

BE LAW

BARR ELLISON

hoohaah



Event Information

Barr Ellison hoohaah Salcey
Trail Run

Sunday 10th September





Dear Competitor,

Thank you for entering the Barr Ellison hoohaah Salcey Trail run.

ATW advises you read this information document carefully in advance of Sunday, September 10th (event day), so that you can enjoy the event to its fullest.

There will be a final briefing 10 minutes prior to the event, on the start line.

Summary Event Info

Address:

Salcey Forest, Hartwell Rd,
Northampton, NN7 2HX

Registration opens at:

8:15am and will remain open
until **9:30am**.

Course distances and Start
times are as follows:

7km (1 lap)
14km (2 laps)
Half Marathon (3 laps)

**ALL RACE DISTANCES start at
9:30am**

We ask that after registering
trail runners move away from
the HQ area to warm up and
prepare for your race. There
are green areas and trails to
warm up on by the start and
finish area.

It is vital that we know exactly
who is attending this event so
you must not give your race
number to any other person if
you can't attend for any
reason.

**As well as our Trail Run, a
Canicross (Trail Run with a
dog) will be taking place on
the same route. This event will
be starting 15 minutes before
the Trail Run at 9:15am.
If you catch up with a
Canicross athlete, give clear
instruction as to which side
you will be overtaking on.
Canicross runners have been
told to move to the side to
allow Trail Runners to pass, as
you will have caught up by
over 15 minutes and so should
be moving significantly
quicker than them. The route
for the Canicross is only 7km.**





Venue

Salcey Forest, Hartwell Rd, Northampton, NN7 2HX

Follow ATW signage towards the Car Park and Race HQ

Parking

Ample Parking is available - please follow the car park marshal instructions in the main carpark as some parking may need to be kept clear for other activities and access routes.

There are parking charges at this Forestry England venue as follows:

Visitor Centre Car Park = £8 for the whole day. Please use the machines provided.

Changing and Toilets

There will be no changing facilities on site so please come ready to race, There are toilets available at the visitor's centre.

Baggage

No official baggage area will be provided, the start area is near the car park.

Headphones

Headphones are permitted to be worn, but we recommend bone conduction headphones with the volume low so that you can hear the instructions of marshals, other runners and members of the public enjoying the venue.



Registration

Registration Opens: 8:15am and will close at 9:30am.

At registration you will be required to give the name you used to sign up to the event online.

In exchange, you will be given 1 race number. The number must be worn visible on your front for the run. The numbers can be pinned to your top.

Additional safety pins will be available at registration if required.

Photography

We will have an official photographer at the event. The pictures of all the races will be made available for you to download via our photo page. If you wish for any of the published photos to be removed, just let us know.

[2023 \(Active Training World\)
\(atwevents.co.uk\)](https://atwevents.co.uk)

Spectators

Spectators are encouraged to attend our events to give that extra support to friends and family taking part.

Marshals

Did you know marshals at our events get money and free race entries. If you know people who may wish to be involved with ATW events then ask them to email

racemakers@activetrainingworld.co.uk



7km, 14km & Half Marathon Trail run route

The trail run will be combined with a Canicross (Trail Run with a dog) which will be taking place on the same route. This event will be starting 15 minutes before the Trail Run at 9:15am. If you catch up with a Canicross athlete, give clear instruction as to which side you will be overtaking on. Canicross runners have been told to move to the side to allow Trail Runners to pass, as you will have caught up by over 15 minutes and so should be moving significantly quicker than them. The route for the Canicross is 1 lap of 7km.

The trail run follows a route through the beautiful, flat Salcey Forest. This will be well signposted and marshalled at key points.

Starting on a compact pathway, you will follow a trail heading on a large selection of Salcey Forest's wonderful trails. The surface of the trail is a mix of tarmac and compacted stone and dirt. While good off road

shoes would be recommended, any shoes with a bit of grip will suffice.

Littering on the course is prohibited – please ensure that you carry all litter with you to the next bin. Anyone seen littering will be penalised.

We will be sharing the trail and bridleway with members of the public so please be respectful of other users while you race. There are several points where the public can join the trail from carparks and bridleways.

