**Carlisle Resolution 5K & 10K**

**Sunday 23rd January 2022**

**Race Day Information Sheet**

**Location** – Carlisle Racecourse, Durdar Road, Carlisle, CA2 4TS

**Registration** - Registration will be open from 10:00 to 11:30. Please don’t leave it to the last minute to register this could cause a delay to race times.

**Race Safety Briefing** – Race briefing will take place at 11:35. 5K Runners please make your way to the start straight after the race briefing.

**Start** **Times** – 5K, Junior 11:45, Senior 11:50 - 10K 12:00

**Start** – Both Races please use the bottom gate via the carpark within the racecourse to get to the race start. The 10K runners will be held there until a couple of minutes before the start. Please keep off the road until advised when to line up for the start. Traffic MUST be able to keep moving.

**Facilities** – Toilets for both male/female are available inside & outside.

**Race Numbers & Timing Chips – Your race number will have your timing chip attached and will be issued at registration.** The event will be fully chip timed by Timing up North & Live results will be available online shortly after you start. <http://www.timingupnorthresults.co.uk/results.>

**Route -** The race is run on quiet country roads and will be a good challenge. Competitors are requested to listen carefully to marshals. They are there to assist you to get round the course safely. Please follow the race director’s instructions and be aware of the dangers of cars and cyclist.

**Water Stations –** 1 water station is on the course, just after 3 miles. Please make sure you are well hydrated when you start the race.

**Risk Assessment** – A full course risk assessment will be on display at the event HQ on race day together with maps of the route, the race permit & the measurement certificate in accordance with UKA rules License ID: 2021-40865

**Prize Presentation** – On the day the following will be presented Junior 5K 1st Male/Female, Senior 1st 2nd & 3rd Male & Female and 10K 1st 2nd & 3rd, all Age group prizes will be posted or paid by BACS following an email to request bank details.

**Prizes –** We have a prize pot of almost £1100. 1st, 2nd & 3rd Male & Female. Plus 10 Year Age Groups – These prizes will be awarded as follows Male or Female age groups with less than 17 competitor’s 1st Place only, Male or Female age groups with 18 to 28 competitor’s 1st & 2nd place and Male or Female age groups with 28 or more competitor’s 1st, 2nd & 3rd prizes will be awarded.

Any age grouper that finishes in an overall prize position (1st, 2nd or 3rd Male or Female) will receive the overall prize. That age group prize will then roll down to the next person in that age category. The overall third place prize will not be less than the age group winner.

We hope you enjoy the race, please feel free to give feedback good or bad this will allow us to improve events for the future please contact info@sportinaction.co.uk

\*\*\*ADDITIONAL INFORMATION\*\*\*

Runners MUST keep left at all times.

No headphones except Bone Conductors, due to the run taking place on open roads.

You must cross the start & finish line matting to active your chip timing.

Mile markers, signs and marshals are there for your guidance and safety.

Anyone found littering will be disqualified.

Please be considerate of other pedestrians, pet owners, drivers, and horses.

Remaining Events for 2022

3 Village 5 – Sunday February 20th

3 Village 10 – Sunday April 3rd

Carlisle City Urban Trail Run – Weds April 13rd

New for 2022 – May 22nd

Sport in Action Festival of Running

Including

Kirkbride 10K

Kirkbride Half Marathon

Solway Coast Marathon

The Castle 5K Series

Wednesday June 8th

Wednesday July 13th

Wednesday August 3rd

Wednesday September 7th

New for 2022

Solway Coast Cycle Sportive

Sunday July 24th

3 Distance options

Keep a check on our website

details to be finalized shortly

Sport in Action 10K

Sunday September 25th

To enter or for more information

go to [www.sportinaction.co.uk](http://www.sportinaction.co.uk)