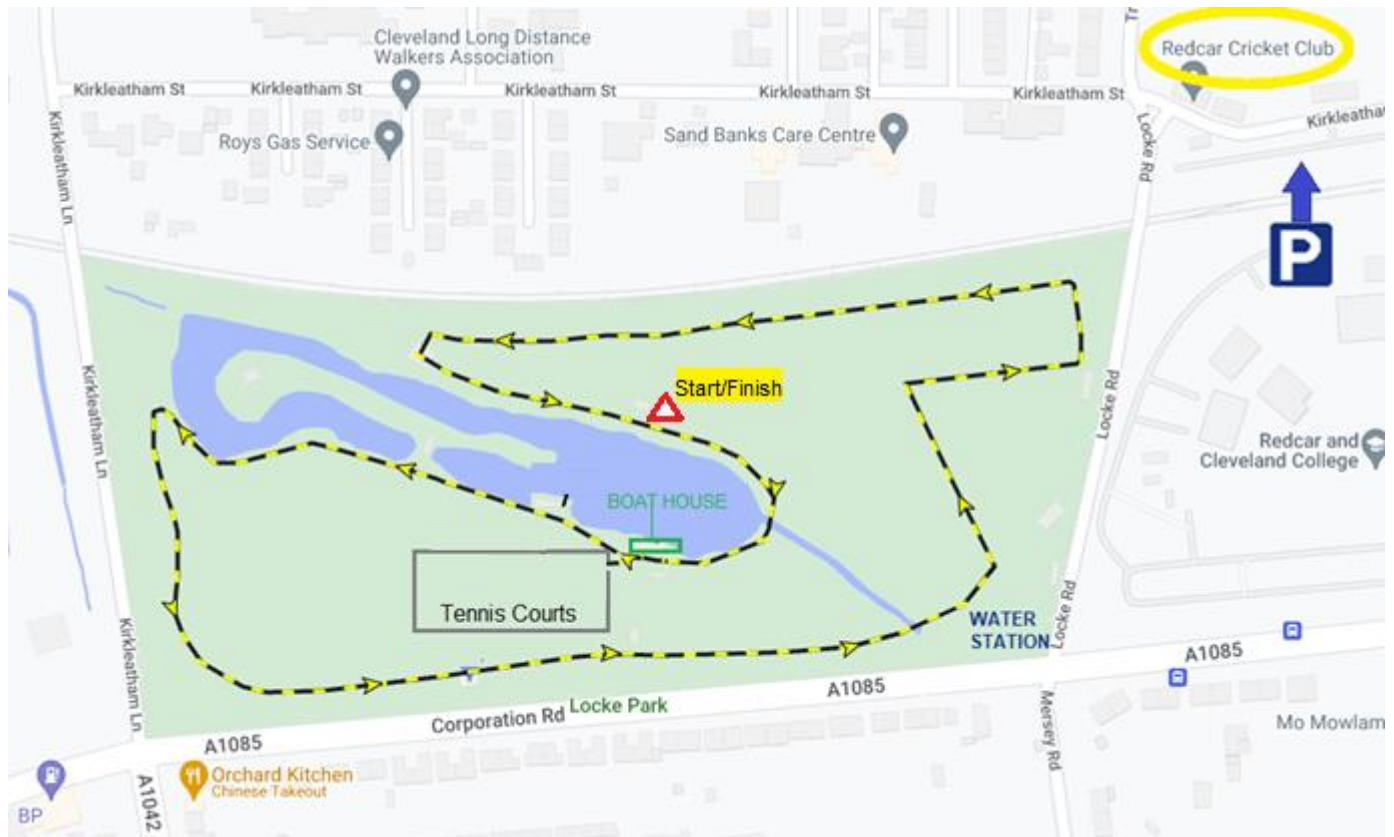


# Locke Park Pie & Peas 5 Mile – 8<sup>th</sup> May 2024 at 7:30

Thanks for entering the eighth Locke Park Pie & Peas 5 Mile race

## Car Parking

Please do NOT use either of the car parks attached to the park – we wish to reserve these for officials and other park users. There is plenty of free evening parking close by at Kirkleatham Street, next to the Cricket Club (see the map) which is where the post race pies & peas will be served.



## Registration & Race HQ

Registration and collection of numbers will be at **the Cricket Club, from 5:30pm**. Your actual Bib No will be your ticket for Pie & Peas which will be served in the Cricket Club from 8pm. Next to where you should park.

**Start Time:** 7.30pm

## Timing and lap counting

The primary timing and lap counting will be via our chip timing system. There will be video coverage of the finish line as a backup. For this reason, please make sure that your number is always displayed. **However, you are responsible for making sure that you do the correct number of laps.**

**Please see the last page for info about wearing your tags.**

The course is 5 times a 1 mile lap of mainly tarmac. Whilst the surface is as good if not better than many roads, there are one or two quirks. Many of you will be familiar with the loop as it is the same as used for the weekly parkrun. We had some alterations made to the paths which means what was a near 360 hairpin bend has been rounded into 2 x left hand bends:



To make up for this loss of distance we have had new path put in:



The modified lap has been measured and certified as an accurate mile (**ignore what your GPS device says, everyone's will be different!**)

On the final lap, as you approach the starting point, you should bear left to finish off the main loop (as per the sign) and leaving about 20m to the actual finish line (blue timing mats).

## **Other Park Users**

Be aware that there will be other people not associated with race using the park, some with dogs. We will be advising them appropriately, but we cannot compel them to do anything. The course has been used for over 10 years for parkrun and 10 & 20 Mile races without major incident, so we don't anticipate any real problems.

## **Water Station & Toilets**

There will be no water station on the course, but bottled water will be available at the finish. Toilets are available on course just before the middle gate.

## **Lapped runners**

During the race just many runners will be lapped and many of you will lap someone else – so can I ask you to follow the following etiquette:

- Be aware of other runners – so running with **headphones is not a good idea** as you can't hear people coming up behind you or instructions from Marshalls.
- Don't run in groups across the whole width of the paths – pairs are fine, but generally **KEEP RIGHT** and allow faster runners to pass on your LEFT.
- Basically, if everyone is polite and patient then there shouldn't be any problems.

## **Change and baggage**

Changing, toilet and baggage\* facilities will be available at Redcar Cricket Club. \*Owners own risk

## **Results, Awards & Prizes**

Results will be available on this [website](#) hopefully live.

Prizes will be awarded to the 1<sup>st</sup> man and woman plus best age graded performances as follows:

Let's Run Vouchers to the value:

**1<sup>st</sup> Man & 1<sup>st</sup> Woman £90 followed by 16 prizes awarded on AGE GRADED % basis**

**These will be sent in the post once we have established as far as we can using the video that no men ran in a woman's number etc.**

## **Supporters & Friends**

If any family and friends come along to watch and support then this is the course for them to excel themselves – it's possible to view in 2 or 3 places each lap using just enough energy to keep warm.

There will NOT be a chip on the back your bib number, but two chips which you are asked to pin either to your shorts or the bottom of your vest as shown below. Please make sure that they are able to hang and move freely.



THESE ARE RE-USABLE so please make sure you return them in the basket provided near the exit gate. **Please do not pin the tags back into pairs.**