

Runner Instructions

PLEASE READ

Sunday 15th September 2024 - 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 England Athletics #27981

FAQ

Where does the race start?

The venue is Hardwick Park, Sedgefield. TS21 2DN.

The start line is outside the Visitor Centre, on the north or lake side [Hardwick Park Visitors Centre](#)

What time does registration open?

Registration opens at 09:00 and closes at 09:45. Please turn up as early as possible to give yourself plenty of time to get to registration. You will need to collect your number if you have pre-entered on-line.

How do I get there?

The Park is accessed off the A177 and the postcode for SatNav is **TS21 2DN**.

From the A689 leave the roundabout signposted A177 Coxhoe. At the next mini roundabout turn left into Hardwick Park and follow the signs to the car parks. The A689 links the A1 Junction 60 to the A19 Wolviston/Hartlepool junction.

From the north, follow the A177. Ignore the right hand turn into Hardwick Hall Hotel. Continue to follow the A177 to the mini roundabout and turn right into Hardwick Park and follow the signs to the car parks.

If you travel by bus you can walk from Sedgefield. Walk along Station Road past the Cricket Field. Continue past the bungalows and then you will see a gate on your right. A gravel path around the edge of the field leads to an underpass beneath the A177 and this provides a safer traffic free route into the Park. Turn left from the underpass and you will see the Visitor Centre on the far side of the play area.

What is parking like?

Although there is parking available at the Park, ***please car share if possible***. Junior parkrun will be taking place between 09:00 and 10:00 and so there will be others using the car park.

Parking is Pay and Display (£2.50 for up to 2 hours and £3.50 all day). Electric vehicle charging points are available. Cycle parking is available just outside the Visitor Centre.

What about facilities?

Hardwick Park has toilets which open at 07:30. The Tower Cafe opens at 09:00. These are both located at the Visitor Centre.

There will be water available at the finish and at the drinks station approximately halfway around the course.

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 along a gravel path which is accessed via an underpass.

Is there a run for under 15s?

At this time unfortunately not. For the younger folk [Junior parkrun](#) will still be on at 09:00 in Hardwick Park.

Do I need to register?

Yes, using online registration. Numbers will not be sent out in advance, so you will pick them up when you arrive from the Registration Desk in the classroom at the Visitor Centre. Please display your numbers clearly around the course and 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 09:00 and 09:45. There is an ***additional cost of £2 for on the day entries*** (£15 for affiliated athletes and £17 for non affiliated athletes). We can only accept ***cash payments*** on the day. If you would like to run then we suggest entering as soon as possible (it also helps us plan the event more effectively if people enter in advance).

What is the entry limit?

300

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 13th September. There is no charge for transfers. Contact us at serpentine@sedgefieldharriers.co.uk regarding transfers.

Is there a time limit?

Yes, medical support and the drinks station will be removed at 11:45. However, you can carry on at your own risk.

Is there an age limit?

The lower age limit is 15 years old on the day of the race. 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?

This is a trail race with predominantly grass and loose surface paths through fields and woods, as well as a short section along a roadside tarmac footpath in Bishop Middleham. In wet weather it can be very muddy in places. Therefore trail shoes are the obvious choice. We will advise of the trail conditions via social media in the run up to the event.

Is there any medical support?

Yes, a company is providing medical cover with a vehicle in Bishop Middleham and other staff in Hardwick Park. If you require medical assistance or first aid whilst taking part in the event please speak to a marshal on the course and they will be able to contact the medical team.

Please write your emergency contact details and any medical conditions on the back of your number.

What is the course like?

Please see the map for details of the route which has been amended slightly from previous years. It is still approximately 10k/6.15 miles.

The race starts in Hardwick Park at the Visitor Centre and does a section on gravel paths before leaving the Park on a narrow field edge footpath towards Bishop Middleham. The route enters Bishop Middleham via Church Street and passes St Michael's Church before a right hand turn on to Front Street. After a short section on a footpath alongside the road a marshal will direct runners off to the right, back onto a footpath across a field. The route then stays on footpaths and farm tracks before returning to Hardwick Park via the rear of Hardwick Hall Hotel. There is then another section in the Park, finishing with a short hill sprint to the finish line at Rapunzel's Tower.

This race is on footpaths and trails, so please 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 and 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 and a map is available.

The route is marked with tape and flags and follows obvious footpaths.

Can I wear headphones?

We advise against wearing headphones as there is a section of route along a road in Bishop Middleham and runners need to be able to listen for traffic. Only bone conduction headphones should be used.

How accurate is the course distance?

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

Can I run with my dog?

No, I am sorry but some parts of the course are narrow and dogs or runners could be injured. 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 water and a small prize for finishing.

Is water available on the route?

There will be water available at the finish and at the drinks station in Bishop Middleham. The drink station is approximately halfway 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 female member of Sedgefield Harriers 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 at:

serpentine@sedgefieldharriers.co.uk

Sue Dobson
Race Director