

# Runner's Instructions

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

### Sunday 5<sup>th</sup> April 2020 at 11 am

#### Getting there

- Race HQ is the Barn, [Densholme Farm](#), Great Hatfield, East Yorkshire, HU11 4UY.
- 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 and lanes**

#### 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, Sigglesthorne and Little Hatfield. See Map attached.
- 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.
- **IMPORTANT: The start of the race is 15 minutes from the farm and you must allow that time to be in position before 1100hrs.**
- **!!! The race starts at 1100hrs and ends at 1300 hrs, when the course will be closed!!!** A cut-off will be applied to runners who cannot maintain 13 minute miles for the first half of the course. The following medical safeguards will be strictly imposed:
  1. Runners must retire if instructed by a Race Marshal. This is to ensure the Health & Safety of the participants.
  2. The following cut-off times will strictly imposed to ensure course safety and runners will be asked to retire if they fail to meet the following times:
    - 2.1. 1.7 mile, Marshall 5 at Goxhill junction in 22 minutes
    - 2.2. 4.2 mile, Marshal 7 at Sigglesthorne cross-road in 55 minutes
- 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.

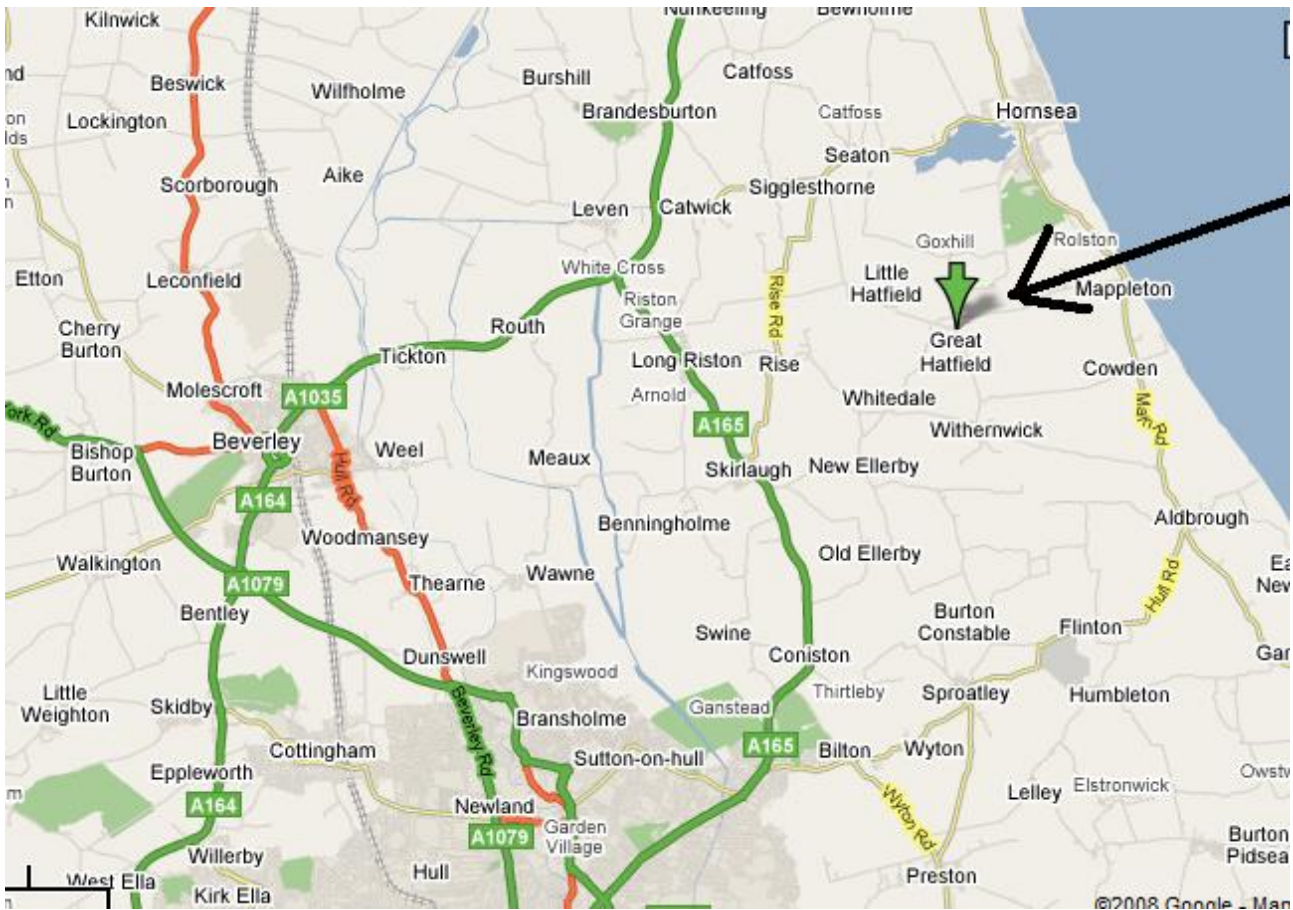
#### Results

- 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/>
- Full 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 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\* first prize will be presented at a Rotary Club meeting.
  - Individual prize presentation at **13.00hrs** at the barn in Densholme farm

