



UKA Race Permit number: 2024-46754

The Everyone Active Fleet Half Marathon

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

Race Date: Sunday 24th March 2024
Start Time: 9.30am

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.

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 2024 – 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
- 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. Please car share to reduce the number of cars and allow plenty of time to get to Fleet and for car parking.
- Fleet is on the Waterloo-Basingstoke/Southampton line and the station is approx. 1 mile from Calthorpe Park. Unfortunately, the earlier start time means that you cannot travel from London by train and arrive in time but you can from the Basingstoke direction.

Car Parking

- 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. Roads to avoid are Fitzroy Road and Tavistock 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 Kit 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 to buy a race t-shirt - £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. ***Bone conductor or 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.

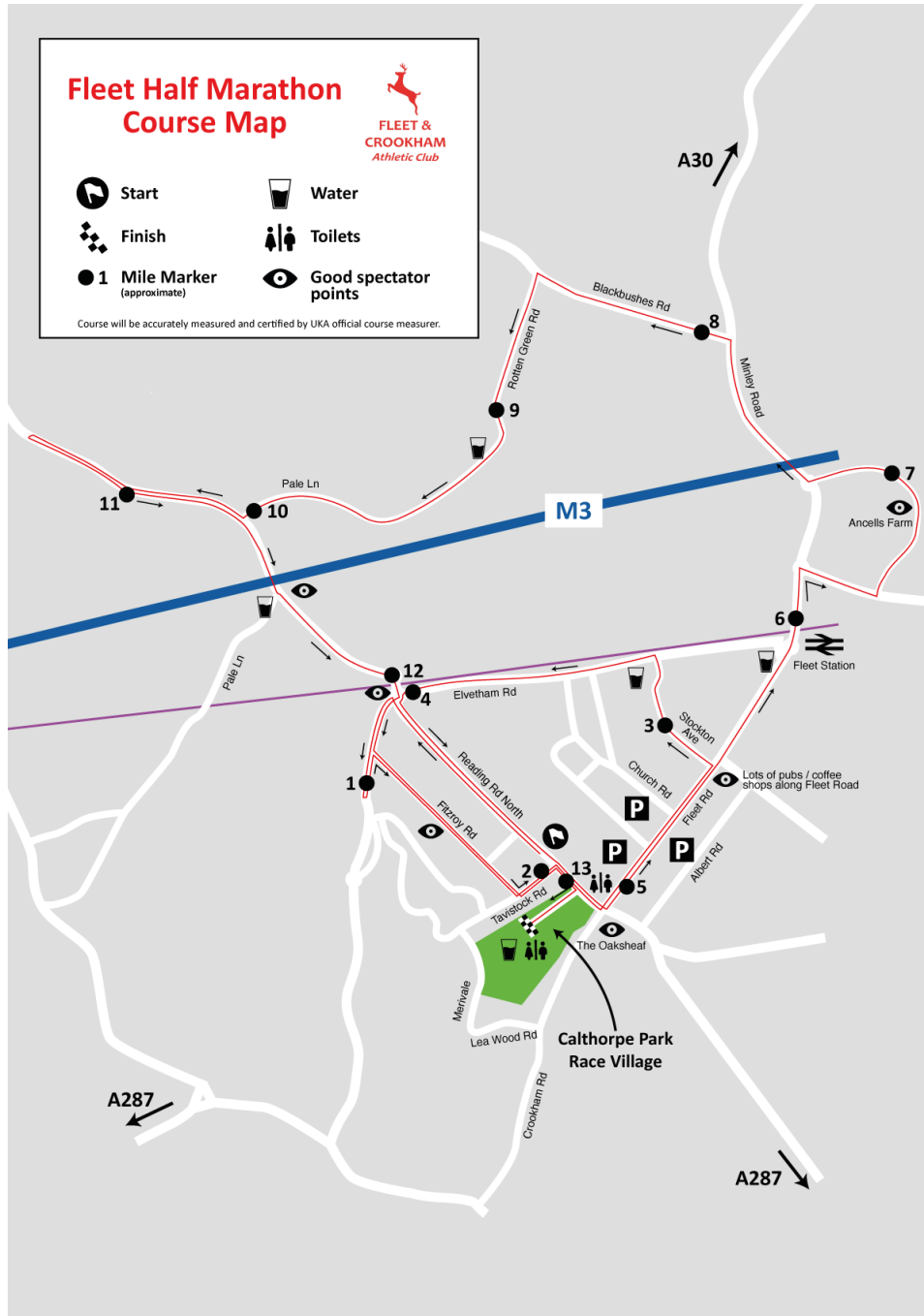
Race Countdown

- 7.50am - 9:00am Arrival of runners and spectators.
- 9:00am All runners should be in the park.
- 7.50am - 9.00amLate entrants 15/03-21/03 should pick up their race number and kit tag from the Scout Hut
- 8.50am - 9:15amAll runner's kit should be booked in the Runners Kit Tent (latest).
- 8.50am Warm up with F&C AC Junior athletes/EveryOne Active.
- 9:00am – 9.15am..... 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 the areas and marshals guiding you.
- 9:15am You should 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.
- 9:30am You're off - enjoy the race!

The Course



- The course has been officially measured and certified.
- The 2024 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/
- 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.
- 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 (Hitches Lane (Mile 1) and A323 (Mile 10 - 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 in ear headphones – it is against UK Athletics rules - *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. 2, 4.75, 9 and 11.5 miles.
- Toilets are also available from 7am in The Hart Shopping Centre (1st floor) – 5/10 mins walk from Calthorpe Park.
- Runners Kit Tent for supervised kit storage only.
- Information desk and military number collection point – Scout Hut building at 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.
- Fleet Lions– official Charity partner.
- Other partner and information stands.
- Pre/post-race massage available in the Runner's Kit Tent from The BodyReset Clinic £15 for 15 mins.
- Full paramedic/first aid facilities in the tennis court.
- Prize presentation and results publication.
- Professional on-course photography from www.21cphotos.com - **FREE photos for all runners.**

Baggage and Changing

- Baggage can be left in the Runners Kit 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.

