EARLY as the roads will be closed 15 minutes before the start of the race.

Car Parking

The park has a pay & display car park, please take all normal precautions when leaving your car, putting all items out of sight in your boot.

Free parking is based a short 5-10 minute walk away on Heanor Gate Industrial estate, you will be directed by Marshals to free car parks, once again lock any items of value in your boot.

These car parks will close at 9:45am

Toilets

There are Refreshments and toilet facilities at race HQ along with an information shop in the Visitors Centre.

Portable toilets will be based near the race start, along with trade stalls etc.

More toilet facilities are at Derby Lodge Tea Rooms and Mapperley Reservoir car park.

A race announcer/PA system will be playing music from 8.30am

Assemble

Please get to the start line area ready to run by 9:45am and take a start position that is suitable to your ability.

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Baggage

NB

Unfortunately, we do not have a manned/secure baggage area or changing/shower facilities for the race.

There will be an area taped off to leave any baggage, this area will be unsupervised, so all belongings are left at your own risk.

The Course

The course has been accurately measured by a UKA course measurer and is a fully licensed UKA event. The start and finish lines are located in the main car park of Shipley Park and are in the heart of the race village.

We are inclusive and welcome entries from all abilities; however, we are a running event and encourage entrants to run for the majority of the race.

The Matthew Walker 10k is a running race with a time limit of 90 minutes and therefore we will have a sweep bike following the last runner.

If any competitor falls behind the sweep cyclist, they will then politely be asked to run on the pavement.

NOTE:

The course is the same as last year with a full road closure in place from 9:50am until 10:15 am. A map of the route it can be viewed online at:

www.heanorrunningclub.com/10k-pud-run/pud-run-course-map/

The surfaces are a mix of tarmac and park paths.

Hydration

There will be a water station on the course around the halfway point. We will provide bottled water at the finish.

Safety on public roads

The course does use public roads, these are at the start and up to around 2k then again from 4k to 7k. The roads will be closed but you **MUST** keep to the left side at all times and follow the marshal's instructions.

Safety and Courtesy in the Country Park

Shipley Country Park is used by the general public some of these may not be used to groups of runners. We do **NOT** have the right of way so we ask you to take the utmost care during the race and treat everyone with courtesy and manners that you yourself would expect to be treated with.

There may be horse riders/cyclists/dog walkers, children so please be aware.

Headphones

On safety grounds these are banned from use during the race, in line with UKA rules and regulations anything that may interfere with you hearing instructions from Marshals/Police are not allowed.

However, Bone Conductive listening devices are permitted as these fit around the ear.

You wear these devices and take full responsibility in the event of any issues.

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Race time

The 10k will start promptly at 10am. Prize Presentations will take place near the PA system at approximately 11.30am

Prizes

There will be cash prizes and hampers for the top three men and women. Hampers will be given to the age group winners. £50 for new course record male and female.

Teams: Men 4 to score. Women 3 to score

Prizes will be given to the team winners, to qualify for a team prize you must run in your 1st claim club vest.

Race mementos

A Matthew Walker Christmas Pudding, water will be given to all who complete the race.

Results

Results will be posted on the Heanor RC website www.heanorrunningclub.com as soon as possible after the race.

Social Media



Heanor Running Club



Matthew Walker 10k or Heanor Running Club

Race Photography

The Pudding Run Official Race photographer will be: www.mickhall-photos.co.uk
Images from the race can be downloaded free of charge courtesy of Heanor RC

OUR EVENT PARTNERS

