

# SOLENT HALF MARATHON 11<sup>TH</sup> OCT 2009

## Start 10am

### RACE INFORMATION

Race HQ will be in The Gang Warily Community Centre, Newlands Road, Fawley, Hampshire. SO45 1GA. You will need to pick up your race number bib and timing chip at registration before the start of the race.

**Registration** will be in the Community Centre and will be open from 8AM. It will close at 9.45am. Please Note: no changes can be made to team names after Registration closes at 9.45am. RACE ENTRIES ARE **NOT** TRANSFERRABLE ON THE DAY.

For car parking follow the signs to the Race Car park and the instructions of marshals and police. We want to minimise road congestion so please park as directed.

The race will start at the Community Centre and there is a short loop on grass before runners head out onto the road. The finish is also at The Community Centre.

Please ensure that your numbers are worn on the front and are not folded or obscured. If you have any medical condition please write the details along with a contact name and telephone number in case of emergency, on the back.

If you wish to leave a bag at the Community Centre please clearly mark your bag with your race number. Baggage storage will be in the main hall and items are left at the sole risk of the owner. There are toilets, showers and changing facilities on the ground floor of the Community Centre.

Water stations will be located at miles 4, 8 and 11. Water will be available at the finish and refreshments can be purchased from the Community Centre.

10 minutes before the start runners should start to assemble behind the start line. There are no markers at the start for anticipated run times so please line up sensibly.

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. A map of the course is attached for your information. **Please remember that the use of personal headphones (iPods etc) is not permitted.** Runners need to be able to hear traffic and the instructions of marshals.

### Race Timing

Your Timing chip should be worn **around your ankle** using the strap provided. Holding your chip in your hand or pocket will not register at the finish line (unless you plan to crawl!) Runners who do not wear a timing chip will not be issued with a finish time.

Results will be posted as soon as possible and will be available after the race at [www.racenewforest.co.uk](http://www.racenewforest.co.uk) and at [www.hardleyrunners.co.uk](http://www.hardleyrunners.co.uk).



## Race Rules

- \* The course must be completed on foot (no blades, cycles etc permitted)
- \* The course cut-off will be implemented after 3 hours. At this time marshals and signs will be removed.
- \* The use of personal headphones and mobile telephones is prohibited during this race.
- \* It is the responsibility of athletes to negotiate the route correctly. Race organisers will not be held responsible for missing marshals or signs.

Know the route!

## Post Race

Please remember to hand in your timing chip at the finish line in return for your medal (Unreturned and lost chips will be charged for at £25 each!)

Prizes will be awarded in the following categories: First five male and female runners. Thereafter 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> runner in MV40 and FV35, 1<sup>st</sup> and 2<sup>nd</sup> in MV50 and FV45, and 1<sup>st</sup>

in MV60 and FV55. Male and female team prizes too!  
Presentations will be made in the Community Centre.

### **Directions To The Start**

**EXIT the M27 motorway at Junction 2 following the A326 Fawley.  
In Holbury (adjacent to the refinery flare stacks) take the 2nd exit at the mini roundabout following the signs to Gang Warily Community Centre and take the next left then turn left after approx 100yds into the centre car park.**

