

Entrant Instruction

PLEASE READ

Sunday 17th September 2023 - 10.00 am start

Thank you for showing an interest in our Serpentine running event. We hope you have a great day!

Organised by Sedgefield Harriers AC

Venue Hardwick Park Visitors Centre, Sedgefield. TS21 2DN.

License issued by UK Athletics (2023-46161)

FAQ

Where does the race start?

The venue is [Hardwick Park Visitors Centre](#), Sedgefield. TS21 2DN.

What time does registration open?

Registration opens at 9am and closes at 9:45am. Please turn up as early as possible to give yourself plenty of time to get to registration.

What is parking like / how do I get there?

Please consider alternatives to bringing a car, or car share, if possible.

Parking is available at Hardwick Park, which is Pay and Display (£3 all day).

There is very limited street parking, **please respect residents by parking considerately if you park on the street**. Take particular care not to block driveways or the pavement.

What about facilities?

Hardwick Park has toilets and a café available.

There will be water available at the start/finish and at the drinks station.

Is there anything to keep non-runners amused?

Yes, Hardwick Park has many attractions. The race route goes out and back through the park so there are plenty of opportunities to support runners whilst in the park.

<http://www.durham.gov.uk/hardwickpark>

Sedgefield village is also only a short walk away, although being a Sunday not all businesses will be open.

Is there a run for under 16s?

At this time unfortunately not. For the younger folk [Junior parkrun](#) will still be on at 9am (check their website) in Hardwick Park.

Do I need to register?

Yes, you do. Numbers will not be sent out in advance, so you will pick them up when you arrive, that way we will also know who is out on the course. Please display your numbers clearly when crossing the finish line.

Can I enter on the day?

Subject to us reaching our race limit then yes, entries will be available on the day between 9-9:45am. There is an additional cost of £2 for on the day entries. If you would like to run then we suggest entering as soon as possible (it also helps us know how many gifts to order if people enter in advance).

What is the entry limit?

250

What happens if I enter and can't do the race for some reason?

Something that I am sure has happened to us all. There are no refunds and no deferments (we must pay for the event regardless). We can transfer your number to another runner, up until 15th September. There is no charge for transfers. Contact us at serpentine@sforeman.com regarding transfers.

Is there a time limit?

Yes, medical support and the drinks station will be removed at 11:30pm. However, you can carry on at your own risk.

Is there an age limit?

The lower age limit is 16. There is no upper age limit. Just make sure that you are up to it, and you have checked with your GP if in doubt. This is your responsibility.

What sort of shoes should I wear?

Tricky one to answer and I can't make recommendations; however, I feel it is a good surface and I regularly run the route in road shoes when it is dry. If the weather has been unkind then it can get a bit clarty in sections and trail shoes might be better. I generally wear Innov8 Parkclaw.

If you really need to know then a reccy of the course might help you decide.

Is there any medical support?

Yes, please write your emergency contact details and any medical conditions on the back of your number.

What is the course like?

Please see map for details.

The race starts in Hardwick Park and does a section on paths before leaving the park on a footpath towards Bishop Middleham. The route then stays on footpaths and farmers tracks before returning to Hardwick Park via the rear of Hardwick Hall. There is then another short section in the park back to the start/finish.

This race is on footpaths and trails, be aware that there are trip hazards (tree roots), low hanging branches, uneven surfaces, livestock, golf buggies and other outdoorsy things.

All of the course uses public rights of way and as such we do not have exclusive use of the paths. Please respect the right of others to use the paths should you pass anyone on the day.

Some of the course goes through farmland, which may have livestock.

Do not drop litter (gel wrappers, water bottles, etc) and if you pass through a gate then close it behind you (unless there is a marshal). Thanks!

Does the course have marshals, is the route marked?

Yes, the course does have marshals who are there for the safety of the runners and members of the public. However, it is your responsibility to know the route.

As with all races, it is your responsibility to ensure you know the route, marshals are provided for safety, but they will naturally point you in the right direction if you ask nicely.

The route is marked and follows obvious footpaths. The route should be obvious; however maps are also available on the website along with GPS files of the route.

Can I wear headphones?

We would prefer it if you didn't, but we understand you may enjoy running to music. Please make sure the level is not too high or you won't be able to hear marshals, other runners, or vehicles.

How accurate is the course distance?

The course has been Garmin measured many times but has not been measured with a wheel.

Can I run with my dog?

No, I am sorry but on some parts of the course can be narrow and dogs or runners could be injured with a large number of people and dogs all racing through. Also some parts of the route pass through fields with livestock and running dogs, even on leads, could spook them. Our race license does not permit dogs.

Do I get a goody bag?

You will get a finish medal.

Is water available on the route?

There will be water available at the start/finish and at the drinks station. The drink station is approximately half way around the course.

Are there awards?

There are awards to the first, second and third male and female. Veterans prizes will also be awarded.

Only one award per person and you have to be at the award presentation to receive it. Awards will not be posted out afterwards.

From 2015 we have also introduced a shield (in memory of Gail Bell) which is awarded to the first Sedgefield lady to finish.

Awards will be presented at the visitors centre at 11:30.

What happens if it rains?

You will get wet. :-)

If you have any questions that are not answered above, please contact me on:

serpentine@sforeman.com

Steve Foreman
Race Director