

RETFORD ATHLETIC & RUNNING CLUB
RETFORD HALF MARATHON AND FAMILY FUN RUN
SUNDAY 10th MARCH 2019
Start/Finish at
RETFORD OAKS ACADEMY, BABWORTH ROAD,
RETFORD (Post Code DN22 7NJ)

UKA Race Licence Number 2019-35447 (Run under UKA rules)

RUNNER RACE DAY INSTRUCTIONS

Thank you for entering and supporting this event.

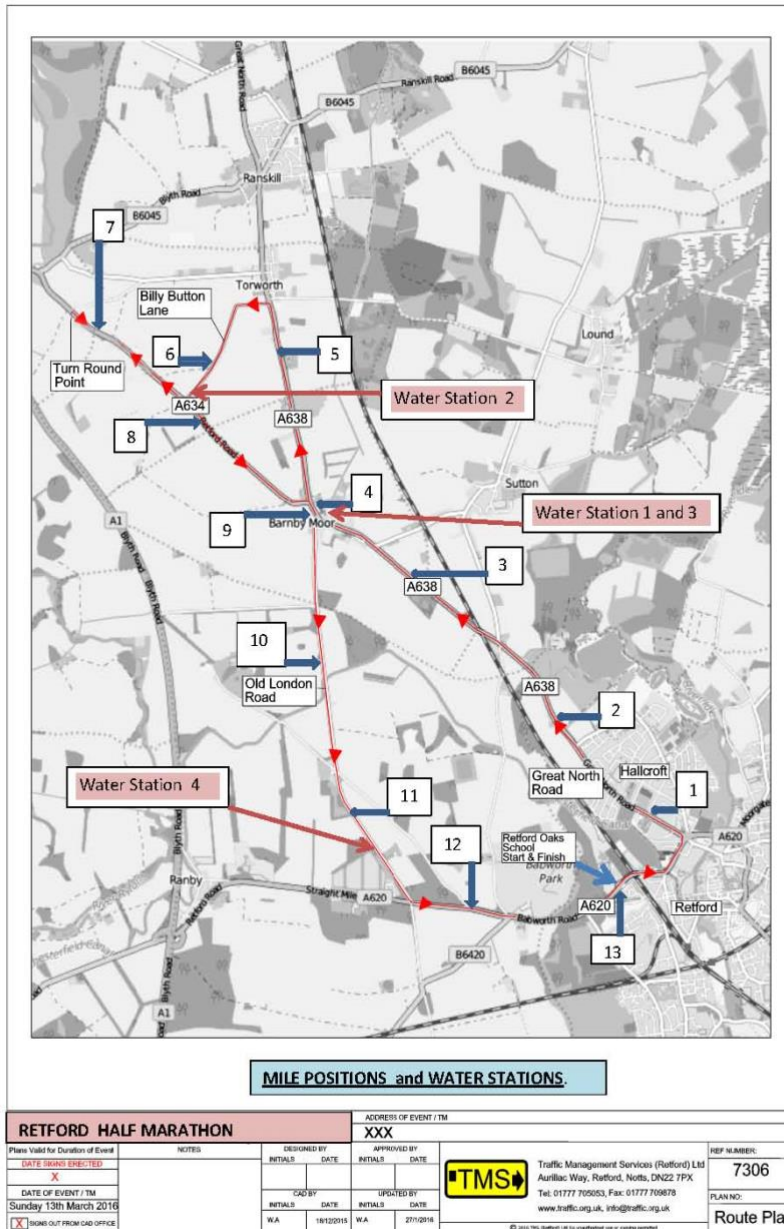
EVENTS:	THE HALF MARATHON	Run over an accurately measured one lap course, which is generally flat with slight inclines on surfaced roads and footpaths. On course mile markers will be positioned at, or as close as practical to the mile position and are a guide only. A map of the course route is included below. (note that runners do not have priority over other members of the public using public footpaths or roads where these have not been closed for the event)
	THE FUN RUN	Starting and finishing on the drive way of Retford Oaks but mainly run on grass on the Retford Oaks School playing field.
START:	THE HALF MARATHON	On the school drive at Retford Oaks Academy. Please note that the race starts in the direction facing St Giles school and all runners are required to loop around the roundabout outside St Giles before leaving the school grounds. Please allow yourself plenty of time to arrive at the start point for the 10.00am start . Note that race numbers will be sent out by post to the address you gave us when you entered (unless you have notified 'bookitzone' of an updated address since you entered). If you have not received your race number by post please contact us via retfordhalf@gmail.com at least 72hrs before the race. Please present to our queries desk if you have any queries on race day. This will be located in the sportshall at Retford

