

HOMEBASE

Fleet Half Marathon 2020



FLEET &
CROOKHAM
Athletic Club

RUNNERS FINAL INFORMATION

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 15th March 2020
Start Time: 10.30am**

**UKA Race Permit number: 2020-38081
England Athletics Masters V Celtic Final Event**

Thank you for entering the annual Fleet Half Marathon organised by Fleet & Crookham AC (Registered Charity number 1156704). **All Military runners need to collect their race number and bag tag on the day. These can be collected from the large white runners' tent in Calthorpe Park from 8.30am on race day. Please make sure you have collected your race number by 9.45am (latest)– thank you.**

A message from Penny Abbott, Race Director

Welcome to the 2020 Homebase Fleet Half Marathon 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 great 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.

At the 2020 event we are delighted to be hosting the England Athletics Age Group Masters V Celtic final. Congratulations to all those athletes who qualified to run in their England Masters vest at Fleet.

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.

Help us to continue to reduce our environmental footprint this year – please take your rubbish home where you can recycle bottle/tins and please only drop rubbish in the hippo bags close to water stations on the route. Not only does rubbish endanger wild animals, we also have to do an extensive litter patrol post-race to ensure the whole route is clear.

Our Official Starter this year is Harry. Harry is 10 years old and lives in Fleet with his Mum & Dad and 3 brothers. His passion and love in life is for football and he plays for U10 Hawks team at Fleet Spurs. He just loves being active. But in 2018 Harry was diagnosed with scoliosis and has to have regular scans and now has to wear a back brace for 23 hours a day which has restrictions on what he can do. A treatment practiced in the US is the best option for Harry and his family are doing lots of fundraisers to get the monies to make the trip. Harry loves his sport and loves his life in Fleet – so we thought he would be the perfect Official Starter for our race today. For more information search BACK Harry on Facebook. Please give Harry a wave and a cheer as you pass him on the start line.

I would personally like to thank the team and all of our 300+ volunteers for the energy and drive they show each year. This event takes a massive amount of time to organise and everyone gives their time for free. We hope you all have a great race and enjoy your day at the Fleet Half Marathon 2020 – whether this be your first visit or you have run it many times. Good luck!



BARR Gold certificate

This race has been awarded the highest grade by the British Association of Road Races (which aims to maintain & review a Code of Practice for the benefit of competitors and the efficient management of both road and multi-terrain events) and demands the very highest standards of race organisation and provision.

Course Measurement

This symbol can only be displayed by road races which possess a Certificate of Course Accuracy following measurement by a qualified course measurer. Road races advertising a distance have to obtain the Certificate as a condition of the Permit issued by the SEAA (South of England Athletics Association)

Race Officials

Race 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
Volunteer Coordinators – Huw Williams, Kate Raggett & Nick Doran, F&C AC

Thank you to the race officials, our 12 dedicated voluntary organising committee members and all other volunteer marshals/helpers/voluntary organisations involved in the day. Their time and dedication are 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 runner's final information 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 unlikely 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, email, Facebook and Twitter.

Conditions of Entry

By entering the race you agree to abide by the Conditions of Entry which you agreed to when you entered (also see www.fleethalfmarathon.com/entries)

Please comply with any race instructions given to you by the organisers and nominated officials/marshals of the event.

In particular, please remember that it is a condition of entry that you do not wear headphones (with the exception of bone conduction headphones which do not sit in the ear). This is for your own safety and those around you.

Race Day Do's and Don'ts

Do's ✓

- Do bring your **race number** - your timing chip is incorporated onto it – no number, no race or time – pin it to your vest before leaving home
- Do fill out the **personal and medical info on the back of your number** – we may need this in an emergency
- Do **bring the bag tag from your race pack** – clearly write your race number onto it – big digits please – tie it securely to your bag before leaving it with the baggage team
- Do bring your **trainers** if you are not wearing them to the race

- Do bring a **change of clothes** in case of rain
- Do bring some **cash/cards for parking/drinks/food/retail sales/massage**
- Do **help another runner in distress** if you see one or alert the nearest marshal
- Do smile/wave at race photographers – you can **download the photos for FREE**

Don'ts ×

- **Don't bring your iPod/Music/Phone with headphones – they are not allowed under UK Athletics rules**
You are not aware of what is going on around you and this puts you and other runners at risk. Please do not be selfish and ignore this rule. *Bone conductor headphones which do not sit in the ear are allowed.*
- **Don't run under someone else's race number** because they can no longer run. This is against UK Athletics rules and it is a dangerous practice in the case of a medical emergency as we will not have the correct runner details which could cause great distress.
- **Don't forget to pay for a parking ticket** if required where you park
- **Don't discard litter in the park or on the route** – please use the bins in the park or even better take it home and recycle where you can and only discard bottles/cups/water and gel sachets in the hippo bags close to water stations – remember we have to clear the route after you and they may cause a danger to wild animals

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** to reduce the number of cars. There is no parking at Calthorpe Park – use the town centre car parks. Remember 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 a lot of scheduled work on this line currently.

