

# Burghley 7 Event Guide 2020



08/03/2020



## **Welcome to the First edition of the Burghley7 Road Race.**

We are really excited to welcome you to our new event. We wanted to create a course that showcased Stamford and Burghley at its very best. Massive thanks must go to all involved in making this possible. There was a lot of goodwill and enthusiasm for this project that made it all possible.

The course is the first to ever close High Street st Martins which gives us an exciting opportunity to run down the historic high street south of the River in Stamford. Burghley have given us exceptional access to their estate including areas ordinarily closed to the public.

7 miles might seem a slightly strange distance, but it was necessary to create the best course that we could imagine. With the Burghley7 the course was king. We didn't want to compromise on the features. 7 miles made them all possible and gives the most spectacular finish line.

Thank you so very much for supporting us in this new venture. It's a new venue, new route and a new event for us. Without your continued support these events would not be possible so we thank you for deciding to run with us.

We sincerely hope that you enjoy the route. Take in the views and the features and enjoy your morning. We cannot wait to welcome you to Burghley7.

Paul Cowling  
Race Director

# Event Timetable

**07/03/2020**

**3:00pm – 5:00pm Pre registration – Burghley Park Golf Club**

Collect your race number and skip the queues on race morning.

**08/03/2020**

6:45am Car parks open

7:00am Race registration opens

8:30am Bag drop open

**8:45am Registration closed**

8:45am Race briefing

8:50am Bag drop closes

**8:50am Site closed to vehicles DO NOT BE LATE**

**09:00am Burghley 7 Starts**

**We will start as close to 9:00am as physically possible. We must wait for the road closure team to give the green light before setting off. Please make sure that you are ready to go.**

11:00am Course closed.

11:00pm Burghley 7 Prize giving

5:00pm Burghley car park closed

Provisional results will be published throughout the day

Results will be finalised the following week

**15/03/2020**

Events finalised – No more protests or disputes after this date

# NEW INFORMATION

## IMPORTANT PLEASE READ

Getting to the start line.

**DO NOT BE LATE! You will not be able to get to the venue if you turn up late.**  
The event access roads double as the race route.

For a small period of time before the start of the race, the roads around Burghley will be closed. Closures around Stamford will last for approximately half an hour.  
Road closures will be in place at 8:55am ready for a 9:00am start.  
Registration will be closed by this point (you should arrive comfortably before this time)

Spectators **will not** be able to reach Burghley once the road closures are put in place. They should also arrive before the road closures are put in place.

**Parking is free and is available on the Burghley site. No traffic will be allowed to move on site whilst runners are passing through. Once the last runner reaches the 1 mile mark traffic will move freely.**

Parking is located at the Burghley visitor entrance. Our team will guide you once you arrive.

