

DOWNTON HALF MARATHON SUNDAY 30TH NOVEMBER 2008

Race Start

Race HQ will be in The Trafalgar School, Breamore Road, Downton, Wiltshire. SP5 3HN. The race will start in The Borough, Downton and there is a 5 minute walk from the school to the start line. The finish is also in The Borough some 100 metres along the road. At 09.50 runners should assemble on the wide grass verge adjacent to the start line. Just before 10.00 runners will be taken onto the road ready for a prompt start. There are no markers at the start for anticipated run times so please line up sensibly.

Car Parking (see directions over)

Parking is available at The Trafalgar School and at Downton Leisure Centre. If you park at the centre, you will have to cross a busy road (please cross at the traffic lights) so please allow 10 minutes to walk from the Leisure Centre to the start line.

Registration

You will need to register at the school to collect your race number and timing chip. Your timing chip must be worn around your ankle (strap provided) **NO CHIP = NO TIME!**

Please ensure that your numbers are worn on the front, pinned in all 4 corners, and are not folded or obscured.

If you wish to leave a bag at the School please label with your race number. Someone will be looking after bag storage but RaceNewforest Limited can accept no liability for the loss of or damage to personal property.

Facilities

Toilets are located in the School, in the Memorial Gardens and at the Leisure Centre.

Showers and changing rooms are located at the Downton Leisure Centre in Wick Lane and these will be freely available to runners both at the start and the end of the race.

The Route *(It is your responsibility to know the race route!-see map-race organisers take no responsibility for missing signs or marshals!)*

- Starting in The Borough, Downton
- Over the bridges to turn right into Moot Lane
- Continue to the end of Moot Lane and turn left up Hale Hill
- Continue past Hatchet Green cricket pitch and turn right to Tethering Drove
- At the end of this short cut through lane turn right again to Hale Purlieu
- Descend to Woodgreen and turn left into Brook Lane at the cricket pitch
- At the end of Brook Lane turn left to Godshill
- On the descent turn right to Castle Hill

- At the end of Castle Hill lane turn left and return to Woodgreen village centre
- Turn right and at the village store (filter lane straight ahead)
- Continue straight on through village to Moot Lane
- Turn left into Moot Lane and return to Downton
- Turn left into village and KEEP LEFT over the bridges to the Finish

Water stations will be located at approximately 3 miles, 6 miles, 8 miles and 10.5 miles.

Keep to the left hand side of the road unless directed otherwise by marshals or the police. As the race is on country lanes please ensure that you run no more than 2 abreast and take extra care when negotiating bends. Traffic will be stopped while runners run the first $\frac{3}{4}$ mile at which point there is a right turn out of the village. You will be directed to keep to the left as you turn, do not attempt to cut the corner. There are 2 cattle grids on the route. Please use the gate at the side of each grid. There are 2 right turns in quick succession between mile 4 and 5 so take care when crossing from the left to the right. Just after mile 8 cross to the right for a sharp right hand turn. Just before mile 10 fork right. Please Note: the course will be closed after 3 hours.

Important: When you turn left back into the village you must keep on the left-hand side of the road. **Do not cross to the right hand side at any time coming back through the village—anyone doing so will endanger themselves and others and will be DQ'd.**

Once you have crossed the line please stay in finish order until you have passed through the funnel. As you leave the finish area please be aware of cars entering and leaving the Co-op car park as you walk back to the School

