

# Dave MacDonald Haltemprice 10k

Sunday 31st October 2021



## Dave MacDonald Haltemprice 10K 2021 Race Instructions

In one week you'll be joining over 500 runners for the 35<sup>th</sup> Dave MacDonald Haltemprice 10K, named in honour of its founder, Dave MacDonald of Haltemprice RRC, and brought to you in collaboration with Kingston upon Hull AC.

We are thrilled to welcome everyone back to the race in its traditional format after a very different looking 2020 edition. However, please do read the details below as there are still some differences.

**Sunday 31 October, start at 9am**

### Race Number and Timing Chip

**New for 2021**, race number and timing chips will need to be collected on race day from the Haltemprice Leisure Centre from 7:30am (access will not be available any earlier) and will be by surname. All those collecting numbers are encouraged to use a face covering unless exempt. Hand sanitiser will also be on entry points and key locations.

### Race Entry and number transfers

We are pleased to have extended the entry\* and transfer deadlines until midnight on Thursday 28 October. Numbers are non transferable after this time. Please ensure if you have transferred or do transfer an entry that you also update the date of birth field. If you transfer your entry after 8am on Sunday 24 October you will need to pass on this race information.

Please complete the details on the reverse in the event of an emergency. Do not cut or deface your number and always wear it on the front of your running top, clearly visible.

*\*or when entry capacity reached*

### **Covid-19**

Should you have any symptoms of Coronavirus or are in a period of self-isolation please do not attend the race. We also ask you to be mindful of others around you. Additional hand sanitiser will be around race HQ and the finish area. Please consider wearing a face mask in busy areas and at race registration.

### **Car Parking & Directions**

Limited Car Parking is available at Haltemprice Leisure Centre, Springfield Way, Anlaby, Kingston upon Hull HU10 6QJ, (weather may limit how limited!). Please access the car parking from Gorton Road and follow marshals directions into the allocated area and DO NOT park elsewhere as the agreement is to allow this for regular users of the Leisure Centre. Please car share as much as possible. There is also ample cycle parking here and bus services. If required, additional parking can be found at the King George V playing fields (on Beverley Rd, Kirk Ella) or the retail park on Springfield Way (no formal arrangement here) with some on street parking.

### **Race start/finish**

We would encourage runners to use King George V playing fields opposite the leisure centre to warm up and gather and ask you do not proceed to the start area until 8:45am. (Unless you have been notified you have an early start time). The race start & finish is on South Ella Way, approximately 500 metres from the Leisure Centre. Do NOT park on the street at the start/finish. The course has been remeasured this year and the finish is approximately 10 metres further east.

### **Road Closures**

The route operates on fully closed roads unless a blue light vehicle needs access. In this instance please move to the pavement/side of the road for it to pass safely. Please run on the right of the road when directed to facilitate the out and back section from approximately 2/5km to 4km and from 6.5km to 8km. This also give you a chance to cheer other runners going the other way.

### **Changing**

Toilets and showers are in the leisure centre with free admission for competitors on production of your race number. Please access using the Main Hall entrance to minimise disruption to other users.

### **Helpdesk & race HQ**

A helpdesk will be available in the Main Hall of the Leisure Centre from 7:30am on race day. You will also be able to buy a range of LKR Events merchandise including a 2020 Dave MacDonald Haltemprice mug for £3.50. (Cash payments only)

## **Refreshments**

We have arranged an early café opening in the Haltemprice Leisure Centre from 7:30am. Where possible, please use the main hall or outdoors area once you've made your purchase.

## **Headphones**

The wearing of headphones (including bone conductors) or similar devices, (other than those medically prescribed), is not advised in order that you can hear what is going on around you.

## **Medical Support**

North East Medics are our First Aid providers and will be located on the route and at the finish should you need support. Please find a marshal if you do become unwell or injured on route.

If you have any symptoms of coronavirus or are in a period of self-isolation, please do not attend the race.

## **During the Race**

The race will be led out by a front cyclist. On course please follow any marshal instructions. The race has a 90 minute cut off from the gun time. Anyone dropping behind this pace will be asked to move to the pavement as roads will be reopened. A rear cyclist will follow the last runner.

Just after the 5km point there will be a drinks station thanks to our friends at West Hull Ladies. This is provided in compostable cups. Please dispose of them at the bins provided along with any other litter.

The team working on the event are all volunteers giving up their time to make the event an enjoyable and safe one for all. If you are unable to run or have a friend who'd like to join us on the day please [email us](#). Our thanks to our volunteer team, members of [Kingston upon Hull AC](#), [West Hull Ladies](#) and our online team, Sophie Lee, [Eyeweb](#) and [Eon Visual Media](#).

## **Litter**

It is a disappointment that some runners continue to feel it acceptable to dispose of litter in hedges/on the side of the road on the course. If you can carry it to consume you can carry the package it was in. Bins are available at the Leisure Centre, drink station and finish area. A marshal will no doubt be happy to dispose of it for you if you smile nicely, however, any runner found to be littering will be disqualified and banned from any future LKR Events races. We work hard to build up relationships with local communities where these races take place and a small minority of runners are careless and ruin it for others.

## **At the Finish**

Please continue through the area where a bottled water and your race momento will be available. Once finished please do not return though the finish area but head to the Leisure Centre after cheering in other runners.

### **Prizes, Presentations and Results**

Prizes will be presented at approximately 10:45am at Haltemprice Leisure Centre in the main hall. Prizes will be awarded to the top 5 male and female and top 3 male and female in the following categories: Under 21; Vet 40, 45, 50, 55, 60, 65, 70, 75, 80+. And for the first time we will award a first place male and female team prize (top 3 to count).

A full copy of results will be available via [sports timing solutions](#) and [www.lkrevents.co.uk](http://www.lkrevents.co.uk)

### **Race Photos**

These will be uploaded to the Facebook page as soon as possible after the race. Feel free to also share about the race on social media [Facebook](#), [twitter](#) and [Instagram](#) @lkrevents #DMH10K2021

If you have any further enquires, please [contact us](#)

We hope you have a great race and look forward to seeing you all on race day