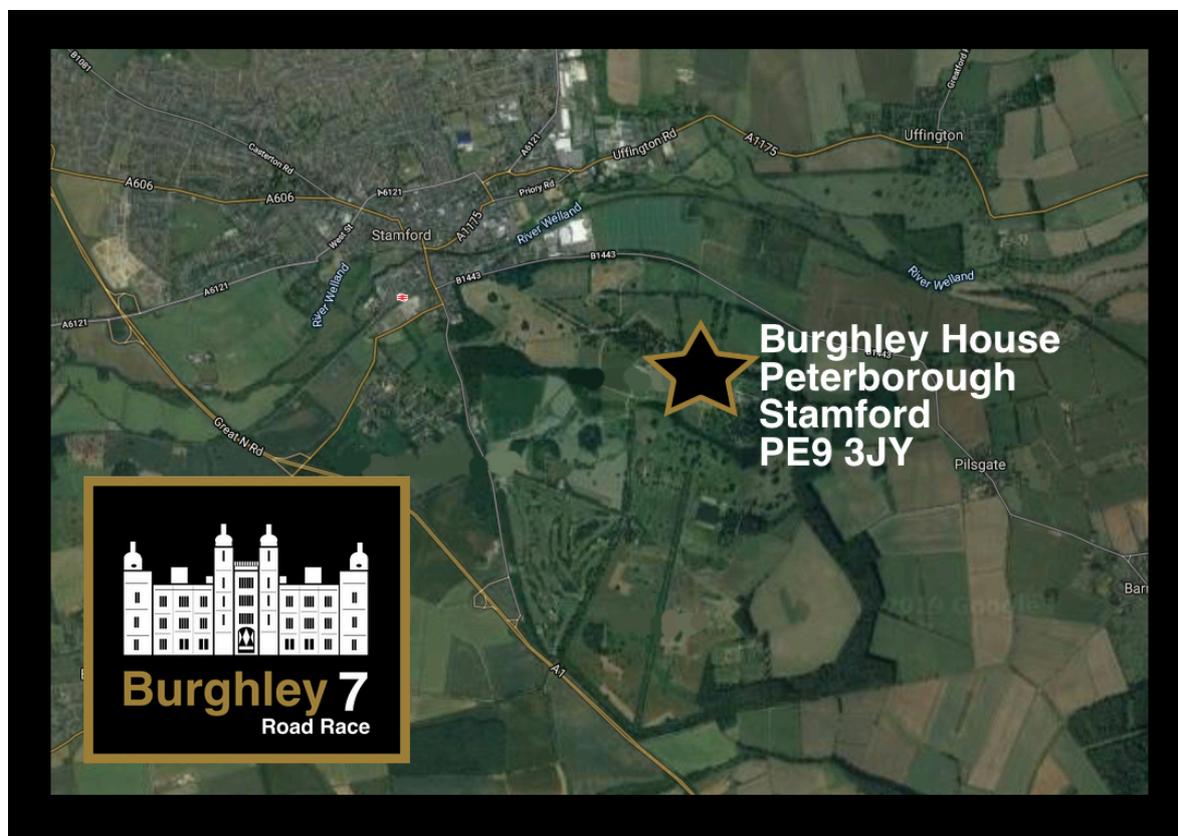


With the location change, facilities are stretched. There are limited facilities at the start line. We have booked additional toilets and split them between the start and finish. Registration will be in a temporary event shelter.

If you register on the Saturday Evening at Burghley Park Golf Club, please make your way straight to the start line.

### Travelling from further afield.

Our race is located at one of England's most spectacular Elizabethan houses. The site is well signposted from miles around. We encourage you to make your way to the **NEW EVENT ENTRANCE** as early as possible on race morning.



### A1 Southbound

Take the A43 Kettering road exit off the A1. On the slipway junction turn left towards Stamford.

When you reach the St Martins high street junction turn left down the hill.

After 100 metres Turn right onto the B1443 toward Barnack, Pilsgate and Burghley house.

Follow the road until you reach the **NEW EVENT ENTRANCE** for Burghley house where our team will be on hand to help you park.

### A1 Northbound

Take the first Stamford junction onto the B1081

Follow the road towards Stamford, just after the Bull and Swan pub turn right onto the B1443 toward Barnack, Pilsgate and Burghley house.

Follow the road until you reach the **NEW EVENT ENTRANCE** where our team will be on hand to help you park.

### A47 West bound

At Wansford turn onto the A1 Northbound toward Stamford and Grantham.

Follow A1 northbound directions (see above)

### **A47 East bound**

At the A47/A43 roundabout turn left (first exit) towards Collyweston and Stamford. Follow the A43 all the way into Stamford.

