

Harry Gamble-Thompson Locke Park 20Ten

Thanks for entering the 11th Locke Park 20 Miler, the 7th time with a 10 mile option, (we lost 2 years due to the pandemic). Please read the notes below to help make the day go as smoothly as possible.

If you have run this event before, please note that there were some significant changes in the last couple of years, **the Start/Finish has been relocated to the area indicated by the RED triangle, on the other side of the lake, behind the Boat House Café. See map below**

The race will start at 10:00.

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 parking close by at Kirkleatham Street, next to the Cricket Club, post code TS10 1QH also see the map

Registration & Race HQ

Registration and collection of numbers will be at REDCAR CRICKET CLUB, from 9.00am. You will be able to leave baggage here for the duration of the event. The cricket club will be either locked or supervised for the duration of the race.

Timing and lap counting



The primary timing and lap counting will be via our chip timing system. There will be a backup via video coverage of the race. 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.

There will be a clock on the line so it should be easy to do a quick calculation based on your pace, to know when you have completed. I would suggest that you break the race into lots of 5 laps.

Please remove your number & tags and dispose of it in the bin provided at the finish when you have completed. This is to prevent spurious reads on the timing system – which are inconvenient but not disastrous. **However, those opting to finish at 10 miles, should make sure that they are recorded as finished. If you don't stop at 10 miles, you be considered DNF if you then don't complete 20 miles.**

THERE IS A SEPARATE FINISH TIMING MAT OFF TO THE LEFT JUST BEFORE THE START/LAP TIMING MAT

Course

The course is 10/20 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 the same as used for the weekly parkrun. We have had some alterations made to the paths which means the 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 a new path put in:



The modified lap has been measured and certified as an accurate mile, only use your GPS device to help keep track of laps, but it will almost certainly **not** give an absolute accurate measure of your distance covered.

Other Park Users

Be aware that there will be other people not associated with the 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 since 2012 for parkrun without a major incident as well as the 20, 10 & 5 Mile events last few years, so we don't anticipate any real problems.

Water Station & Toilets

The water station will be near the children's play area. The water will be arranged on the tables so that runners help themselves. We have toilets midway along the path parallel to Corporation Road.

Lapped runners

During the race just about everyone except the leading 3 or 4 could be lapped and most of you will lap someone else – so can I ask you to follow the following etiquette:

- Be aware of other runners – **so no running with headphones** as you can't hear people coming up behind you.
- 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.

Changing

Changing and toilet facilities will be available at Redcar Cricket Club (approx. 250m from the park) before & after the race.

Results, Awards & Prizes

Results will be available shortly after the race. [20 mile](#) or [Ten Mile](#)

Prizes will be Let's Run e vouchers which will be sent via email.

A prize to first male and female for both Ten and Twenty miles and then to the best 15 age graded performances across all finishers, with only one prize per runner.

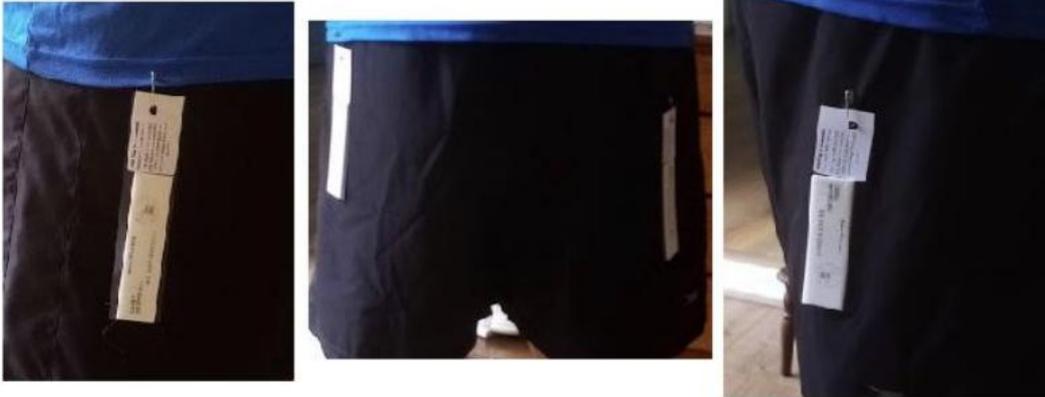
Refreshments

There will be tea and coffee etc available at the Boat House Cafe. The bar in the Cricket Club will not be open until 2pm.

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. Refreshments will be available at the Boathouse café.

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.**