

# Norfolk Gazelles 'Big Stampede' – 24<sup>th</sup> October 2021

**Childrens Race – 9:00AM**

**Senior Races – 10:00 AM**

UKA Licence No: 2021-39557

Course Measurement Certificate No:           5k: 21/188                           2k: 21/189

## **Norfolk Gazelles 'Big Stampede' - 24 October 2021**

We are really looking forward to the second running of the Championship Relay. This year it's now bigger and better with an additional individual race for adults and two new children's races. Welcome to the Norfolk Gazelles 'Big Stampede'!

We would encourage groups to come and set up for the morning of fun and help cheer of the teams. Clubs and groups are also encouraged to bring Gazebos and Tents to create your own HQ on the day.

### **THE BIG STAMPEDE RACES!**

#### **Championship Relay!**

Four 5k legs around the Savannah (aka The Showground):

Leg 1 - Dorcas Gazelles, Leg 2 - Mountain Gazelles, Leg 3 - Chinkara Gazelles, Leg 4 - Impala Gazelles

Ages 11+

Race starts from 10:00 (see more information below)

- Affiliated teams must have ALL members affiliated – otherwise they will be classified as an unaffiliated team.
- Where teams have competitors in different age categories, they will be categorised as the 'least advantageous' group (e.g. 2x Vet and 2x Open will be classified as Open).

#### **Individual 5k Dash!**

Ages 11+

Race starts from 10:00

#### **Childrens Races**

- Fawns 2k Trot – ages 4-12 (kids accompanied by an adult)

- Calves 2k Canter – ages 4-12 (kids race unaccompanied)

Races start from 09:00

## Prizes

### For the relay:

#### Cash prize of £200 for the best age graded team!

(This award will not be made on the day, but the winner will be announced and contacted after the event and when all results are collated and verified)

Trophies: 1<sup>st</sup> male and female teams in each of the following categories

- Junior: 11-17
- Senior: Open 18-39
- Vets: 40+
- Super Vets: 60+
- Junior Mixed Team: At least 1 female & all 11-17
- Open Mixed Team: At least 1 female & 18-39 (+ mixed age categories)
- Vet Mixed Team: At least 1 female & all 40+
- Super Vet Mixed Team: At least 1 female & all 60+

In addition to this, the individual fastest male and individual fastest female overall will receive a trophy.

### For the Individual 5k Dash:

Trophies: 1<sup>st</sup> male and female in each of the following categories (no team events):

- Junior: 11-17
- Senior: 18-39
- Vets: 40-44, 45-49, 50-54, 55-59, 60-69, 70+

### For the 2k Junior Runs:

Trophies: 1<sup>st</sup> male and female in each of the following categories:

- 4-5, 6-7, 8-9, 10-12

**About the route:**

The 2k route will be one lap around the Showground

The 5k routes will be three laps around the Showground

**Important Note: It will be the runner's responsibility to ensure they complete adequate laps. Any runner not completing all three laps will be disqualified.**

**IMPORTANT COVID SAFETY INFORMATION:****Covid Symptoms:**

If you have any Covid-19 symptoms, **YOU MUST NOT ATTEND.**

These are currently recognised as:

- a high temperature
- a new, continuous cough
- a loss of, or change to, their sense of smell or taste

**Refreshments and Water:**

Refreshments and food will be available to purchase on the day so please bring some money or your cards.

We will have bottles and cups of water available at the end of the race, but we would encourage all runners **to bring their own bottle** which we will happily refill to reduce the waste on our recyclable cups. (Bottles are left over from covid racing conditions)

**Venue & Car Parking:**

Race HQ: Race HQ will be at the Norfolk Showground, Dereham Road, New Costessey, Norwich NR5 0TT.

Car parking: Ample car parking is available for all participants at the Showground. **The entrance will be clearly signposted and will be off the Dunham Road which is en-route the Norwich Family Golf Centre.** Please only park where directed and only leave the car park as instructed. Disabled parking is available close to Race HQ; if you need to use this, please advise the marshal who will direct you accordingly.

**Chip Timing:**

We are using ChipTimingUK for these races and every individual will receive a separate chip and bib for the race. Please ensure that the bib is securely fastened to the front of your vest and clearly visible and that the chip is securely fastened to your shoe. This is very important. Please complete the medical and emergency contact details on the back of your number. Numbers will be picked up from Race HQ on the day.

On race day, team packages will have been prepared and available at race HQ, consisting of the following;

- 4 timing chips – each chip will be allocated to a specific runner
- 4 bibs – race number + A, B, C or D
- 8 Shoe ties
- An envelope which will have printed on it the name of the 4 team members and their specific chip number – this is where the runner is tied to the chip number

A **single nominated** person from each team should come to the race HQ to pick up their race package.

When a team opens their race package, they need to hand out the timing chips to each named person, ensuring that they allocate the correct numbered chip to the correct person as per printed on the envelope and secure the chips to their shoes. They then need to decide on the running order and hand out the bibs in that order i.e. A for the first leg runner and D for the final leg runner.

