

Fleet Half Marathon 2017 – Runners Notes “Word” Version

**UKA Race Permit 2017-26113
Brooks Fleet pre-London Half Marathon 19th
March 2017 10:30am**

Organised “by Runners for Runners”

PLEASE READ – This booklet contains all of the information you need for race day. Please read it and bring it with you on race day for reference.

A message from the Penny Abbott, Race Director

I would like to welcome you to the 2017 Brooks Fleet pre-London 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 you with 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 races in the country still organised by a running club and hosted by volunteers.

We are dedicating the 2017 race to Lucy Pygott, a former F&C AC Junior athlete, who was tragically killed in November 2016 with her friend Stacey whilst training with their club mates. We ask you to remember Lucy and Stacey today and run your race with passion, talent and most of all with fun, giggles and smiles – all attributes which Lucy showed each time she ran.

We would once again like to thank all of our partners for their support of our race – without them and our voluntary race committee and 300+ volunteers on the day the event simply couldn't go ahead. Many of our volunteers used to be runners but many do not have any links to the sport but they do have links to the town and want to help to showcase Fleet as a community where they are proud of their community events – remember they are giving their time for free so please show your appreciation

Whether this is your 36th running of the Fleet Half or your first, I wish you the very best of luck - please rate the race at <http://www.runnersworld.co.uk> . It really does help to secure our future.

Please ensure you read this booklet especially the Do's and Don'ts section.

Penny – Race Director, F&C AC

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)

See www.fleethalfmarathon.com for a copy of the certificate

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/ChampionChip

Race Starter – David Holdway, F&C AC

Medical Director – Dr Brian Robertson, The Event Medicine Company

Volunteer Co-ordinators – Chris Duncalf & Huw Williams, F&C AC

Thank you to the Race Officials, 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.

Race Day Information

This booklet gives you all the information you need to know for race day. Please read all of it and bring it with you on the day for reference.

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. It will also be possible to download additional copies of these Runners' Notes and obtain additional or updated information prior to the event.
- 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.

Conditions of Entry

For full conditions of entry see www.fleethalfmarathon.com/race-hq - you agreed to these at the point of entry but please re-visit before race day particularly the non-use of headphones.

The 2017 Brooks Fleet pre-London Half Marathon is organised and administered by Fleet & Crookham Athletic Club (Registered Charity number 1156704). By

entering the race you agree to abide by the Conditions of Entry and any race instructions given to you by the organisers and nominated officials/marshals of the event.

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 - write your race number onto it – 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 and supporters on the route

Don'ts ✗

- **Don't bring your iPod/Music/Phone with headphones – they are not allowed under UK Athletics rules and we will disqualify people (like we did at the Fleet 10km in October). You are not aware of what is going on around you and this puts you and others runners at risk. Please do not be selfish and ignore this rule.**
- 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 – you are at risk of a fine if you don't pay
- Don't discard litter in the park and on the route – please use the bins in the park and only discard bottles/cups/water and gel sachets close to water stations – remember we have to clear the route after you
- Don't discard gel sachets on the route – if they are not picked up they can block an animals guts if it eats the sweet tasting packaging

How Do I get to Fleet?

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



By car - 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.



By Train - 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.

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

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.**
- Parking is available in the town centre shopping car parks and the car park at the entry to Elvetham Heath - all within 10/15 minutes' walk of the start. **Parking charges are required on Sundays so don't risk a parking ticket. NB:** No parking in Calthorpe Park (except for officials holding passes). Car parks are shown on the course map.
- **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
- Course and arena maps
- Hot & cold food, drinks (inc. a mobile bar) and ice cream to purchase
- Garrison Radio/PA support
- BROOKS Primary partner
- Alton Sports – Partner and retailer
- BMW Barons of Farnborough – Partner and lead car
- EveryOne Active – Partner/local Leisure Centre
- Fleet Pond Society and Bloodwise – Charity partners
- Face painting for the children – Free of charge
- Aerobic warm-up by F&C AC coach and our under 18 athletes
- Pre/post race massage available for a small charge in the Runners Tent
- Fleet & Crookham AC information point and limited event t-shirt sales
- Full paramedic/first aid facilities
- Prize presentation and results publication

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ChampionChip

- **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 ChampionChip 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.
- Do not swap numbers if you cannot run. This is a dangerous practise. **Males seen running in female numbers 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, 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!

