*NEWSTEAD ABBEY DASH 5K*

*ORGANISED BY REDHILL ROAD RUNNERS*

FRIDAY 28th JULY 2023 / 7:15PM / NEWSTEAD ABBEY

(Incorporate the 2023 Nottinghamshire 5k County Championships)

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EVENT GUIDE

FRIDAY 28TH JULY / 7:15PM

[www.redhillroadrunners.com/our-races](http://www.redhillroadrunners.com/our-races)

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Introduction

We are delighted to be welcoming you back to this year’s Newstead Abbey Dash 5k, this event guide provides you with all the details you need on race day – please do your homework and make sure that you are aware of and understand the information in this guide prior to race day.

Please check Redhill Road Runners website or Newstead Abbey Dash 5k Facebook page for the latest news and any last-minute updates. Whether your ambition for the race is to compete for the prizes, register a new personal best time, beat a rival or just to have an enjoyable evening out, we wish you success and hope you enjoy the event

Race introduction

Friday evening in the grounds of Lord Byron’s stately home. A 1km descent to the abbey and lake is followed by a short shady incline then a steady stretch to the turning point near Newstead village, and back past the lake to finish on the green in front of the abbey. Prizes are available for overall, category. The race is organised by a local running club and we try and keep our entry fees as low as possible to make this an accessible event for both elite and recreational runners

Venue

Newstead Abbey

Ravenshead

Nottinghamshire

NG15 9HJ

Enter Newstead Abbey via the main A60 gate only gates will be open.

(Park entry and Parking fee included in your race entry)

Event Car Parking

Follow the main path down to the abbey, Car park will be marshalled, and sign posted. The car park will be open from 5:30pm, Please follow all marshals instructions at all times.

No unauthorised vehicles beyond the car park and please do not park on the course there is

loads of spares in the car park.

About your Race Number and Chip Timing

Race number / timing chip are to be collected on the night from the gazebo from 5:45pm

onwards. (Timing chips are on the back of your race number),

All runners must wear race numbers pinned to the front of their running vest throughout the race. It is a race requirement that all runners complete the details on the back of their

race numbers to include name, emergency contact details and any medical conditions. Any

known medical conditions must be indicated on the front of the race number with a red ‘X’.

Under UK Athletics rules, any runner found to be running with a race number other than that issued to them will be disqualified. Both they and those who pass on the number will be reported to UK Athletics and subject to disciplinary action by the governing body. Swapping numbers can create a dangerous medical situation on race day. A transfer process was in place until 20/07/2023.

Newstead Abbey Dash 5k will be using a chip timing system to ensure runners' results are accurate. The timing chip will be attached to the back of the race number – tampering or removal could cause a missed result. After crossing the finish line, the timing chip on the back of the race numbers will automatically record runners’ results. Full results will then be published on the Redhill Road Runners website, Newstead Abbey Dash 5k Facebook page, as soon as possible after the race.

Race numbers and timing chips do not need to be returned as results will be recorded

automatically after crossing the finish line.

Course

A 1km descent to the abbey and lake is followed by a short shady incline then a steady stretch to the turning point near Newstead village, and back past the lake to finish on the green in front of the abbey.

Course Map / Venue Map

A detailed copy of the course map can be viewed here:

www.redhillroadrunners.com/our-races

Toilets

There are plenty of toilets available in the courtyard (next to the main house), however, please allow time to use these facilities as they will become very busy prior to the race.

Café

Newstead Abbey café will be open from 6pm onwards in the main courtyard to purchase hot and

cold drinks and food. PLEASE NOTE: THE CAFÉ IS CASH ONLY

Baggage Storage

Runners are encouraged to leave bags and personal items securely locked in their cars, for any runners arriving by foot or bike, we have a small baggage tent, The baggage storage is provided out of goodwill for runners and the organisers do not accept responsibility for any damaged or lost items

Start Arrangements

The race will start at 7:15pm prompt. Runners will be called to the start area from 6:50pm onwards please allow time to walk / jog to the start, as the start is just over a kilometre walk from registration back up the hill, when at the start please coverage on the grass next to the start “and not on the road “Please listen carefully to marshals’ instructions at all times”

We ask that faster runners line up at the front of the start for safety reason, but don’t worry if you are not at the front the race is chip timed and your time will start when you cross the start line.

Medical Cover

Medical cover will be provided around the course and at the finish line in case you are feeling

unwell or injured. If you require medical assistance, please notify the nearest marshal. If you feel

tired, are injured or for whatever reasons you do not wish to complete the race, please approach

the nearest marshal in a fluorescent bib who will inform Event Control. Please do not drop-out of

the race and make your own way home. We need to account for the safety and well-being of all

runners who start the race.

Finish Arrangements

After crossing the finish line, runners will be directed to collect water etc. please do not block the finish area or go back down the finish tunnel.

Prize, Presentations & Notts County Champs

Presentation of trophies / prizes will commence next to the finish area after the last runner as finished. but please be patient should there be any delay, as it takes time to compile the results.

We will also have the presentations for the Nottinghamshire County Championship element of the event after our presentation.

**NEWSTEAD ABBEY DASH 5K PRIZES:**

Prizes will be awarded to the 1st, 2nd, and 3rd Male and Female runners and to the winners of the Male & Female Veteran Categories are 1st 35-44, 45-54, 55-64, 65-74, 75 + plus 1st under 17 & 1st under 20 male and female.

Please note that no competitor will be awarded more than one trophy / prize. Should a veteran finish 1st, 2nd, or 3rd overall, then the major trophy and prize will be awarded to that person

and the veteran prize awarded to the next person home in that category.

**NOTTS COUNTY CHAMPS:**

only runners who qualify for the County Championships and ticked the box will be eligible for these prizes. County Champs age categories are Under 17, Under 20, Senior, 35-44, 45-54, 55-64, 65-74, 75+. Male and female.

For more information visit Notts AAA website: [www.nottsaaa.org](http://www.nottsaaa.org)

Key Rules and Regulations

Newstead Abbey Dash 5K is managed according to UKA rules - UKA License Number In accordance with UK Athletics Rules, no one under the age of 11 years on race day will be permitted to participate in the race

On the grounds of health and safety due to the 5k course being narrow in some areas and

with a two-way section for a must of the course. it is with regret that the course is deemed unsuitable for wheelchair athletes and runners are not permitted to use bikes, stilts, roller skates, skateboard, pushchairs/buggies or similar in the event. Those attempting to do so will be prohibited from starting or will be asked to be removed from the course mid-race. Anyone attempting to start or join the race in any outfit that we, in our absolute discretion, deem unsuitable and/or dangerous

to other competitors or spectators, will not be allowed to start the event or, if on the course, may

be removed from the event. You are not permitted to run with animals or pets or be accompanied

by non-entry paying runners or cyclists

Personal Audio Players

From 1 April 2016 a new rule regarding the wearing of headphones in road races was introduced

into the 2016-2018 edition of the UKA Rules of Competition: “The wearing of headphones, or

similar devices, (other than those medically prescribed), is not permitted in the race.

As Newstead Abbey Dash 5k is a UKA licensed event, the above rule applies. However, since the publication of this new rule, a further supplementary rule in September 2016 states that headphones that work by conducting sound through bones and do not sit in the ears are acceptable. Runners must be alert at all times to directions given by marshals in the case of an emergency situation.

Acknowledgements

The races organisers would like to thank all the s supporters and the volunteers for their

involvement in the Newstead Abbey Dash 5k. Without their assistance, we would not be able to

go ahead with the event.

Race under UK Athletics Rules – UKA License No.

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