

Welwyn Half Marathon



Race Information

Sunday 04th March 2018

Kids Micro Marathon 08:40AM

Half marathon: 09:00AM

Dear competitor,

Thank you for entering the Welwyn Half Marathon which is permitted by and run under UKA rules. **Please read all the notes!**

ActiveTrainingWorld, Moveology, Isabel Hospice and Welwyn & Hatfield Council wish you all the best and we trust you will have a productive and enjoyable race.

Registration

Please collect your numbers and timing chips from 07:15AM to 08:45AM, from the Race HQ at the track at Gosling Sports Park. Please fill in the medical requirements on the back, and then pin your number securely on the front of your vest and without folding, so that it is clearly visible to officials during the race and at the finish. Please attach the timing chip to your shoe as per the instructions on the back of the chip. Failure to do so may result in your time not being recorded.

The **Micro Marathon** is one lap of the track for kids of all ages. We don't mind if they run, walk, toddle, are carried or even pushed! There is no registration for the kid's race – just turn up to the track. All kids will get a medal.

Start and Finish

Gosling Sports Park, Stadium, Stanborough Rd, Welwyn Garden City, Hertfordshire AL8 6XE.

Competitors need to cross the timing mat at the start and finish to be recorded in the results and wear the timing chip provided along with their race number. **The timing chip must be looped through your shoes laces without bending the chip in half.**

Course

The race is held under UKA rules. The race starts and finishes on the athletics track. The course is run on the pavement on the Howlands Lane section which is used both out and back. There is a short off road section in the first and last mile. On the 4-mile motor traffic free section along the Cole Green Way it is a hard cinder type surface or tarmac. In the Hertingfordbury section, the race is run on closed roads. At all times, please keep on the left. Please take care and obey the course marshal's

instructions and give way to traffic and members of public because the race doesn't always have right of way.

Water Stations

There will be 2 water stations on the course, one of which you will pass twice, as shown on the accompanying map. There will be water at the finish, as well as refreshments to purchase. Please properly hydrate before, during and after the race.

First Aid

Professional medical staff will be on duty to offer medical assistance if required. If you feel unwell or sustain an injury please notify the nearest marshal or first aider. If you see someone in trouble on route, please tell the next marshal you see so that help can be initiated. If you feel unwell before the start please consider carefully whether you should participate in the race.

Headphones

The wearing of headphones and similar devices is not permitted during the race as competitors need to listen out for the marshal's instructions and motor vehicles. The bone type headphones are permitted under UK Athletics rules but **any competitor seen wearing headphones that cover or partially cover the ears, will be disqualified from the race.**

Car Parking

There is FREE Parking in the allotted section (approx 150 places) at Gosling Sports Park, Stanborough Rd, Welwyn Garden City, Hertfordshire AL8 6XE.

There are currently over 500 entries and as there are only 150 spaces, overflow parking is available at the Howard Centre and Stanborough Park Water sports Centre, where charges are applicable. See attached parking map.

Where possible, please car share, use public transport, walk or cycle. Welwyn GC Rail Station is approximately 1 mile from the Stadium. For nearby bus routes please visit the Uno & Arriva websites for more details.

Changing & Toilets

We advise you to come changed and ready to run to save time. There are changing rooms and showers within the sports complex. The toilets are situated within the Sports Building.

Clothing and Valuables

Left at your own risk in the baggage area at Race HQ. ActiveTrainingWorld will not be held responsible for any lost items.

Prize Presentation

It will begin when all the prize positions have been filled. We expect presentation to begin at 10:45AM at Race HQ. We will announce when and where it will happen beforehand. There will be many prizes available so please stay for it.

Results

Will be available on www.eventchiptiming.co.uk/results live during the race