Number of Laps:

7km – 1 Lap

14km – 2 Laps

Half Marathon – 3 Laps

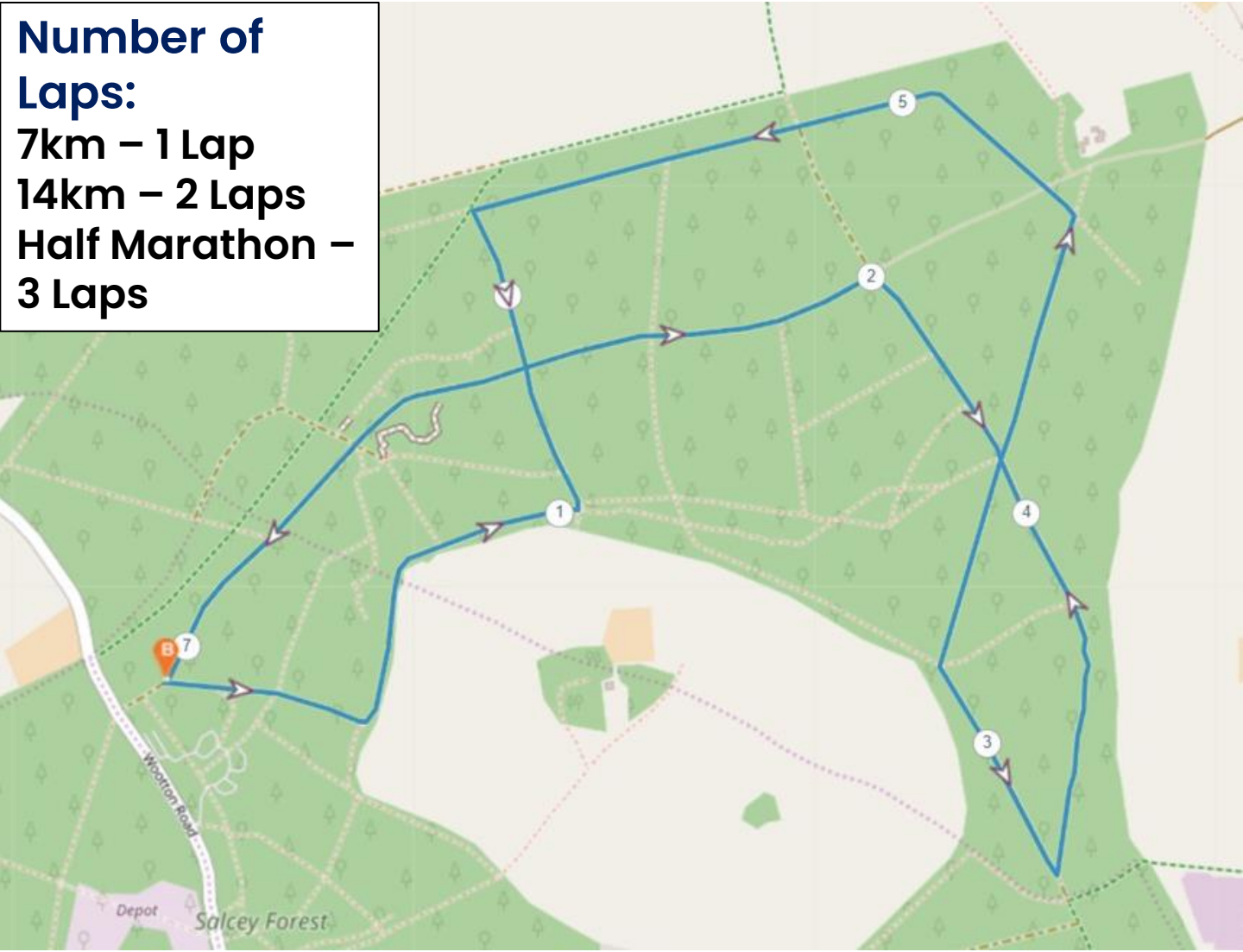
You are responsible for counting your own laps

Race Briefing

The race briefing will take place 10 mins before the start on the start line.



Number of Laps:
7km – 1 Lap
14km – 2 Laps
Half Marathon – 3 Laps





Timing

The event will be chip-timed. Your registration pack will include your race number and a chip, this chip must be worn on your left ankle. Start time will be based off the gun time.

Results

Results are calculated by ActiveTrainingWorld's timing partner, EventChipTiming. Your time will be uploaded to their website within seconds of you crossing the finish line. There will be no ticket printer for times at the event, but you can find your result immediately at: [All Races \(eventchiptiming.com\)](http://AllRaces(eventchiptiming.com))

The chip data requires WIFI access and occasionally we have to load this data in manually after the event if the connection is lost. If you have a query on your chip time, please wait until the evening of the event before raising the query. A full set of results will be available on the results page after the event.

Final word

We hope you are excited to be a part of this occasion. Have fun and race well!

