



Sunday 31st March 2019 - 0900

Event Instructions

Race Start 0900 - Please remember that clocks go forward on Saturday night

Race Packs

Race packs will be posted on Friday 15th March 2019.
These will consist of your race number and a Visitor Guide & Map.

Arrival & Parking

Postcode **BA20 1SH** will bring you to Petters Way car park which is the closest car park to the start line. There are several other car parks nearby if this is full.
Town Centre car parks are free to use on race day.

Lost Race Packs

There is no need to register on race day if you have received your race pack.
If you haven't received your race pack, please come along to the Baptist Church on South Street between 0730 & 0830 and we can issue you a replacement number if necessary.

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 (you'll need to provide your own 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

Left luggage can be stored at the Baptist Church. Please use the baggage label attached to the bottom of your race number.

Race Briefing & Warm up

There will be a race brief at 8.45am followed by a warm up led by the wonderful team at LED!

Start line

The official 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! Race times will also be recorded 'Chip to Chip' (the time it takes you to get to the start line after the klaxon will be factored out)

The race starts promptly at 9am.

Pacers

We have a team of volunteer pacers to help get you around the course at a certain time, if that is your aim. They will be easily recognisable wearing their pacing flags. Please have a chat to them before the race if you are hoping to stick with them; they'll be able to answer any questions you may have about how they plan on running the course etc.

Our pacers are 1hr30, 1hr45, 2hr, 2hr15 and 2hr30.

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.

In the interest of safety, we operate a strict policy of **No headphones, including bone conducting headphones such as AfterShokz. You will be disqualified from the results if you are seen using them.**

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 by the Association of UK Course Measurers, and a Certificate of Course Accuracy (number 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 would 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 withdraw from the race. Dealing with runners who are unwell on the morning of the race puts added strain on our Medical Team.

Anyone who is injured but wishes to volunteer on the day will receive a free place for the 2020 YHM.

Water

We are delighted to be supported once again this year by local water producers Glastonbury Spring Water who have been dedicated in their support of our improved environmental policy by providing us with biodegradable cups for the drink stations, and water in recycled bottles at the finish.

Drink Stations

Four drink stations will be located along the route at (approximately) miles 2.5, 5.5, 8 and 11. These will have water, and at 8 miles will also have High5 energy drinks available in biodegradable cups.

Please try to throw your cups in the recycling bins provided.

Finish Line

The finish is not at the same place as the start, it is in Ivel Square in the Quedam Centre. Bottled water will be available here, as will medical assistance. Signs will direct you back to Left Luggage at Registration. All the bottles used at Yeovil Half Marathon should be recycled and there will be clearly marked recycling points at the end of the race.

Post-Race Massage

Somerset Osteopathic Clinic are proud to provide the pre and post event sports massage for Yeovil Half Marathon. They will be located inside Anytime Fitness on Frederick Place, who are kindly hosting the service. It is strongly advised that you pre-book a slot as there is very limited availability and the slots are likely to go fast. Booking is easy, simply use this link: <https://somerstosteopathicclinic.co.uk/yeovihalf>.

To ensure you are race ready, Somerset Osteopathic are extending an exclusive 50% off for your first osteopathic or sports massage appointment at our clinic before the race. If you have any injuries which may impede your performance, they advise that you have these assessed prior to the race to prevent further injury. (T&Cs - one massage per competitor; we will need your entry to confirm the booking; this cannot be used in conjunction with any other offer.)

There will also be limited post-race massage available on the day without pre-booking, at the same location.

Spectators

Spectator locations can be found on the Visitor Guide & Map.

If 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 them on the team.

Awards Presentation

Trophies will be presented to the top three female and male athletes.

This will be near the finish line in Ivel Square at approximately 11:30hrs.

Age category winners will receive their trophies in the post the week after the race - the categories will be Under 20, 20-29, 30-39, 40-49, 50-59, 60-69 & 70+.

Special Thanks to the following groups, without whom the event could not take place:

Glastonbury Spring Water, Quedam, Thrifty Yeovil, Love Yeovil, South Somerset District Council, Yeovil Town Council, Yeovil Baptist Church, Yeovil Army Cadets, Girlguiding Somerset, Yeovil College, Western Gazette, Events Crew, Airfield Tavern, Yeovil Hospital Charity and School in a Bag.

Extra Special Thanks to our incredible team of volunteer marshals, who have given up their Sunday to keep you safe and on course.

Entries for the 2020 Yeovil Half Marathon will open straight after this year's race at

<https://www.yeovihalf.com/>

Don't Forget to check our website <https://www.immortalsport.com/> for a range of Gift Cards, Merchandise and of course a whole host of other events!

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