

## Competitor information for Redcar Running Festival 2024

**RUNEVENTS**

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**Parking is at Redcar Racecourse (TS10 2FD or w3w ///tennis.common.wishes).  
The Walking Route to Zetland Park is shown by the yellow line (Number Pick up,  
Race Start & Finish) - about ½ mile**



**Please do not park in the residential areas - this can cause problems with buses that have been diverted due to the races and it is disrespectful to the residents**

## The timetable of events on Sunday are as follows:

- 8.00 Collection of numbers opens in Zetland Park (w3w ///lanes.soak.limbs)
- 9.00 Assemble in designated area on The Stray opposite Zetland Park and wait to be called forward to appropriate start lines
- 9.10 10k Starts – **GREEN NUMBERS**
- 9.15 5k Starts – **RED NUMBERS**
- 10.00 Half Marathon Starts – **BLACK NUMBERS**
- 10.05 Fun Run start – **BLUE NUMBERS**
- 12.00 Presentation for NECAA Medals 1,2,3 Male & Female. All prizes will be posted.

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## Race Numbers and results

Race numbers can be collected on the day from Zetland Park or on Saturday between 10am and 2pm at Zetland Park, Redcar. **Note you can park outside the park on Saturday but not on Sunday.**

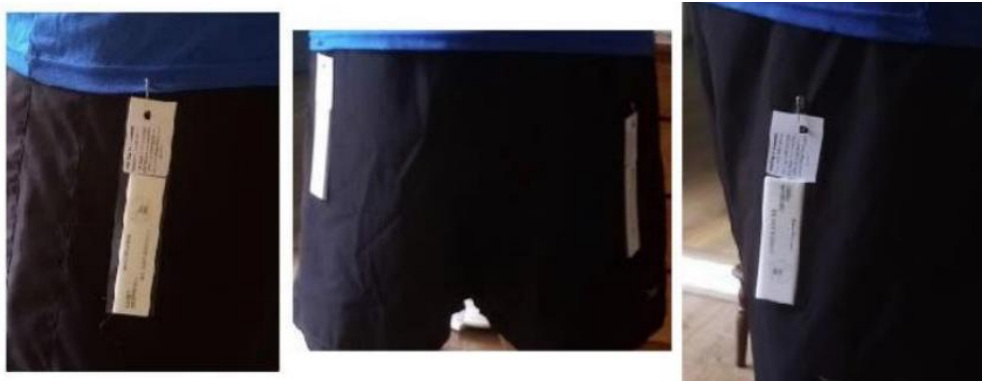
**Provisional Results Links:** [Fun Run\\*](#) [Beacon 5km\\*](#) [Zetland 10km\\*](#) [Redcar Half Marathon](#)

Final results will appear on the RunBritain website:

<https://www.runbritainrankings.com/results/resultslookup.aspx> (you now need to login to your account to view results here)

**Please bring FOUR safety pins** to attach your number to the **FRONT** of your running top/vest (**not on the back or on your thigh!**) – please ensure it is visible as we will have a video camera recording the finish as a backup – just in case your chip fails to read – although we don't expect this happen.

The chips are not attached to your number but are to be attached to your vest/shorts as shown below. This technically works better and because we are able to re-use the tags, it is more environmentally friendly.



After you cross the finish line, please remove your tags and place them in the container provided. **Please do not pin your tags into pairs.**

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## Toilets and Changing

Toilets and changing facilities will be available at Redcar & Cleveland Leisure and Community Heart from 08:00 on the morning of the race. **Generally, please arrive ready changed to run.**

There will be Portable Toilets on the pavement outside Zetland Park near the start. Additional toilets will also be available out on the route at:

- Zetland Park
- Coast Road (Public Toilet at Redcar end)
- Redcar Beacon
- Moore St, next to Lifeboat Station on the Promenade

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## Baggage

There will be a designated Marquee for baggage inside Zetland Park, close to where you collect your number. See [layout of Zetland Park below](#)

Baggage left here will be at the owner's risk.

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## Medical Information

If you are feeling unwell on the days before or on the morning then you should not travel

Prior to the race, for health and safety purposes please fill in your name and address on the reverse of the race number with any specific medical issues you think we should be aware of, including allergies to antibiotics, painkillers, plasters, etc. Please do not fold, cut or mutilate your number.

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## Water Stations

The drinks stations are outside Zetland Park situated off the running line. The 10k and Half Marathon races will pass these at approximately 5km intervals. There is no on-course water for the 2km and 5km.

Water will be available at the finish for all runners.

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## Cut off time and dropping out

The support of local residents and business is key to the ongoing success of these events. For the half marathon, we have no actual cut off time. However, at the return to Zetland Park before heading toward Marske for the final time (approx. 9 ½ miles), race officials will make an assessment based on the weather conditions and the individuals' physical condition and some runners **may** be advised to pull out or continue on the pavement, allowing us to reopen the road in a timely fashion.

There is no cut off time for the 10k and 5k events.

**If you pull out of any of the races, please do not go near the finish line, but go directly to the Baggage Tent to inform the staff there, who will take your timing tags and assist you in collecting a goody bag.**

**There will be tail runners in all running events.**

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## **iPod /Music**

We would like to discourage runners from wearing iPods or MP3 players as this may compromise your ability to hear instructions from marshals. However, if you must, then use one earphone only!

At the Great North Run I saw a man wearing earphones that had to be pulled aside because he could not hear the ambulance with sirens blaring that was almost touching him!

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## **Route Maps**

By clicking on the links below the relevant route will open in a new window.

[Half Marathon Route](#)

[Zetland 10km Route](#)

[Beacon 5km Route](#)

[2km Fun Run Route](#)

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## Event Start/Finish Area

For warm up please use the Promenade (seaward side of The Stray) **not actually on the course please, as earlier races may still be in progress.**



### Start and Assembly Area

This is outside Zetland Park on The Stray opposite the park – there will additional portable toilets here.

### The Start

Please listen out for PA announcements. At the appropriate time you will be asked to move from the assembly area to the start area for your event – please go the start line as quickly as possible.

### Finish into Zetland Park

After you cross the finish line, you will be funnelled towards the Goody Bag Marquee – remove your timing tags and place them into the baskets provided, so that they can be re-used.

Inside the Marquee you will receive your medal, T-Shirt etc.

Please leave the Marquee as quickly as possible to make way for other finishers.

When leaving the park please be aware of other runners who are not yet finished and/or live traffic on the roads surrounding the park.

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## **Additional Parking**

The designated parking is at the racecourse (w3w ///tennis.common.wishes). There is also parking available at these locations

- Kirkleatham Street (TS10 1QR) **Free**  
Redcar & Cleveland Leisure and Community Heart - including underground (TS10 1TD) **Free**
- Seafield House (TS10 1SP)
- Turner Street (TS10 1AQ)
- West Dyke South (TS10 1EG)

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