*Confused?*

Call to David on 07939 372625

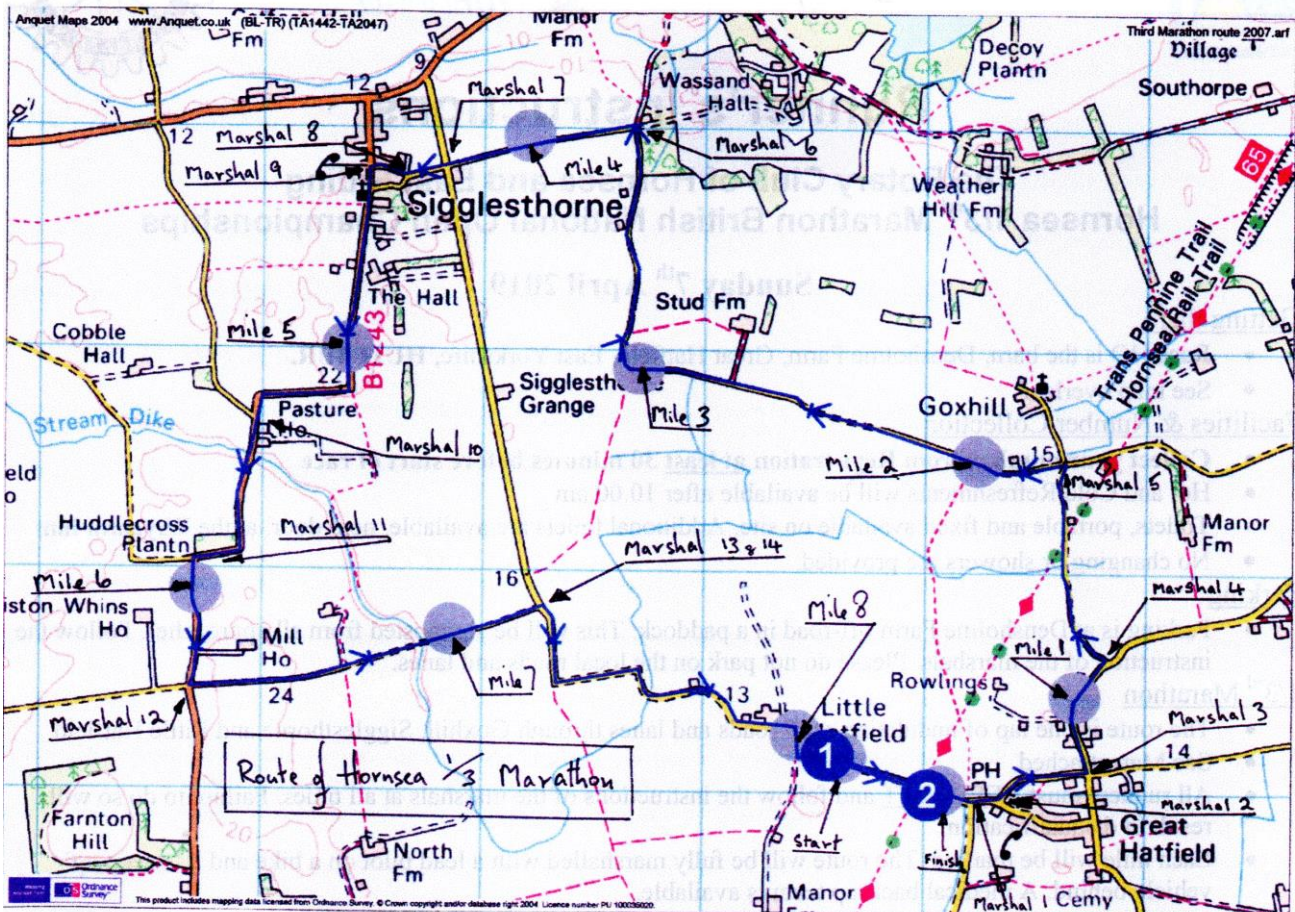
\*



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