Post Race

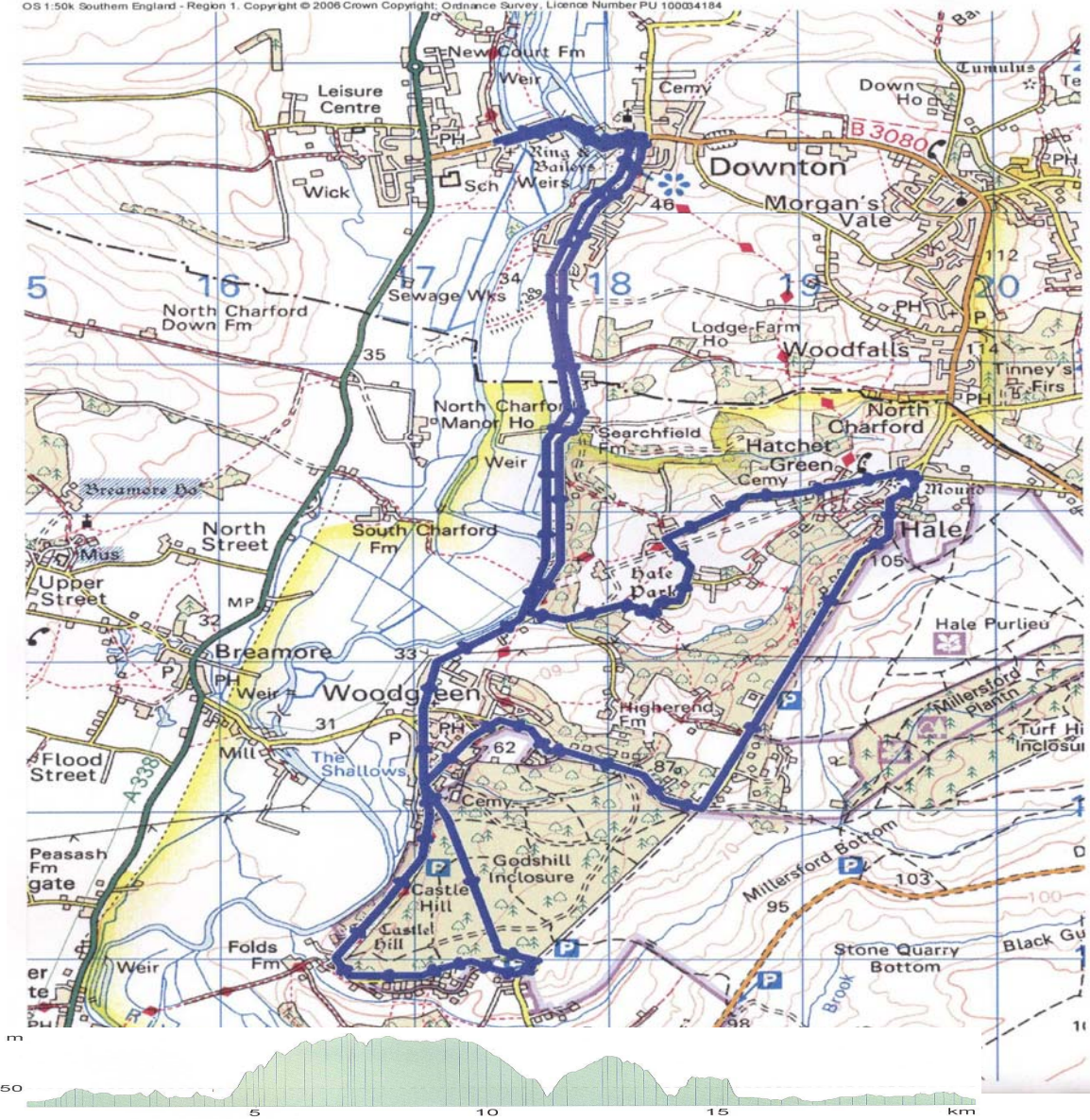
At the finish line you need to cross the timing mat for your time to be recorded. Ensure your timing chip is around your ankle (holding your chip will not register!) Medals will be issued at the finish, where your timing chip will be collected from you. (lost chips will be charged for £25)

Free tea and coffee and a bun will be available to all runners at the end of the race in the School.

Results will be posted as soon as possible and will be available on our web site at www.racenewforest.co.uk from Monday lunchtime. Follow the events link.

Presentations will be made in the School at approximately 12.45.

Mementoes will be awarded to top 3 male and female and prizes for 1st and 2nd M18-39, F18-34 and vets categories



Profile for course (height in metres)

Directions for Downton Leisure Centre: — Car Parking, Toilets & Showers

Approaching from South & West / Ringwood on A338: go straight on at Downton traffic lights and take the first left into Wick Lane. The Leisure Centre is on the left after 300 metres

Approaching from North / Salisbury on A338: turn first right after the petrol station into Wick Lane. Continue for 300metres, Leisure Centre on the left.

Approaching from East /M27: exit junction 1 at Cadnam, turn right onto B3079 to Landford, Brook. At Brook take the 2nd left fork onto B3078 to Fordingbridge (just after The Green Dragon pub) At Bramshaw Telegraph turn right onto B3080 to Woodfalls and Downton

Continue on this road passing through the village of Downton until you get to traffic lights at the junction with the A338. Turn right and then take the first left into Wick Lane.

The Leisure Centre is on the left after 300 metres. Please follow the signs for car parking.

**Directions for The Trafalgar School, Downton:
— Car Parking & Race HQ**

Approaching from South & West / Ringwood on A338: you will find the school on your right shortly after entering the village of Downton (just before the traffic lights)

Approaching from North / Salisbury on A338: straight on at Downton traffic lights. The School is located on the left hand side after 150 metres.

Approaching from East /M27: exit junction 1 at Cadnam, turn right onto B3079 to Landford, Brook. At Brook take the 2nd left fork onto B3078 to Fordingbridge (just after The Green Dragon pub) At Bramshaw Telegraph turn right onto B3080 to Woodfalls and Downton

Continue on this road passing through Downton to the traffic lights with the A338. Turn left at the lights. The school is located on the left in 150 metres.

Please Do Not Park in Downton Village, residents also need to park and the narrow road can become very congested.