

# RACE DAY INFORMATION



## RACE HQ

**RACE HQ and Competitor Village is at Marlow Sports Club, Pound Lane, Marlow SL7 2AL**

Allow plenty of time to park and walk. You will need to walk to RACE HQ: there is no parking there.

From the double mini roundabout at the Marlow Bridge end of the High Street, follow Pound Lane alongside the park. Walk past Court Garden Leisure Centre on left and continue a further 200m until you find Marlow Sports Club behind high fencing also on the left.

## START

**Both races start at 9:30am on Sunday 5th November 2017, from Higginson Park adjacent to Marlow High Street**

Race number collection and pre-race assembly is at RACE HQ, after which you will be directed to the START.



## ROAD CLOSURES

Road closures required for the race 9:15 to 9:45:

- High Street
- West Street
- Oxford Road

These will not affect competitors who should have already arrived at Race HQ.

## CAR PARKING

Allow plenty of time to park and car share where possible. Public car parks are **NOT** free on Sundays, so check notice boards for parking charges.

There is **NO** parking at Race HQ or on Pound Lane.

- 1 Court Garden, Pound Lane SL7 2AE
- 2 Liston Road SL7 1BY
- 3 Marlow Central SL7 2NJ
- 4 Dean Street SL7 3AA
- 5 West Street SL7 2LS
- 6 Institute Road SL7 1BJ

Look out for marshals to direct you to the best car park, which will all be clearly signed. All are a short walk from Race HQ. Car park 1 fills up by 8:30am.

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## RACE HQ & COMPETITOR VILLAGE

Our competitor village is open from 7:15am. On arrival please collect your unique race number and timing chip from RACE REGISTRATION. Our collection point is always busy so allow sufficient time.

### LATE ENTRIES

A limited number of On The Day entries will be available. Arrive early.

LATE ENTRIES is open from 7:15am. Allow plenty of time as will be busy. Save time on the day by filling in an entry form: download from our website.

Late entry charge in cash is £20.00 for the Marlow 7, and £28.50 for the Half Marathon.

## WEARING OF HEADPHONES

We are sorry, but our UKA race licence does not permit wearing of headphones on the course. You will be risking disqualification if you do:

*"The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic."*



## CHANGING

Mens and Ladies SHOWERS/CHANGING facilities are available within and to the rear of RACE HQ.

## RACE KIT

Weather in November can be highly variable. Dress appropriately and do not underestimate the likelihood of getting cold, especially if wet.

The course is almost entirely on tarmac so road running shoes are recommended. Be aware, the steep descent from Parmoor after mile 5 can be slippery with autumn leaf litter: be careful.

## BAGGAGE AND KEY DROP

Bags may be left in our managed baggage area at your own risk during the race. Take your bag to our BAGGAGE drop in good time before the race. We also operate a key drop at the same location.

## EVENT SCHEDULE

Times will be adhered to. Make sure you allow enough time to register and assemble for race start.

- 7:15 Competitor village opens
- 9:00 Pre-race warm up
- 9:10 Pre-race assembly and move to START
- 9:20 Race briefing
- 9:30 Race start from Higginson Park
- 11:00 Marlow 7 prizegiving
- 11:30 Time limit at 8 miles (Half Marathon)
- 12:00 Half Marathon prizegiving
- 12:30 Time limit for last finishers

**IMPORTANT:** enforced time limit for both races of 3 hours, and for the Half Marathon only, a 2 hour limit to reach 8 miles.



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## REFRESHMENTS

A good selection of hot and cold food and drinks are on sale throughout the event in our REFRESHMENTS marquee. Remember to bring some money.

## COMPETITOR VILLAGE STALLS

Promoting their services and products on our event field are the following:

- Runners' Retreat
- On Shoes
- Pure Running
- Big Bobble Hats



Runners' Retreat are in attendance in our competitor village for all your last minute race supplies.

After your race, pop along to their well stocked running shop in Marlow, where they'll be delighted to see you. See town plan on page 1. They have some great special race day offers for competitors in store.



Run on clouds.

Swiss running shoe brand On are supporting the event and will be bringing a big selection of shoes and sizes to the Competitor Village for runners to try.

## ENTRANTS WITH SPECIAL REQUIREMENTS

Disabled runners or entrants with special requirements are welcome providing they can complete the race within 3 hours. If you are in this category please let us know before the day so that we can ensure appropriate arrangements are in place. The course is unsuitable for wheelchairs.

## SWITCHING RACES

If you need to change races, after collecting your race number and chip from RACE REGISTRATION, take to Oonagh Thompson. We will try to assist, subject to places available. There is a charge of £8.50 to upgrade to the Half Marathon.