Results, Trophies/Prizes/Medals

- Results will be displayed as soon as available
- Results will be posted on the Web site - www.fleethalfmarathon.com by the evening of 19th March 2017 or soon afterwards.
- No printed results will be available to purchase.
- **The Fleet News (local paper) will be producing a race special with all the results and pictures the week following the race. Don't forget to buy your copy!**
- 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 ten 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.
- 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.....1-10
M40, M45.....1-3
M50, M55, M60, M65, M70+ 1-3

Female

Senior.....1-6
ML35, ML40, ML45.....1-3
ML50, ML60, ML65+.....1-3

Teams.....1-3

Teams.....1-3

NB: Teams all require 3 runners to count

First Charity team – combined sex

First 3 Hampshire running clubs – Male and Female teams

Oldest and Youngest finisher

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 finishing line. Your official race time
- **Chip time** – the time from crossing the starting line to crossing the finishing line. Your actual time

Prizes will be allocated according to gun times.

Recent winners - Individual

Year	Male	Time	Female	Time
2016	Michael Kallenberg	67:49	Mel Woodward	82:53
2015	Michael Kallenberg	67:47	Stacey Ward	75:44
2014	Gareth Watkins	70:01	Annabel Granger	79:44
2013	Matt Blunden	71:36	Liz Cocks	76:36
2012	Ben Livesey	66.20	Claire Martin	79.29

Teams

Year	Male	Female
2016	Royal Air Force	Army
2015	Royal Air Force	Royal Air Force
2014	Royal Air Force	Royal Air Force
2013	Army	Army
2012	Royal Air Force	Army
2011	Royal Air Force	ASICS

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.

Course Safety

- There will be a lead motorbike, a lead car and 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 or official. 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.
- Runners must not be accompanied by dogs or followed by others on cycles, motorbikes or cars. Sorry - the course is unsuitable for wheelchairs, hand-cycles or children in pushchairs.
- 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.**

The Course

The 2017 race will be run over basically the same course as 2016 with the exception of a shortening of the first loop in the town and then the final approx. 2.5 miles. Instead of going through Crookham Village the route now turns up Hitches Lane and then back to Calthorpe Park via Fitzroy Road.

The course map shows full details of the route.

See the course map on the Course page of the website

<http://fleethalfmarathon.com/course/the-half-marathon-course>

Remember to smile when you see the race photographers!

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 contact 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.
- **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 miles. High 5 gels provided by Alton Sports will be available at the 7.5 mile station.
- 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.
- Portaloos at approx. 3.75, 6 and 9 miles should you need a quick visit!
- There is also a drinks station at the finish providing bottled water and sports drink.
- There is a video clip on the home page of www.fleethalfmarathon.com to show you how to use the pouches.

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 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, debit/credit card and cheque.

Advance bookings must be paid for in full. Unfortunately, payments cannot be refunded for missed bookings. To book in advance, please contact the Square One clinic on 01256 541515 or jenine@square-one.uk.com

Treatments cost £10 per 15 minute session.

Thank-You!

The organisers would like to thank: all race partners (BROOKS, Barons Farnborough BMW, Alton Sports, EveryOne Active, Mackenzie Smith, The park Club, Alternative Outdoor, Square One Sports Injury Clinic), the Army, Bloodwise, Fleet Pond Society, Fleet Town Council, Hart District Council, Hart Safety Advisory Group, Doctors and staff of The Event Medicine Company, St Johns Ambulance, Amey Depot (Hook), Garrison Radio, Hart Direct Services Colin's Bar, Signature Catering, Chameleon Face and Body Art, 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

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. We hope to see you soon.

Thank you for supporting the BROOKS Fleet pre-London Half Marathon. Good Luck!