



Yeovil Half Marathon

25th March 2018
Athlete Instructions

Race Start - 09.00am

Please remember clocks go forward on Saturday night

Race day location map

A map detailing all of the important Town Centre locations, including Car Parks, Town Centre toilets, Registration, Start and finish line, has been included in your race pack.

Parking

All of the town centre car parks are free of charge on race day and are all within easy reach of the Start and Finish.

Race Registration

Race numbers, with timing chips attached to them (foam strip on the back) have been sent in the post in advance of the race. If you entered late, have not received or have lost your number, there will be replacements available at Race HQ in the Baptist Church, South Street, Yeovil. BA20 1QP. (Follow local pedestrian signs to Tourist Information) Please note, there is no parking available in the Short Stay Car Park opposite the Church on Petters Way. There is ample parking in the Long Stay Car Park off Petters Way.

Registration will open from 07:30hrs.

Race HQ, and all town centre roads will be closed at 08:45hrs prompt, so please ensure you arrive ahead of the road closures.

Toilets

Temporary toilets will be placed in the Short Stay Car Park near Race HQ, and there are permanent toilets available in the Long Stay Car Park nearby. Toilets will also be available at Drink Stations 1 and 3, and in the Town Centre, as per map.

Numbers and timing chips

Race numbers should be fixed on the front of your outer running top using safety pins. The timing chip is stuck to the rear of your race number, please do not remove it. A missing or incorrectly fitted race number may result in us being unable to verify your race time. There is a section for Medical information on the back of the number for you to complete please.

Left Luggage

A space at the Baptist Church will be set aside for left luggage. A tear off slip can be found at the bottom of your race number. Please secure this to the bag you wish to leave behind. Our volunteers will check your luggage in and check your race number against the label on your luggage when you check it back out. Luggage will remain at the Baptist Church, near the start line for your collection after the race on presentation of your race number.

Start line

The race results will be 'Gun to chip', so when assembling for the start, please ensure you get to the front if you expect to be quick. Run pacers will be present to help you line up at the start, and to maintain your pace. Race times for your benefit will be recorded Chip to Chip. The time it takes you to get to the start line will be factored out. The race starts promptly at 09:00hrs, preceded by a Race Briefing, and a Pre-race warm up from 08:45hrs.

Course Safety

For your safety, we have road closure orders in place on several sections of the route. Closed roads may be subject to some road users making their way on to the course, so please be fully aware of road users at all times.

Also in the interest of safety, we operate a strict policy of **No personal music listening devices, including bone conducting headphones such as AfterShokz. You will be excluded from the results if caught.**

When running on open roads, please use the pavement sections where possible - signs will be in place advising the preferred side to be running along. Sections of the route will mean you have to cross roads. This will be at a clearly marked point under the control of skilled traffic officers, but please still be aware of traffic at these locations.

If you see a runner in difficulty, please report this to the next marshal on the course.

Marshals will be located around the route, and they have given up their spare time to support you. Please be courteous and polite. They like nothing more than an athlete who thanks them for being there. Any reports of verbal or physical abuse of a marshal will not be tolerated, and you will be excluded from the results.

Route Signage

The course has been officially measured, and the Certificate of Course Accuracy 18/094 has been issued. Direction changes will be clearly marked by black arrows on a yellow background, and mile markers will be in place. A final course safety inspection will be carried out an hour before race start. It will be wise to familiarise yourself with the race map, in case any route signs get tampered with.

General Health

We hope your training has gone to plan but we must request that if you are feeling unwell or are subject to injury before race day you make the wise decision and withdraw from the race. Dealing with runners who are unwell on the morning of the race will put an added strain on our Medical Team.

Drinks Stations

Four drink stations will be located along the route at approximately miles, 2.5, 5.5, 8.0 and 11.0. These will have water, and at 8.0 miles will also have energy drinks available in PLA biodegradable cups. Please try to throw your cups in the recycling bins provided. Jelly babies will also be available at 5.5 and 11.0 miles.

Finish Line

The finish is at a different location to the start. It is in Ivel Square in the Quedam Centre. Bottled water will be available here, as will Medical assistance. Please retain your race number, and you will receive your medal and t-shirt. Signs will direct you back to Left Luggage at Registration. Glastonbury Spring Water will once again be providing the bottled water for this year's Yeovil Half Marathon finish. All the bottles used at Yeovil Half Marathon can be recycled and the company will have a clearly marked recycle point at the end of the race, made itself of recycled plastic. Recycling the bottles responsibly is key to ensuring our athletes can hydrate properly at the end of the race whilst not creating waste.

Post-Race Massage

Post-race massage will be available near the finish line. If you head towards JD Sports and turn left the massage facility will be operating within the Anytime Fitness Marketing Suite.

Spectators

A separate information sheet with spectator information has been produced.

If non-running friends or family would like to assist as a marshal for the morning, please email info@immortalsport.com and we would be delighted to have you on the team.

Charity

We hope the event will raise a significant amount for the Mayor's charity's, Yeovil Hospital Charity and School in a Bag. Several runners are directly fundraising, and a bucket collection will take place near the finish line. Please give generously.

Award Presentation

Trophies will be presented to the top three male and female athletes. This will be near the finish line at approximately 11:30hrs. Please ensure you stay to collect your trophy! Age category winners will receive their trophies in the post the week after the race.

Special thanks to members of the team, without whom the event could not take place:

St John Ambulance, Avon and Somerset Police, Sun Traffic, CTM Traffic Management, Quedam, Split Second Timing, John Burton Signs, SouthWest Sports Massage, South Somerset District Council, Yeovil Town Council, Yeovil Baptist Church, Yeovil Army Cadets, National Trust, St Andrews Cubs, Western Gazette, Ultrasound, Steve Carpenter, Eventscrew, Airfield Tavern, Yeovil Hospital Charity and School in a Bag

Thanks also to our sponsors A-Plan Insurance, LED Leisure Centres, Yeovil Audi, Quedam, Battens Solicitors, Symonds and Sampson, Yeovil Driver Training, Glastonbury Spring Water, Morgan Motorcycles, Thrifty Car and Van Hire

Extra special thanks to all our team of volunteer marshals, who have given up their Sunday to keep you safe and on course.

We hope you have a safe and enjoyable Yeovil Half Marathon in 2018 Entries will be open soon for March 2019, and we look forward to seeing you again.