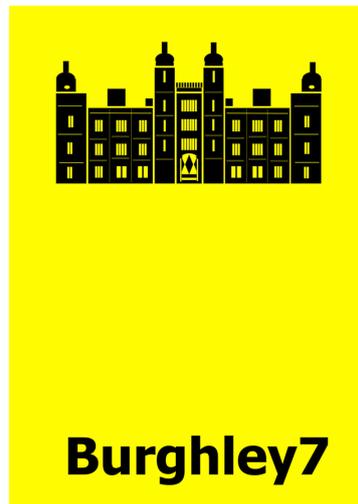
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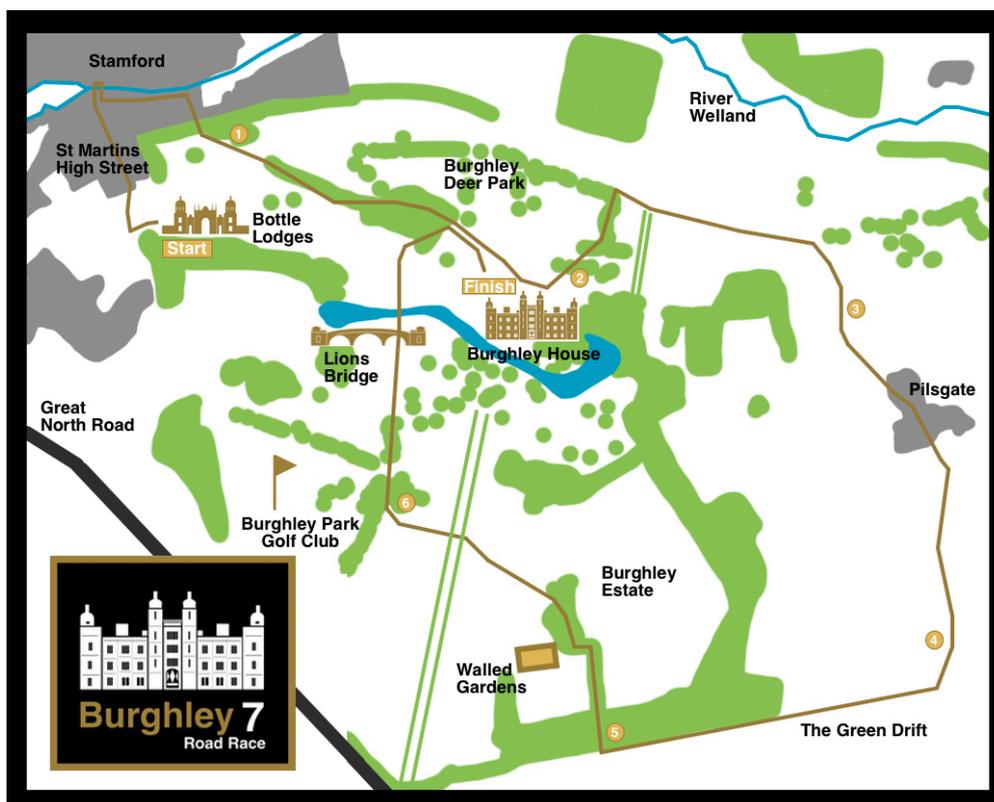
Burghley and Stamford provide the perfect backdrop for the Burghley 7. The course is stunning but there is so much more to see and do. We really recommend a wander around Burghley and Stamford after the race, it is full of wonderful architecture, history and charm.

**As you get closer, follow the Burghley7 road signs**



**(They will have arrows on them pointing you in the right direction)**

# The Course



## Course overview

The course was king for the Burghley 7.

The 7 mile route takes you on a fantastic tour around Burghley, Stamford and the wider community.

**Mile 1.** Starting at Bottle lodges, an incredible grand Tudor gatehouse which creates the most beautiful start line. We turn down a traffic free High street St Martin's giving you the opportunity to enjoy this flawless Georgian architecture. You pass under the Gallows at the George hotel before running onto the town bridge. We make a U turn opposite the beautiful town meadows before running down Water Street alongside the River Welland.

**Mile 2.** We re enter the Burghley estate passing through beautiful parkland, past the old cricket club, ancient woodland and the Burghley Deer Park. The course gradually approaches Burghley house as we pass through this incredible park land.

**Mile 3.** We pass straight in front of the North Range of the house. We pass grand old stables and courtyards and other architectural delights as we go. The course then exits the park and into the surrounding countryside.

**Mile 4.** The course then passes through the quaint little village of Pilsgate.

**Mile 5.** The green drift is a long drag strip surrounded by mixed countryside, dry stone perimeter walls and ancient woodland.

**Mile 6.** We have incredible access to the private Burghley estate. This is a real privilege to run in an area ordinarily closed off to the public. We pass the old walled gardens, ancient woodlands, pristine parkland and incredible architecture.

**Mile 7.** This section of the course follows the old road installed by Lancelot 'Capability' Brown. The landscaping was designed to give the best view of the house as you approached. As we drop down into the main estate we reach the main lake and wonderful Lions bridge. We continue around the sweeping road until we approach the finish line front and centre of the famous west range of the house.

### **Course details**

Our route markers are yellow with a black arrow.

Instructional signs will be in place including mile markers, CAUTION, KEEP ON THE LEFT HAND SIDE as well as signs warning the general public that there is an event in progress.



At important points marshals will be there to assist with any uncertainty.

### **Important information about the first mile**

Due to the nature of the road closure instructional signage will be extremely limited in the first mile.

The course is a straight line down the high street. Simply follow the lead vehicle and runners in front and you cannot go wrong.

At the bottom of the hill on the town bridge we do a U turn. (This will be well marked) We then turn left down Water Street and it is business as usual. Normal course markings will resume.

### **Feed Stations**

The maximum distance between water stations is 2.5 miles. Water stations will be at the following locations:

**2.5 miles**

**5 miles**

**Finish line**

Water stations will be located just off the running line where we can safely distribute water.

### **What is at each station?**

Water, energy drink, some high energy snacks.

There are no plastic bottles at feed stations.

All drinks are served in paper cups which will be recycled after the event.

