



UKA Race Permit number: 2023-44872



## RUNNERS FINAL INFORMATION

**Please read this email – it will provide you with all the information you need to know for race day. Information is also available at [www.fleethalfmarathon.com](http://www.fleethalfmarathon.com)**

**Race Date: Sunday 26<sup>th</sup> March 2023  
Start Time: 10.00am**

### **REMEMBER THE CLOCKS CHANGE THE NIGHT BEFORE**

Thank you for entering the annual Fleet Half Marathon organised by Fleet & Crookham AC (Registered Charity number 1156704). You will receive your race number and bag tag for kit storage through the post – there is no need to register on the day but please arrive with plenty of time as the race will start promptly. Military runners need to pick up their numbers on the day from the desk at Caleb's Coffee near the finish area.

Welcome to the 2023 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.

Thank you to the team and all 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 2023 – whether this be your first visit or you have run it many times. Good luck!



### **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](http://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.
- Remember – we will not be accepting entries on the day or making exchanges.

## How do I get to Fleet?

- Calthorpe Park is off Reading Road North, Fleet, North Hampshire. GU51 5DR. **What3words location: ///legroom.display.reset**
- 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 and allow plenty of time to get to Fleet and for car parking – there are a lot of runners coming.
- Fleet is on the Waterloo-Basingstoke/Southampton line and the station is approx. 1 mile from Calthorpe Park.

## 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 - all within 10/15 minutes' walk of the start. Parking charges are required on Sundays so do not risk a parking ticket. *NB: There is no parking in Calthorpe Park.*
- Do not park in the streets around Calthorpe Park as this causes problems in the early stages of the route (potential for damage to occur). Roads to avoid are 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.

## 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 - fix it securely to your bag before leaving it in the Runners Tent.
- Do bring a change of clothes in case of rain.
- Do bring some cash and cards for parking/drinks/food/retail sales/massage.
- Do bring cash if you want a t-shirt and didn't order at point of entry. **£12 but CASH ONLY – no card option.**
- 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.
- Do remember that Covid is still out there so respect the space of other runners and our teams.