		Oaks and will be open from 08.15am - 09.30am. Note that we are unable to provide duplicate numbers for lost or forgotten numbers and it is not permitted to take part without a valid race number.
FINISH:	HM & FR	Adjacent to the sports hall at Retford Oaks.
CAR PARKING:	<p>Limited car parking will be available at Retford Oaks Academy with a small number of places available on the grassed car park area at Retford Tennis Club.</p> <p>Car, coach and minibus parking is also available at various public car parks across Retford. All of these are within 15-20 mins (approx.) walk from Retford Oaks Academy. Please note that parking charges may apply. The enclosed map shows the public car parks in Retford. Please note that car parking <u>IS NOT</u> available at Retford Leisure Centre.</p> <p>Please DO NOT park on roads adjacent to Retford Oaks, or at any point on Hospital/Babworth Road. (Note that some entrants did park on adjacent roads including West Carr Road last year despite our request not to, which did generate complaints from local residents!). Please help us to avoid this this year!</p> <p>Take care when leaving the Retford Oaks Academy as other runners may still be finishing.</p> <p>During the fun run and Half Marathon vehicles will only be permitted to leave the school site using the marked out route.</p> <p>We would encourage local runners to run / walk / cycle to the venue.</p>	
TOILETS:	Portaloos are provided on site at Retford Oaks. Limited Ladies and Gents toilet facilities are also available inside Retford Oaks Academy but please use the portaloos where possible.	
CHANGING & SHOWER FACILITIES:	Please come ready to run as only limited changing facilities are available. A limited number of ladies and gents showers are available. Please do not leave valuables in the changing rooms.	
BAG STORAGE:	Limited bag storage is available in Retford Oaks. Where possible please make your own arrangements to store baggage.	
DRINKS:	Available at approx. 4.5, 6.5, 9, 11 miles and Finish.	
ENTRIES:	PLEASE NOTE THAT THE 2019 RETFORD HALF MARATHON IS SOLD OUT - <u>entry will not be available on the day and we are unable to transfer, refund or defer places.</u> Places are only available on the day for the Fun Run.	
TROPHIES & PRIZES	Presentation of trophies / prizes will commence in the sports hall at approx. 12.30pm, but please be patient should there be any delay, as it takes time to compile the results.	

