



RUNNERS FINAL INFORMATION JUNIOR “MINI MILE”

Please read this email – it will provide you with all of the information you need to know for race day. Information is also available at www.fleethalfmarathon.com

**Race Date: Sunday 17th March 2019
Start Time: 10.45am**

UKA Race Permit number: 2019-35719

Thank you for entering the Junior “Mini Mile” at the annual Fleet Half Marathon organised by Fleet & Crookham AC (Registered Charity number 1156704). **All junior runners need to collect their race number, bag tag and t-shirt on the day. These can be collected from the green Army tent in the park from 8.30am on race day.**

A message from the Penny Abbott, Race Director

I would like to welcome you to the 2019 ASICS Fleet Half Marathon and Junior “Mini Mile” organised by Fleet & Crookham AC. Our mission is to host an event for runners of all abilities, supported by local residents and one which really does put Fleet on the map. We want to provide a day to remember and an event which is good value for money and also raises thousands of £'s for charity. We are one of the largest and original half marathons still organised and hosted by a running club and local volunteers – something we are very proud of.

We would once again like to thank all of our partners for their support – without them and our voluntary race committee and 300+ volunteers on the day, the event simply could not go ahead. Remember everyone involved in the day is giving their time for free so please show your appreciation.

I would personally like to thank the team and our 300+ volunteers for the energy and drive they showed in 2018 when we had to reschedule the event after the heavy snow on race weekend. We held both the half marathon and junior event just 6 weeks later which was a huge ask of everyone involved – it obviously didn't put us off as we are back this year.

We hope you all have a great race and enjoy your day at the Fleet Half Marathon junior “Mini Mile” 2019. Good luck!

Penny

Race Director, F&C AC

Race Officials

Race/Course Director – Penny Abbott, F&C AC/UK Athletics Endurance Official

Race Referee – Mike Neighbour, UK Athletics Official and AFD

Race Organisers – Fleet & Crookham AC (F&C AC)

UKA Race Adjudicator – Mike Neighbour UK Athletics Official and AFD

Chip Timing – FR Systems Ltd

Race Starter – David Holdway, F&C AC

Medical Director – Dr Brian Robertson, The Event Medicine Company

Volunteer Co-ordinators – Huw Williams, Kate Raggett & Nick Doran, F&C AC

Thank you to the Race Officials, voluntary Organising Committee members and all other volunteer marshals/helpers/voluntary organisations involved in the day. We couldn't put on this race without them. Their time and dedication is immense so please thank them as you run by.

Keeping up-to-date with the Fleet Half Marathon

- Note: any changes or additions to the Runners' Notes will be announced on our website at www.fleethalfmarathon.com
- In the event of bad weather leading up to the race please visit the website for the latest information.
- In the event of the race being cancelled due to unforeseen circumstances, we will endeavour to contact all runners prior to the race day where possible – this will be via the website www.fleethalfmarathon.com and local tv/radio, but a refund of entry fees is not possible as costs are incurred from the start.

Junior “Mini Mile” instructions

- Please allow plenty of time to get to Fleet and for car parking – there are a lot of runners coming for the main half marathon. The start of the junior “Mini Mile” will be at 10.45am and the start is located at the junction of Tavistock Road and Merivale at the back of Calthorpe Park.
- The Junior runners should all collect behind the finish area near the Scout Hut by 10.15am – there will be a fenced off area - they will then be walked down the cycle path as a group and will exit Calthorpe Park via the cycle path gate into Merivale.
- The juniors will be able to watch the main half marathon runners go along Merivale from about 10.35am before they are moved onto the road at the rear of the main event. The junior “Mini Mile” will start at 10.45am (or as close as once the back runners of the main event have passed and are clear). The run will be led by a cyclist and a “hare runner” with other support runners following on behind.
- All junior runners should keep on the left hand carriageway when they are running and should be aware of other runners around them and/or trip hazards on the road. Please be careful. Remember no headphones should be worn. Parents/guardians can of course run with their junior but will not receive a finisher's medal.
- Follow the directions given by the marshals and remember to pace yourself so you can complete the whole 1 mile distance.
- When you re-enter the park, you will cross over the main finish line near the scout hut where you will be presented with your medal and goody bag. We hope you have a great run.

How Do I get to Fleet?

Calthorpe Park is off Reading Road North, Fleet, North Hampshire. GU51 5DR.



Fleet can be reached by using junction 4a or 5 off the M3 and then following signs for Fleet. **Please car share if possible.** There is no parking at Calthorpe Park – use the town centre car parks. You will need to buy a ticket.



Fleet is on the Waterloo-Basingstoke/Southampton line and the station is approx 1 mile from Calthorpe Park. Be aware of work on the lines. There is some scheduled work on race weekend.

Please allow plenty of time to get to Fleet and for car parking – there are a lot of runners coming. The start will be at 10.30am prompt.