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 by the evening of 24th March 2024 or soon afterwards.
- Medals - please take your finisher medal from one of our junior athletes in the finish area.
- All runners will receive a Fleet Half Marathon collapsible drink cup to use at all your future events.
- Presentation of prizes will be at approximately 11.30am/11.45am. This will start with the first five men and first five women, followed by masters and team results. Masters and team prizes will 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. 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.....1-5
M35, M40, M45.....1-3
M50, M60, M701-3
M80+ 1st only

Teams.....1-3

Female

Senior.....1-5
ML35, ML40, ML45.....1-3
ML50, ML60, ML701-3
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 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 four drink stations on the route - at approx. 3.5, 6, 9 and 11.5 miles.
- The last table on each station will be a refill point if you have brought your own bottles/cups.
- 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. 2, 4.75, 9 and 11.5 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 Reading Road North, Elvetham Road/Hitches Lane roundabout, The Oatsheaf Pub area at the top of town, Fleet Road, around Ancells Farm and the A323 near either Pale Lane exit. Remember road closures are in place so your spectators will need to walk to their viewing point. Please support our local businesses and get your supporters to buy a coffee/drink/food whilst they watch.

On-site Sports Massage

- Qualified and experienced sports massage therapists from The BodyReset Clinic will be available on the day in the Runners Kit 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 EveryOne Active, Mackenzie Smith estate agents, KitBrix, Barons Farnborough BMW, Alton Sports, Pilates For Runners, The BodyReset Clinic, Fleet Lions, 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', Fleet Town FC, Signature Catering, Caleb's Coffee and all race officials, local Scouts and Guide groups, ATC, members of Fleet & Crookham AC, Drum Runners, Rock Choir, Fleet Cycling Club and 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.

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 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/ - without them this race could not happen so please support them.

Partner Offers

Fleet Half Marathon partner – KitBrix "Fleet Half Bundle"

If you missed out on this offer before Christmas, the KitBrix Fleet Half Bundle is back again

20% off the Fleet Half bundle (when bought as a bundle) including free shipping - a fantastic offer which gives you the ToteBrix Bag, a DobiPak which is a 12-litre double-lined 'dry bag' with a waterproof inner lining and a change mat – this can only be ordered via this link: www.kitbrix.com/apps/bundles/bundle/142399

The offer is valid (subject to stock) until March 31st 2024.



Fleet Half Marathon partner – Alton Sports



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