### **Litter on the course**

Each feed station will have a litter zone. Throw your litter in this well marked zone.

**If caught littering on any other part of the course you will be disqualified.**

It is a beautiful venue, let's keep it that way.

# Safety & Event Rules

The race is Licenced by UKA. You will run under UK Athletics rules. To see the full list of road running rules please visit their website. <https://www.uka.org.uk/competitions/rules>

We are closing the roads for this race. You shouldn't experience any traffic on the course. **However, we must maintain emergency access at all times.**

Run on the left-hand side of the roads, this will allow emergency and event vehicles to negotiate the course with little interruption.

**Do not cross the centre white line as vehicles could be coming in the opposite direction. Anyone caught crossing the centre white line of the road will be disqualified.**

**Any event traffic travelling in the same direction as runners will filter into a gap and move with the runners.**

Do not run using 'in ear' headphones. Bone conducting headphones are allowed.

Remember that there will be over-taking runners throughout the course. Please leave them some room and keep to a consistent line.

Report difficulties to marshals, they will be happy to help.

Please run through open gates rather than over cattle grids. Any cattle grids you must run over will be covered with boards in advance.

Please fill in your personal details on the back of your race number. It is very helpful to the medical teams if you require their assistance.

**Do not run in someone else's place.**

It's vital we have your medical details and can account for each individual

## Medical assistance

Medical support will be provided by Rutland Medical solutions. There will be paramedics, nurses, doctors and ambulances on site ready to take care of you should they be required.

Please ensure that you disclose any information that may be helpful to the medical services. Any information disclosed will be handled with the upmost discretion.

It's important that you let us know any medication or underlying medical conditions, they may or may not be relevant but it's better that we know. First aid is available throughout the course. Water stations are positioned to be accessible. If you can make it to a water station safely, please do so.

Marshals are located throughout the course. Please speak to them if you have any issues, they are there to help and are in contact with medical provisions, race registration and the race director at all times. If you experience difficulties please report to them at your closest water station.

Please also report anyone else you see in difficulty to the Marshals at your closest water station.

Marshals are there for your safety, please take instruction from them.

If for any reason you need to pull out of the race, you must ensure that you return to registration before you go home. It is imperative that you return to registration so that you can be signed out of the race. Failure to do so could result in not being allowed to enter future races. Until you return, we will assume that you are still in the race. Obviously, we need to ensure that everyone is safe and well so an 'official finish' is vital to ensure you are accounted for.

# Registration

## **Early registration. 07/03/2020**

You may collect your race bib and timing chip the night before the race, visit the team at the Burghley Park golf club. If you would like to walk from Stamford on race morning you can make your way straight to the start line.

Burghley golf club 3:00pm – 5:00pm  
High street st Martins  
Stamford  
PE9 222

## **Race morning registration. 08/03/2020**

There is a reasonable walk from registration to the start line.  
The walk is slightly over 1km through Burghley park.

Please arrive early to register, to avoid the queues and a last-minute panic. Runners should make their way to registration as soon as possible. Please allow for the walk from registration to the start line.

If you haven't done so prior to arriving, check your race number on the notice boards then join any registration line.

**(Race numbers will be on the website a week before the race.)**

After this, let event staff know your name and race number.

Please let us know if anything has changed with your medical details or emergency contact information.

You'll then collect your race number. Your timing chip is attached to your race number. There is a tear off baggage label on the bottom.

## **Your Race Number**

Once you have collected your race number please attach it to your front. Use a Race belt or safety pins. Please ensure that your race number is clearly displayed on your front at all times during the race.

Please ensure you have the correct race number.

Your start wave will be marked across your race number. Please join the correct start pen. The wave was allocated based on your estimated finish time.

**PLEASE FILL IN YOUR PERSONAL INFORMATION ON THE BACK OF YOUR RACE NUMBERS. IT WILL HELP THE MEDICAL TEAMS IF YOU EXPERIENCE ANY DIFFICULTY**



**Yellow**

**1500**

**Paul**

**M**

**Event timing:** JC race solutions are our timing partners and will provide all the timing information you require. Times will be available immediately after you finish.

**Your timing chip**

Timing chips are attached to the back of your race number. They are disposable, so no need to hand anything back after the race. Your race number is a keepsake. Your race time will start when you cross under the start gantry, timing mats are located on the floor. Do not cross these mats wearing your race number unless you want your time to start.

**Results**

Our race is chip timed and the timing is provided by JC race solutions. The results will be posted at registration and on [www.therutlandmarathon.co.uk](http://www.therutlandmarathon.co.uk) and [www.jcracesolutions.co.uk](http://www.jcracesolutions.co.uk).