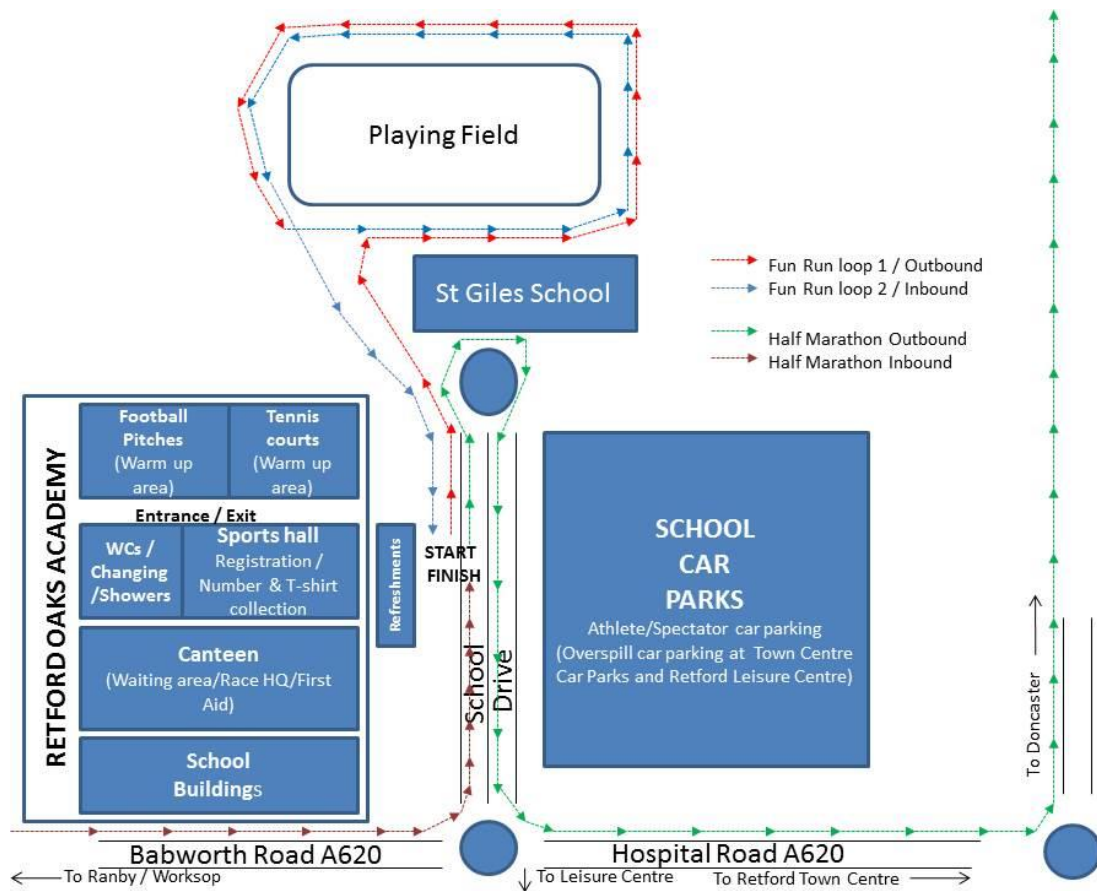
	<p>Retford Half Marathon Awards</p> <p>Trophies and Cash Prizes will be awarded to the 1st, 2nd and 3rd Male and Female runners to complete the course and to the <u>winners</u> of the Male Veteran Categories (O/40, O/50, O/60, O/70,) and the <u>winners</u> of the Female Veteran Categories (O/35, O/45, O/55, O/65. Men and ladies team trophies will also be awarded (mens trophy first team with 4 men home, ladies trophy first team with 3 ladies home).</p> <p>A number of spot prizes will also be awarded.</p> <p>Please note that no competitor will be awarded more than one trophy / prize. Should a veteran finish 1st, 2nd or 3rd overall, then the major trophy and prize will be awarded to that person and the veteran prize awarded to the next person home in that category.</p>
MOMENTO (HALF MARATHON)	Technical t-shirts will be presented to all entrants who finish the Half Marathon. You will be presented with the size which you selected when you entered and this will be included on your race number.
MEDALS (FUN RUN)	These will be presented to all who finish the fun run.
FIRST AID	British Red Cross personnel will be on duty throughout the event.
USE OF RETFORD OAKS ACADEMY	<p>This is the fifth year we have used Retford Oaks Academy for the Retford Half Marathon. We have been given permission to use the great facilities at Retford Oaks by Barnsley Premier Leisure. In order to use the facility for future events it is essential that the building and grounds are left in an excellent condition ready for use by the school on Monday morning. To help with this, please use the bins provided to dispose of any rubbish or take this home with you. If you see any problems or witness anyone acting suspiciously in or around the school please alert the police, a marshal, or any other members of the event staff as soon as you can. The Retford Oaks buildings and site (including playing fields) are strictly no smoking – please ensure your supporters are also aware of this.</p>
EVENT SAFETY	<ol style="list-style-type: none"> 1. Please use the football pitches/tennis courts at Retford Oaks to warm up. Please DO NOT use the road outside the school. 2. Runners should take care at all times to minimise any risk to the safety of themselves, other runners, and other members of the public including cyclists and drivers. 3. Bright coloured/high visibility clothing is recommended for all. 4. <u>We do have a number of blind/partially sighted runners. Please take particular care to give these runners space, especially at points on the course which are not closed to road vehicles.</u> 5. In line with UKA rules and safety concerns, no MP3/headphones permitted and the usage of this equipment