Car Parking

- **If you are local to Fleet please leave your car at home to help the congestion and parking. Get dropped off, walk or at least share vehicles if you can. Bicycles can be chained up in the tennis courts.**
- Parking is available in the town centre shopping car parks, 100 places at Hart Leisure Centre (free) and 100 places at Admiral House, Harlington Way (Opposite Calthorpe Park) - all within 10/15 minutes' walk of the start. **Parking charges are required on Sundays so don't risk a parking ticket. NB:** There is no parking in Calthorpe Park.
- **Do not part in the streets around Calthorpe Park as this causes problems in the early stages of the route (potential for damage to occur) and inconveniences local residents. Roads to avoid are – Herbert Road, Fitzroy Road, Tavistock Road, Merivale and Leawood Road – we have asked residents not to park on these roads so do not want competitors to either.**

Facilities on Site

- Toilets – located at several places in the park – use all of them
- Runners Tent for supervised kit storage and limited changing
- Information desk and Military Number collection point (in green army tent)
- Course and arena maps
- Hot & cold food, drinks and ice cream to purchase
- Garrison Radio/PA support
- ASICS Primary partner
- Alton Sports – Partner and retailer
- BMW Barons of Farnborough – Partner and lead car
- EveryOne Active – Partner/local Leisure Centre
- Kind Bars - partner
- The Hampshire and Isle of Wight Air Ambulance and Bloodwise – official Charity partners
- Aerobic warm-up by F&C AC coach and our under 18 athletes
- Full paramedic/first aid facilities
- Professional on-course photography from RandR Photos - www.randrphotos.co.uk – FREE photos for all runners

Baggage and Changing

- Baggage can be left in the Runners Tent. **THIS IS THE ONLY ATTENDED AREA FOR YOUR KIT.**
- Use the tag provided in your race pack, tie it to the handle and give your bag to the Guides in the allocated bay.
- There are no showers and no private changing areas, although you can use The Runners Tent for limited changing if required.

Race Countdown

08:30am - 09:45am arrival of runners and spectators
09:15am all runners should be in the park
09:45 am aerobic warm-up by coach Evelyn Farrell and some of the U18's from F&C AC
10:00am all runner's kit should be booked in
10:05am first call for the start – leave plenty of time
10:20am assemble at the start (in realistic finish time)
10:30am you're off - enjoy the race!
10:45am junior "mini mile" starts (from Merivale)

FREE photos

RandR Photos will be at the race taking photos which you can download for **FREE** and share with your friends and family! They will aim to get them online (www.randrphotos.co.uk) within 48 hours and you just find your photos and click the download button underneath them! They will have a number search available so you can find them easily and will do their best to get shots of as many competitors as possible.

Calthorpe Park – site map

Large site maps will be available on the day so you will be able to find everything you need to in Calthorpe Park. This is available to view: www.fleethalfmarathon.com/course-info

The Course

The 2019 race will be run over the same course as 2018.

The course map is available to view: www.fleethalfmarathon.com/course-info

First Aid & Medical Care

- **Fill out the reverse of your race number** – we may need this information in an emergency. Specify any medical conditions along with any special medical treatment, to assist medical staff should you encounter any difficulties. Write in a ball-point pen.
- Full paramedical care is available in the park and on route. Should you experience any problems during the event, please speak with any marshal or official who will be able to contact the medical staff.
- **If you are unwell or injured leading up to the event or on the day, please do not run – there is always another day/run – don't risk it**

Thank-You!

Fleet & Crookham AC would like to thank: all race partners (ASICS, Barons Farnborough BMW, Alton Sports, EveryOne Active, Mackenzie Smith, Alternative Outdoor, Kind Bars, the Army, Bloodwise, The Hampshire and Isle of Wight Air Ambulance, Fleet Town Council, Hart District Council, Hart Safety Advisory Group, Doctors and staff of The Event Medicine Company, St Johns Ambulance, William Ford Traffic Management, Garrison Radio, Hart Direct Services', Beerfeast, Signature Catering, all race officials, local Scouts and Guide groups, ATC, members of Fleet & Crookham AC, Hart Road Runners, all volunteer marshals and drink station organisers and most of all, the runners, without whom the race would not go ahead. I hope we haven't missed anyone!

Feedback

The race is organised by runners for runners. In order that Fleet and Crookham AC can maintain the highest possible standard for future races we welcome any comments you have (good or bad). Please send them to The Race Director, Fleet Half Marathon, PO Box 1, Fleet, Hampshire. GU52 8GU or e-mail racedirector@fleethalfmarathon.com.

If you enjoyed the race, please take a few moments to rate us at www.runnersworld.co.uk. It can really help us with future partners if you do this – thank you!

And remember to like and share any posts on Facebook and Twitter – thank you.

Fleet & Crookham AC Welcomes New Members

If you would like to carry on your running and run with other like-minded people, you will be very welcome at the host club. Visit www.fleetandcrookhamac.org.uk for more information. Our Junior section takes athletes aged 8 to 17 and we take three intakes a year. Interest can be registered on the club website. We hope to see you soon.

Run for fun, run for competition, meet new friends and keep healthy.

Thank you for supporting the Junior “Mini Mile” at the ASICS Fleet Half Marathon. Good Luck!