

# Runner's Instructions

## Hornsea 1/3<sup>rd</sup> Marathon British National Open Championship

### Sunday 8<sup>th</sup> April 2018 at 11 am

#### Getting there

- Race HQ is the Barn, [Densholme Farm](#), Great Hatfield, East Yorkshire, HU11 4UR.
- See map below

#### Parking will open from 08:30

- Parking is at Densholme Farm off-road in a paddock. This will be signposted from all approaches. Follow the Marshalls instructions. **Please do not park on the local road sides**

#### On Arrival - Facilities & Number Collection

- Registration is in the School Room and is opened at 08:30
- **Collect your number from Registration at least 30 minutes before start of race. Time tags will be given at the same time. Any discrepancies should be informed immediately to the Race Staff.**
- Personal articles can be left, at owner's risk, in the barn close to the tea stall
- Hot and Cold Refreshments will be available after 0900hrs
- Toilets, portable and fixed, are available on site. Additional toilets are available, next door, at the Wrygarth Inn after 0900 hrs.
- **No changing facilities or showers are available.**

#### The Race

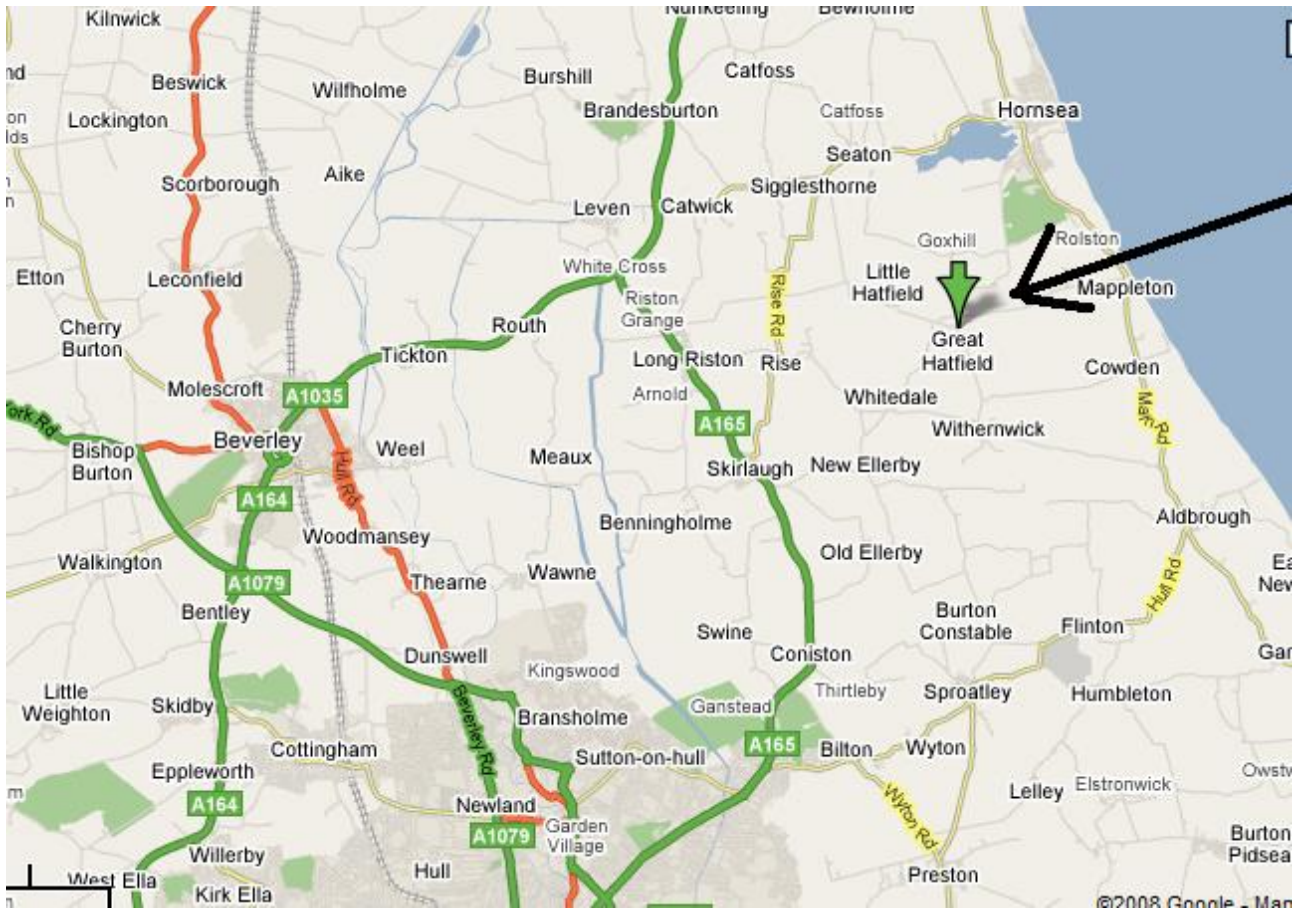
- The route is one lap of rural roads and lanes through Goxhill, Siggleshorne and Little Hatfield. See Map.
- Before starting the race please complete the medical form on the back of your race number.
- Do not mutilate your race number, which **MUST** be pinned to the front of your vest and be clearly visible as you approach the finishing line.
- All runners must **keep LEFT** and follow the instructions of the marshals at all times.
- Each mile is clearly marked. The route will be fully marshalled with a lead pilot on a bike and a 'sweep up' vehicle behind.
- A medical back-up team is available.
- **!!! The race starts at 1100hrs and ends at 1300 hrs, when the course will be closed !!!**
- **IMPORTANT: The start of the race is 15 minutes from the farm and you must allow that time to be in position before 1100hrs.**
- A water station will be on route at about half way and another available at the finish, or in race HQ.
- In the interest of safety entrants must not use ear phones, or similar devices, which prevent hearing traffic noise.

#### Results

- Immediately after the race and will be posted on the Barn Door.
- Available at: [www.hornseathirdmarathon.org.uk/](http://www.hornseathirdmarathon.org.uk/) or at <http://www.sportstimingsolutions.co.uk/>

#### Prize list

- Trophy for first lady and first man of the day
- Individual 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male & Female, V40, V45, V50, V55, V60, V65, V70
- LV35, LV40, LV45, LV50, LV55, LV60, LV65, LV70 (providing **at least 2** entrants in the category)
- Any individual prize not collected on the day is forfeited and the cash will be given to charity.
- Team prize of £ 500 for first team of "unattached runners. First four times to count and the prize will be awarded at a later Rotary Club meeting
- Inter-Club \* prizes for 1<sup>st</sup>, and two runners up clubs will be presented at a Rotary Club meeting.
- Individual prize presentation at **13.00hrs** at the barn in Densholme farm



**Race HQ 1 shown by arrow above**

To get directions to Densholme Farm - click below:

<https://www.yell.com/biz/densholme-care-farm-hull-8147042/#view=map>



**Direction of Running Hornsea 1/3<sup>rd</sup> Marathon**