### Don'ts ×

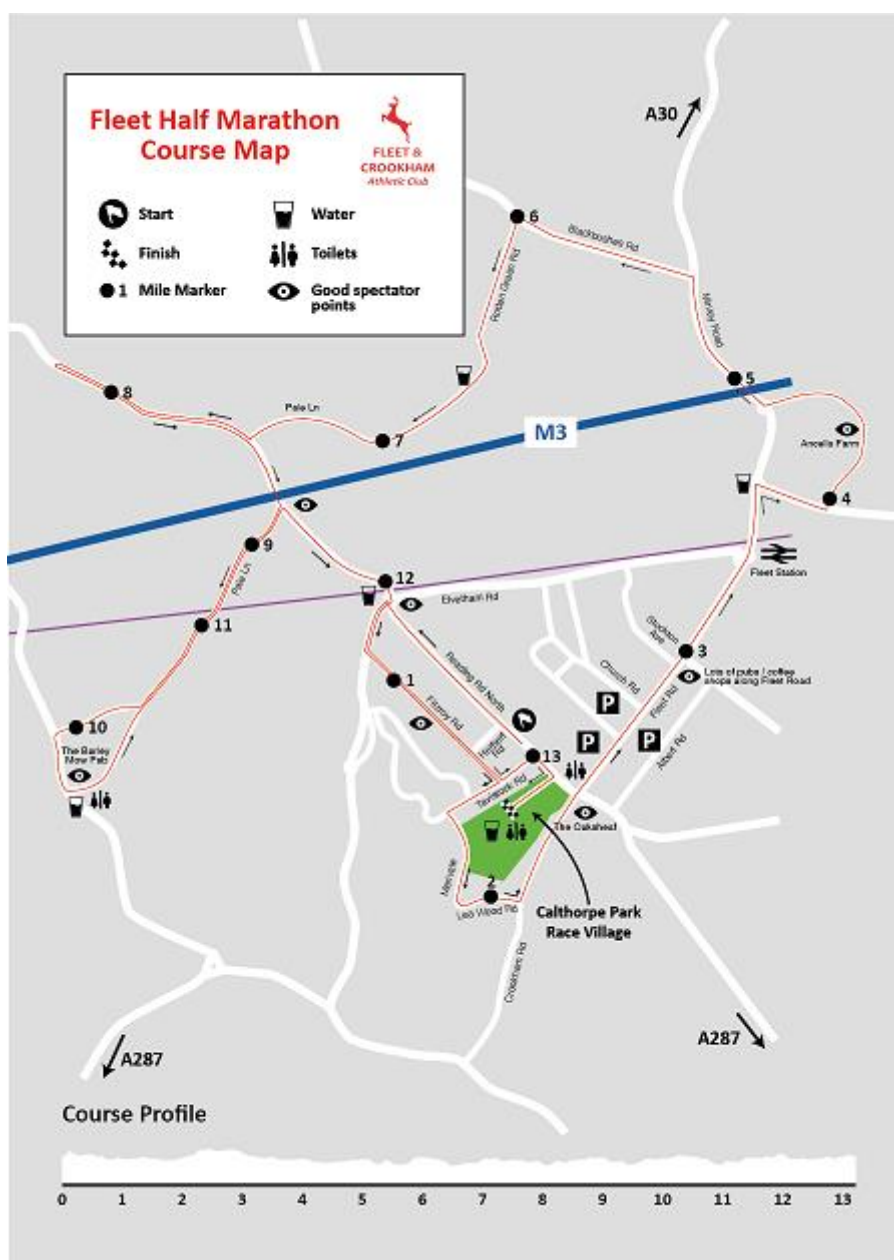
- Don't bring your iPod/Music/Phone with headphones – they are not allowed under UK Athletics rules. You are not aware of what is going on around you and this puts you and other runners at risk. Please do not be selfish and ignore this rule. *Bone conductor headphones which do not sit in the ear are 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 any rubbish may cause a danger to wild animals.
- Don't forget that the clocks change the night before the race – so don't be late!

## Race Countdown

- 8:30am - 9:15am ..... Arrival of runners and spectators.  
9:15am ..... All runners should be in the park.  
9:00am - 9:40am ..... All runner's kit should be booked in (latest).  
9:20am ..... Warm up with F&C AC Junior athletes.  
9:30am – 9.45am..... First call for the start – leave plenty of time.  
We have three holding areas dependent upon your race number colour.- Green gather at the top of Tavistock Road, Yellow at the top of Harlington Way and Blue at the top of Reading Road North. There will be flags to indicate your area.  
9:45am ..... You must be in your holding area. You will then be moved as a group to the start (in realistic finish time) – remember we have pacemakers too.  
10:00am ..... You're off - enjoy the race!

## The Course

- The 2023 route has been revised to help with traffic flow around the town.
- The course map is also available to view at [www.fleethalfmarathon.com/course-info/](http://www.fleethalfmarathon.com/course-info/)
- We have “Pacemakers” to help you target a finish time – 1:30, 1:40, 1:45, 1:50, 2:00, 2:10 and 2:20 – remember they are volunteers too so do say thank you!



## Course Safety

- There will be a lead motorbike, lead cyclists, a lead car and over 100 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.
- The lead vehicle will not lead the race along Pale Lane (miles 8.75 to 11.5) due to the width of the road with runners moving in both directions.
- There are two sections on the route where you will run up the right-hand side of the road and then turn and run back along the other side (A323 and Pale Lane - miles 7.5 to 11.5m)
- 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.*

## 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 return 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 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**

