

AM Caravans Castle 5K Series – Race 2

Wednesday, 17th June 2026

Race Day Information Sheet

Location – The Sheepmount Athletics Stadium, Bitts Park, Carlisle, CA3 8XL

Registration - Registration will be open from 17:30 to 18:45.

Virtual Runners registration – Please can anyone who has signed up for ALL 5 events and would like to run RACE 1 virtually, please email claire@sportinaction.co.uk so that this can be logged and a medal kept for you and be given to you at registration at Race 2 in June. This request MUST be sent by Wednesday, 20th May 12:30pm please and your virtual time emailed prior to Race 2 (any 5k run on any 5k route).

Race Numbers & Timing Chips Will be issued at race registration. The event is a fully chip timed by Timing Up North & results will be available online seconds after you finish.

<http://www.timingupnorthresults.co.uk/results>.

Race Safety Briefing – Will take place at the Sheepmount at 18:45

Parking – **Please do not park at the Sheepmount** due to football games. Runners are advised to park at the Castle Carpark on Devonshire walk (will be open until at least 21:00) or any other available parking areas.

Start – 19:00 - The start is on Mayors drive close to the skater park. Your time will start when you cross the chip timing mat. Be advised that anyone that might be in the running for a prize, should get close to the front as prizes are issued on gun times. **YOU MUST CROSS THE START MAT.**

Course – The course is mainly flat with one small climb up to the castle. You will complete one lap of Bitts Park followed by 2 laps of the castle before returning on Mayors Drive to the Sheepmount Stadium and completing the course on the track. This is a UKA fully licensed race and an officially measure 5K course. The course is mainly on park paths, pedestrian walkway and a small section of a quiet open road you will need to crossover this road twice please listen to the marshals they will guide you across safely.

Roadworks – There are currently roadworks on the Castle Bank, Darce Road. This WILL NOT affect the run route as we have been given permission to run through an area of the works and the gates. Marshals will be there to guide you safely.

Finish – Will be inside the Sheepmount stadium on the track.

Finishers Medal – Medals, bottle of water and some snacks will be available at the finish.

Facilities – Toilets for both male/female are available in the Sheepmount.

Water Stations – No water stations are available.

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.

Prize Presentation – 1st, 2nd & 3rd Male & Female will be issued shortly after the 3rd person finishes. Age group prizes will be issued via BACS payment the winners will receive an email after 7 days to allow for any queries

Prizes – 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 15 competitor's 1st Place only, Male or Female age groups with 15 to 24 competitor's 1st & 2nd place and Male or Female age groups with 25 or more competitors 1st, 2nd & 3rd prizes will be awarded. Junior race 1st Male and Female

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

OUR SPONSOR– AM Caravans Thank you to our sponsor for the Castle 5k Series events. Cumbria's premier caravan & motorhome dealership. Where quality & outstanding service are standard. Proud to serve customers throughout the North of England, Southern Scotland and beyond. Visit <https://www.amcaravans.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, etc.

Runners MUST listen to marshals instructions.

Up Coming Events

Why not volunteer on the bike course at The Lakesman Triathlon on Sunday June 21st. Volunteer @ events@sportinaction.co.uk

Sport in Action Festival of Running Sunday, June 28th

****Includes 5 Mile, Half Marathon & Marathon****

AM Caravans Race 3 Castle 5K Series Wednesday, July 15th

AM Caravans Race 4 Castle 5K Series Wednesday, August 12th

AM Caravans Race 4 Castle 5K Series Wednesday, September 9th

Sport in Action 10K Sunday, September 21st

Great Cumbrian Run Sunday, October 4th

****Included great Cumbrian Run, 10K, 5K & Fun Run****

Carlisle Remembrance Run Saturday, 7th November

Charity Run for Royal British Legion

Carlisle Santa Dash & Fun Sunday, 6th December

Charity Run for Jigsaw Children's Charity

To enter or for more information - go to www.sportinaction.co.uk



Steven, owner and founder of Steven James Fitness and Nutrition Over the past few years, I have built a trusted brand, providing Online Coaching all over the UK and as far flung as Australia and Tennessee My aim has always been to help, educate, support and inspire people to achieve things they once didn't think was possible offer tailored plans, including workouts, running plans, nutritional plans, advice on supplements and you get round the clock access to ensure you never feel alone on your health and fitness journey Instagram: @sjfitnesssteven Facebook: Steven James Fitness and Nutrition.