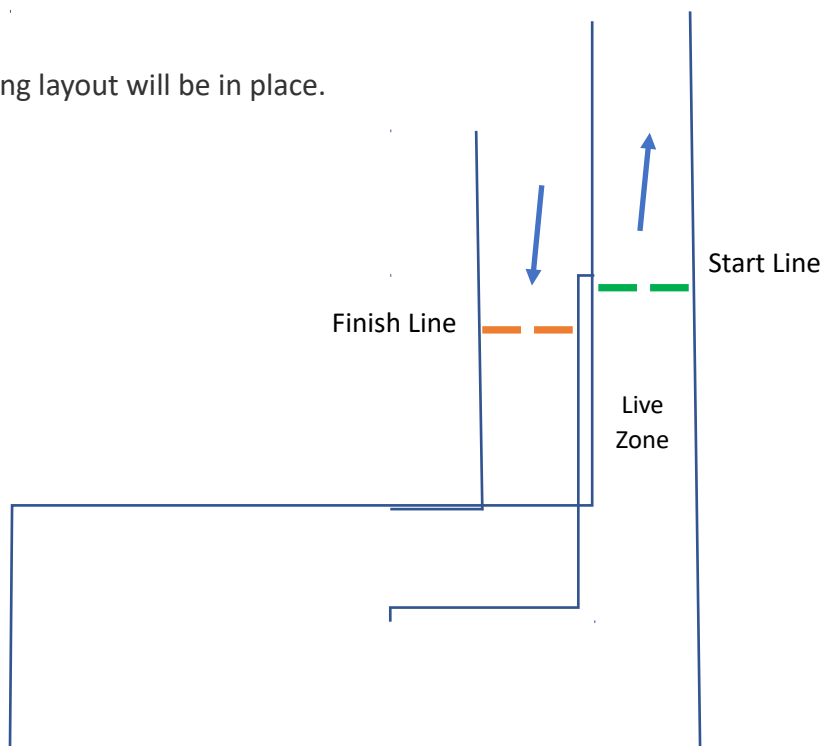
**IMPORTANT NOTE:** If you are running more than one leg you will have two separate chip tags. It is the runner's responsibility to wear the correct chip for the leg. If you are accompanying a disabled or visually impaired runner you will not have a chip attached, as this will be with the runner you are accompanying.

For all individual runners your race bib and chip tag will also be available from race HQ in an envelope.

For the 2k and 5k Dash, please report to race HQ to pick up your bib and separate shoe chip.

### Pens

The following layout will be in place.



Chip removal and medal

— — Pen Line

Waiting Pen

Pen Entrance

So that runners are ready it is advisable that they go to the waiting pen 5-10 minutes before they expect their runner to appear, using the pen entrance market above.

As soon as they spot their runner approaching down the final straight, they should move to the pen line and then as their runner approaches the finish line, they should enter the 'Live Zone' and time their run so they cross the start line as their team member crosses the finish line. We will have marshals positioned here to note any team which materially jump the start.

After crossing the finish line runners move on to have their chip removed and get their medal.

It is important that runners stay away from the timing mats when they have their timing chips attached to their shoes, straying too close to the either the starting or finishing mat might give a false reading which will affect their individual and team times.

The above is really important as most individual races only have the mats live for a short period of time before the start of the race to avoid false reading, but for relay races as people are constantly cross the mats, they need to stay live for the duration of the race.

### **Changing & baggage:**

We will have informal areas for baggage and changing. **Please ensure you bring warm clothes and umbrellas in case the weather turns.** We want to be able to support your teams so please ensure you are suitable dressed as there will only be limited areas of shelter at the showground.

### **Toilets:**

Toilets are available on site and will be manned to ensure cleanliness is maintained. Please do not use other areas for a "wild wee" anywhere else at the showground!

### **Other FAQs:**

**Is the race officially timed?**

Yes! Official times will be provided by ChipTimingUK and will count for your new PB! These will be posted on social media and our website.

**What is the terrain?**

Fast and flat, along the Showground walkways

**How old do I have to be to run?**

4 years old for the junior races

11 years old for the senior races

**Is there a cut-off time?**

No!

**Is there a medal for finishers?**

Yes! Medals are provided for everyone who finishes the race. These will either be placed in runners envelopes when they collect their bibs or available for collection after the race on the day.

**What time does the race start?**

The Junior races will start from 09:00

The Senior races will start from 10:00

**What is the date of the race?**

The event takes place on Sunday 24 October 2021

**Can I run with headphones?**

No headphones will be permitted on this race (this includes bone conducting headphones). This is an England Athletic rule, anyone wearing headphones will be disqualified.

**How will I receive my prize?**

Medals will be available on the day. As things stand, we hope to distribute trophies out on the day and we would encourage winners to pick these up to prevent delays in receipt. Cash prizes being paid via PayPal to the email address for which they entered. Presentations will

be made from race HQ as soon as all competitors are finished, and results verified and available.

**Who is the medical support provider?**

Support is provided by MedPTS

**Contacts:**

If we can be of any assistance whatsoever, please contact:

Ceri Theobald (Race Director) [07967 059220](tel:07967059220)

Or email [racedirector@norfolkgazelles.co.uk](mailto:racedirector@norfolkgazelles.co.uk)

Finally, we really hope you enjoy the races on the day. If you are keen to progress as a runner and want to get involved in one of the friendliest clubs catering for all abilities with excellent coaching and facilities, please drop us a line.

Link to PDF of race terms: [HERE](#)