## TRANSFERRING RACE NUMBERS

If you cannot run and wish to transfer your entry to another runner, first collect your number and chip from RACE REGISTRATION and then take to LATE ENTRIES to register the change of details. This is important for race administration and in case of emergencies, and failure to inform us will result in disqualification.

## YOUR RACE NUMBER AND CHIP

Collect your unique race number and timing chip on the morning of the race from RACE REGISTRATION. Distribution is organised according to SURNAME. Ensure you join the right queue. Our collection point is always busy so allow sufficient time.

- Your race number will be in RED if you have entered the 7, or BLACK if you have entered the Half Marathon.
- Fill in the medical information and contact details on the back of your race number.
- Pin your race number with timing chip attached to the front of your running top: safety pins supplied. It must be visible on the course and as you cross the finish line.

## TOILETS

There are ample toilets at our Race HQ. Public toilets are also at Court Garden, and in Higginson Park near the race START. See town plan on Page 1.

Please respect local residents and our host Marlow Sports Club, and only use designated toilets. Runners not complying will be disqualified from the event.

## PRE-RACE WARM UP 9:00am

A fitness professional from Immortal Fitness will lead an enlivening pre-race warm up in the ASSEMBLY AREA.

## PRE-RACE ASSEMBLY 9:10am

Competitors will be asked to move to the ASSEMBLY AREA, followed by instructions to move to the START in the adjoining Higginson Park.

## RACE BRIEFING 9:20am

Once moved to the START, there will be a briefing for your information and safety. Do pay attention.

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## THE START - 9:30am

Both races start at the same time inside the main gates of Higginson Park. A rocket will be fired to start the race. The race starts when the rocket goes BANG! and not before!

## PACE

Time allowed is 3 hours, which is generous, and both courses are considered achievable for most runners.

**There is a time limit of 2 hours to get to the 8 mile point on the Half Marathon course, strictly enforced.**

Walking is viable for the 7 mile race only.

## DRINK STATIONS

Drinks stations (water only) are situated at about 3.5, 7.5 and 10.5 miles around the half marathon course, about 3 and 4.5 miles for the 7, and at the finish.

## EVENT PHOTOGRAPHER

Charles Whitton Photography will be on the course to capture your finest moments, available for purchase after the event. Smile for the camera.

### Charles Whitton

### Photography

Sport & Event  
Photography



## COURSE SPLIT

The half marathon and 7 courses diverge at 2.5 miles. Marshals and signage will direct you which way to go.

If you have a half marathon number and decide at this point to switch to the 7, you must inform a marshal. They will suitably mark your race number.

## ROAD SAFETY

Parts of the course are open to traffic. Runners must keep to the left hand side of the road except where directed onto the right. This happens about two thirds of a mile after the final drinks station. **IMPORTANT: Runners to comply with police and marshals' instructions at all times.**

Within half a mile of the finish, the course crosses the A4155 Henley road, A professionally managed crossing point is in operation. For your own safety, follow marshal instructions.

Straight after, on entering Pound Lane, keep left until directed to cross road to enter Marlow Sports Club.

## MEDICAL FACILITIES

St. John Ambulance will be in attendance on the course and at our competitor village.

## THE FINISH

The FINISH line is situated at Marlow Sports Club, Race HQ. Make sure your race number is visible on your front as you cross the line so that we can make a fuss of you.

All finishers are awarded a commemorative medal and long sleeve technical tee-shirt.

## RESULTS

Our chip timing displays your race time as you cross the finish line. Go to TIMING and look for a large screen.

If you have given us your mobile number, we will text you your finish time soon after you cross the Line. We aim to have full race results on our website within 24hrs.

## RACE MASSAGE

Post race MASSAGE is available inside RACE HQ. Our team of 6 qualified practitioners are available as soon as you finish, in return for a donation to our charities (at least £10 is suggested).

## PRIZES

Prizes for both the Marlow Half Marathon and the Marlow 7 to be awarded as follows:

- 1<sup>st</sup> Male and Female
- 2<sup>nd</sup> Male and Female
- 3<sup>rd</sup> Male and Female

Prizes also to the 1st male and female in each veteran category: Vets 40, 50, 60 and 70. **Competitors can only win one prize.**

Team prizes awarded for Half Marathon: 1<sup>st</sup> UKA affiliated club team. Top 4 overall runners to count irrespective of gender.

We are also giving away spot prizes to lucky runners as they cross the finish line.

## DISCLAIMER

The organisers of the Marlow Half Marathon can accept **NO** responsibility for injury, loss or damage, however caused.

## CANCELLATION

In the event of the Race Referee deciding that the event cannot take place, no entrant will be entitled to a refund.

**IN THE EVENT OF ANY DISPUTE, THE DECISION OF THE RACE REFEREE IS FINAL.**