## Facilities/Partners on Site

- Toilets – located at several places in the park. *Please do not use the woodland areas or public/private roads near to the start.* Toilets are also available on the route at approx. 4.75 and 8.75 miles.
- Toilets are also available from 7am in The Hart Shopping Centre (1<sup>st</sup> floor) – 5 mins walk from Calthorpe Park.
- Runners Tent for supervised kit storage only.
- Information desk and military number collection point – Caleb's Coffee building just before the finish line.
- Course and arena maps.
- Hot & cold food, drinks 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.
- The Basingstoke Canal Society– official Charity partner.
- Pilates for Runners – partner.
- Other partner and information stands.
- Pre/post-race massage available in the Runner's Tent from The BodyReset Clinic £15 for 15 mins.
- Full paramedic/first aid facilities.
- Prize presentation and results publication.
- Professional on-course photography from [www.21cphotos.com](http://www.21cphotos.com) - 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 and give your bag to the Guides in the allocated bay.
- There are no showers and no private changing areas – please arrive ready to run just with outer clothes you need to remove.

## Results, Trophies/Prizes/Medals

- Results will be displayed as soon as available – location will be weather dependent.
- Results will be posted on the website - [www.fleethalfmarathon.com](http://www.fleethalfmarathon.com) by the evening of 26<sup>th</sup> March 2023 or soon afterwards.
- Medals - please take your finisher medal from one of our junior athletes in the finish area.
- Goody bags – please take your goody bag from one of the tables in the finish area.
- Presentation of prizes will be at approximately 12.00/12.15pm. This will start with the first five men and first five women, followed by masters and 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.

## 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 – your Official 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.**

## Prize Rules

The first 3 places for both men and women are regardless of age category. 4<sup>th</sup> 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.....1-5  
M35, M40, M45.....1-3  
M50, M60, M70 .....1-3  
M80+ 1st only

Teams.....1-3

### Female

Senior.....1-5  
ML35, ML40, ML45.....1-3  
ML50, ML60, ML70 .....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

## FREE photos

- 21cphotos.com 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 (<https://www.21cphotos.com>) 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.

## 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 paramedic 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 2<sup>nd</sup> 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 four drink stations on the route - at approx. 3.5, 6.75, 10 and 12 miles.
- Please drop cups/bottles/gel sachets close to the water stations in the "hippo bags"/bins only – do not drop them all round the route please.
- Portaloos at approx. 4.75 and 8.75 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, around Ancells Farm, The Barley Mow, Winchfield, the A323 near Pale Lane and the Elvetham Heath/railway roundabout– 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 The BodyReset 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.
- Payments can be made by cash or card.
- You can pre-book your massage by calling the clinic on 01252 843203. Some walk-in massages will also be available.



**Please help us by taking all your rubbish home and recycle where you can.  
Please only drop rubbish in the Hippo Bags on route.**

### **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)  
Holiday Inn Express, Fleet Road 01252 957915 (approx. 0.25 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)

### **Thank You!**

Fleet & Crookham AC would like to thank: all race partners Berkeley Homes, Mackenzie Smith estate agents, KitBrix, Barons Farnborough BMW, Alton Sports, EveryOne Active, Pilates For Runners, The BodyReset Clinic, The Basingstoke Canal Society, Yateley Manor School, the Army, 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', Signature Catering, Caleb's Coffee and all race officials, local Scouts and Guide groups, ATC, members of Fleet & Crookham AC, 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!

### **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  
Course Director – Ben Raggett F&C AC  
Chip Timing – FR Systems Ltd  
Volunteer Coordinators – Nick Doran & Kate Raggett 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.

### **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](mailto:racedirector@fleethalfmarathon.com).

**If you enjoyed the race, please take a few moments to rate us at <https://racecheck.com/races/fleet-half-marathon/> It can really help us with future partners and secure the future of the race if you do this – 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](http://www.fleetandcrookhamac.club) for more information. We are always looking for new members of all abilities and look forward to taking you further on your running journey.

**Thank you to all of our Partners – see [www.fleethalfmarathon.com/partners/](http://www.fleethalfmarathon.com/partners/) - without them this race could not happen so please support them.**