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.

Need somewhere to stay

There are several hotels in the local area:

The Premier Inn, Fleet Road 0871 527 9446 (approx. 1 mile from the park)

The Lysmoyn Hotel, Church Road 01252 628555 (approx 3/4M from the park)

The Oatsheaf Pub, Crookham Road 01252 819508 (approx 1/4m from the park)

Travelodge, Cove Road, Fleet 0871 559 1821 (approx. 2.4m from the park)

There are also a number of B&Bs in the Fleet area.

Other local towns – Camberley, Farnborough, Farnham and Basingstoke all have lots of accommodation options.

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 – we have been advised the 3-hour rule will not apply on the day) a few spaces 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 **and please do not use the woodland areas or public/private roads near to the start – you wouldn't use your own garden. Don't put the future of our race at risk.**

- Runners Tent for supervised kit storage and limited changing
- Information desk and Military Number collection point (in main Runners tent)
- Course and arena maps
- Hot & cold food, drinks (inc. a mobile bar for a post-race celebration) and ice cream to purchase
- Garrison Radio/PA support
- Alton Sports – Partner and retailer
- BMW Barons of Farnborough – Partner and lead car
- EveryOne Active – Partner/local Leisure Centre
- Scotty's Little Soldiers – official Charity partner
- Other partner and information stands
- Aerobic warm-up by F&C AC coach and under 18 athletes from the club
- Pre/post-race massage available in the runner's tent from Square One Sports Injury Clinic for a small charge
- Event t-shirt sales (limited stock)
- Full paramedic/first aid facilities
- Prize presentation and results publication
- Professional on-course photography from RandR Photos - www.randrphotos.co.uk – FREE photos for all runners

Timing Chip

- **Your timing chip is integrated into your number. Do not remove, fold or damage the chip before the race or you will not record a time.**
- **There is no need to remove your number at the end of the race – simply dispose of it when you get home**
- The chip will accurately measure your time from the moment you cross the special mat at the Start Line to the moment you cross the mat at the Finish Line.
- Race numbers show your number and name. Do not swap numbers if you cannot run. **Males seen running in female numbers (and vice versa) will be disqualified as it can distort results/prizes.**

Don't forget your number – REMEMBER – NO NUMBER, NO CHIP, NO TIME

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, clearly write your race number on it, 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
 09:45 - 10:00am all runner's kit should be booked in (latest)
 10:05am first call for the start – leave plenty of time
 10:20am assemble at the start (in realistic finish time) – remember we have pacemakers too.
 10:30am you're off - enjoy the race!
 10:45am junior "mini mile" starts (from Merivale – at the back of Calthorpe Park)

There is a pen on the start line for the fastest of the English Masters runners but all runners should start in the correct area on the start according to predicted finish times. Boards and pacemaker flags will indicate where you should start.

Results, Trophies/Prizes/Medals

- Results will be displayed as soon as available – location will be weather dependent
- Results will be posted on the Web site - www.fleethalfmarathon.com by the evening of 15th March 2020 or soon afterwards.
- No printed results will be available to purchase.
- Medals will be presented to all finishers in the finish area. Only one medal per finisher

- Presentation of trophies/prizes will be at approximately 12.30/12.45pm. This will start with the first six men and first six women, followed by team results. Masters and Team prizes should be presented on the day if all results are available. If not, they will be posted on. Our prize categories align to England Athletics recognised Masters categories from 35+ for both men and women
- Athletic Club and Service runners are reminded that to score in the open team race you must be wearing the relevant Club / Unit vest. Any problems see the Race Referee before the start.

Prize Rules

The first 3 places for both men and women are regardless of age category. 4th place onwards relates to your age category – e.g. if the race is won by a Master, they will qualify for the first prize overall and the first prize for their age category will be given to the next applicable finisher.