**Printouts are available immediately after your run. But results are provisional at this point.**

**Start Waves;** Your race number will have a coloured band across it. Please join the correct start pen where you will be amongst runners of similar predicted pace. Your time will not start until you cross the timing mate under the start Gantry. No need for a sprint start!

**Bag drop**

You will find a tear off bag label on the bottom of your race number. Please attach this to your bag before handing it into bag drop.

Bag drop off is located near the start line.

We will transport your bags to the finish line for you.

Bag drop will close at least 10 minutes before the start of the race at 9:00am We cannot take responsibility for valuables such as mobile phones or wallets. They are left entirely at your own risk. We cannot accept liability for missing items. It is your choice what you leave in your bags but we recommend no valuables.

You will need your original race number to retrieve your bag.

**Toilets;** Located at registration and the finish line. There are very limited toilets at the start area.

**Mementos;** All runners will receive a t-shirt and medal to commemorate their achievement.

**Trophies**

Trophies will be awarded in the following categories.

Male 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Female 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>.

**Contacting us;** We always try to be as contactable as possible but please understand that there might be a delay getting back to you on the week of the event. We try to answer any urgent emails as a priority. Please write **URGENT Burghley7** clearly in the email title if you have an enquiry close to the event. All other enquiries will be answered as soon as possible. [rutlandmarathon@gmail.com](mailto:rutlandmarathon@gmail.com) most general enquiries can be answered on the website or in this guide. Please check both first.

**Adverse weather;** In the event of adverse weather we might be forced to change the location of the course. We will keep as close to the original plan as the weather will allow. In extreme weather, we may be forced to cancel the event, we will issue a credit note if this is the case.

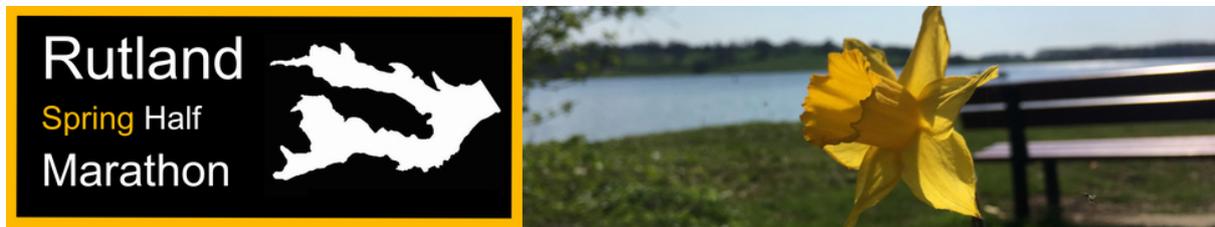
**Thank you so much for supporting this event.  
We wish you all massive PB's and a fantastic race.**

## **The Burghley7 Team**

### **2020 Running Events**

Full details are available on the website [www.therutlandmarathon.co.uk](http://www.therutlandmarathon.co.uk)  
We hope you can join us at one of our other events throughout the year.

**05/04/2020**



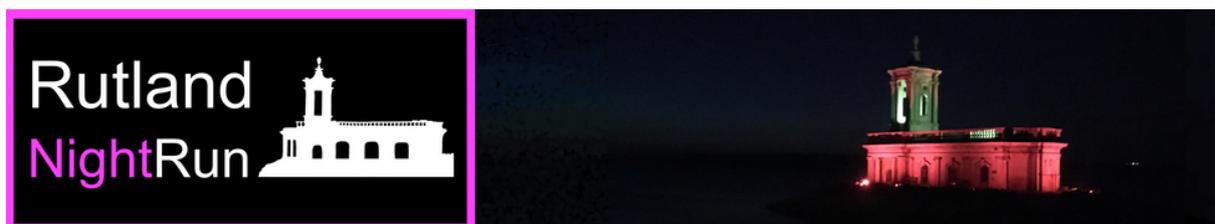
**17/05/2020**



**20/09/2020**



**13 & 14/11/2020**



## 2020 Swimming Events

Full details are available on the website [www.swimrutland.com](http://www.swimrutland.com)  
We hope you can join us at one of our other events throughout the year.

16/08/2020



05/09/2020



## 2020 Walking Events

Full details are available on the website [www.therutlandmarathon.co.uk](http://www.therutlandmarathon.co.uk)  
We hope you can join us at one of our other events throughout the year.

04/04/2020



12/11/2020