Prize categories:

Male

Senior.....1-6
 M35, M40, M45.....1-3
 M50, M55, M60, M65, M70, M75 1-3
 M80+ 1st only

Teams.....1-3

Female

Senior.....1-6
 ML35, ML40, ML45.....1-3
 ML50, ML55, ML60, ML65. ML70, ML75 1-3
 ML80+ 1st only

Teams.....1-3

NB: Teams all require 3 runners to count

First 3 Hampshire running clubs – Male and Female teams

Gun or chip timing?

All runners in the race will be allocated both gun and chip times. The difference is as follows:

- **Gun time** – the time from the starting gun to crossing the finish line. This is your official race time
- **Chip time** – the time from crossing the starting line to crossing the finish line. Your actual time

Prizes will be allocated according to gun times.

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

Course Safety

- There will be a lead motorbike, lead cyclists, a lead car and 130 marshals will be strategically placed to guide you around the course.
- Please keep to the left-hand side of the road unless instructed by a marshal, official or yellow sign. This is for your own safety as on some roads traffic may be flowing against you. There is one section at approx.12 miles where you will be instructed to run on the right-hand side of the road. **Do not cross through cone lines.**
- Runners must not be accompanied by dogs or followed by others on cycles, motorbikes or cars. Pushchairs are not allowed on the course.

- Please note that failure to obey the instructions given by the race marshals could place you in danger and could lead to your disqualification.
- **Please do not wear headphones – it is against UK Athletics rules - you will not hear instructions from marshals or approaching traffic and could endanger yourself and others. Bone conduction headphones which do not sit in the ear are allowed.**

The Course

The 2020 race will be run over the same course as 2019.

The course map is available to view: <http://fleethalfmarathon.com/course-info/>

We have “Pacemakers” to help you target a finish time – 1:30, 1:40, 1:50, 2:00, 2:10 and 2:20 – remember they are volunteers too so do say thank you!

Note: Towards the end of the route close to Hart Leisure Centre in Hitches Lane between 11 and 12 miles, the Lead Car has to take a different route to the runners for approx. 400 metres.

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 drop out for any reason, please hand your number to a marshal/other official and tell them where you are going. This is important as your chip will have registered that you started the run. Remember dress for the 2nd mile on the day – you don't want to overheat by wearing too much – you will warm up as you start running
- **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**

Drink Stations/Toilets on the route

- Water will be available at five drink stations on the route - at approx. 3, 5.5, 7.5, 10 and 11.5 miles. Please drop cups/pouches/gel sachets close to the water stations or put in “hippo bags”/bins only – do not drop them all round the route please – it can endanger wildlife and we have to clear it up! Please help us ☺
- Portaloos at approx. 3.75, 6 and 9 miles should you need a quick visit!
- There is also bottled water for all finishers as you cross the line

Spectator Points

The best spectator points are along Leawood Road, Crookham Road, The Oatsheaf Pub area at the top of town, Fleet Road and at the various pubs on route – The Barley Mow, Winchfield, The Queens Head, Dogmersfield and near to the Leisure Centre – your family and friends can enjoy a pint or a coffee as the runners go by and support our local businesses.

On-site Sports Massage

Qualified and experienced sports massage therapists from Square One Sports Injury Clinic will be available on the day in the Runners Tent. Pre- and post-race massage treatments are available on a first-come-first-served basis; however, pre-bookings can be made on the day or in advance prior to the event.

All pre-bookings should be made on the day at the desk in the massage area and MUST include payment. Payments can be made by cash. Card payments may be possible if a connection can be made but it is not guaranteed in the park.

Thank You!

Fleet & Crookham AC would like to thank: all race partners Homebase, Barons Farnborough BMW, Alton Sports, EveryOne Active, Mackenzie Smith, Matthew Homes, Nurvv, The Snowboard Shop/Alternative Outdoor, Shower In A

Can, Fordies Brownies, the Army, Scotty's Little Soldiers Fleet Town Council, Hart District Council, Hart Safety Advisory Group, Medical Staff from St Johns Ambulance, William Ford Traffic Management, Garrison Radio, Hart Direct Services', The Gin Bar, 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.club for more information. We are always looking for new members of all abilities.

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

**Thank you for supporting the Homebase Fleet Half Marathon
Good Luck!**



WE KNOW
THE IMPORTANCE
OF OUTDOOR *effort*

That's why **HOMEBASE** is proud to sponsor the Fleet Half Marathon