	<p>may result in disqualification. (This include bone conductor earphones).</p> <p>6. Competitors must complete all fields on the reverse of their race numbers, and must not cut, fold or mutilate them. Please complete the fields on your race number before you arrive at the event.</p> <p>7. The course uses public roads and some A class roads. Please keep to footpaths where possible and take extreme care and caution when running on parts of the course that are not closed to road vehicles. Road vehicles have right of way on roads and at junctions that are not closed off. <u>Runners must give way to cars on any part of the course where it is not safe for runners and cars to pass together.</u> Take particular care:</p> <p>a.) <i>Leaving Retford Oaks heading up to Hallcroft Roundabout. The road is closed heading up to the Roundabout but is open to traffic heading in the opposite direction. Runners are permitted to run either on the pavement or on the road (in the direction of Hallcroft Roundabout), however please ensure you stay within the cones as you progress up Hallcroft Road to Hallcroft Roundabout.</i></p> <p>b.) <i>At the pinch point on the pavement leading from Babworth Road onto the Great North Road where pedestrians may be coming in the opposite direction. As traffic will be held on the Roundabout temporarily, runners are encouraged to take this corner on the road and NOT on the pavement.</i></p> <p>c.) <i>Once progressed onto the Great North Road, runners are encouraged to remain on the road but can also use the footpath. The road is closed in the direction of Ranskill/Doncaster (right through to Billy Button Lane at Torworth) but as traffic will be flowing on the opposite side of the road (towards Retford), please ensure that you stay within the cones. Please also adhere to the marshal instructions and course signage, and please be aware of traffic that will be turning out of (or into) homes/businesses/properties along Great North Road.</i></p> <p>d.) <i>At all points on the A634 (the Blyth to Barnby Moor road). This road is closed to main traffic but runners should take care when turning off Billy Button Lane onto the A634 and on all other parts of this road in case any vehicles make it onto this road during the race. Runners should remain on the right hand side of the road heading towards Blyth and the right hand side heading towards Barnby Moor after the turn around point.</i></p> <p>d.) <i>On Old London Road - runners should take care when approaching the A1 slip road junction where it meets Old London Road. By this point runners should be on the left hand side of the road and should continue on the left hand side all the way to the top where Old London Road meets</i></p>
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	<p><i>Babworth Road (as Old London Road will be open both ways to local residential traffic, and traffic coming from the A1 slip road junction).</i></p> <p><i>e.) Runners should move onto (and remain on) the path on the left hand side of the A620 (the Worksop – Retford road) all the way to the school. The route no longer involves Ordsall Park Road therefore runners should stay on the left side of the A620 all the way back to Retford Oaks. <u>Runners who do not remain on the pathway and/or do not adhere to marshal instructions may be disqualified as this is a busy and fast stretch of road and running on the road risks the safety of runners and other members of the public including cyclists and drivers.</u></i></p> <p>8. At all times runners must obey any direction given to them by police, marshals, or other race officials and adhere to the guidance above. Failure to comply will result in disqualification, possible legal proceeding, and also jeopardises the staging of this event in future years.</p> <p>9. We hope you enjoy the race, have fun and arrive safely at the Finish. Do take care at all times.</p>
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START / FINISH AREA LAYOUT – RETFORD HALF MARATHON & FUN RUN



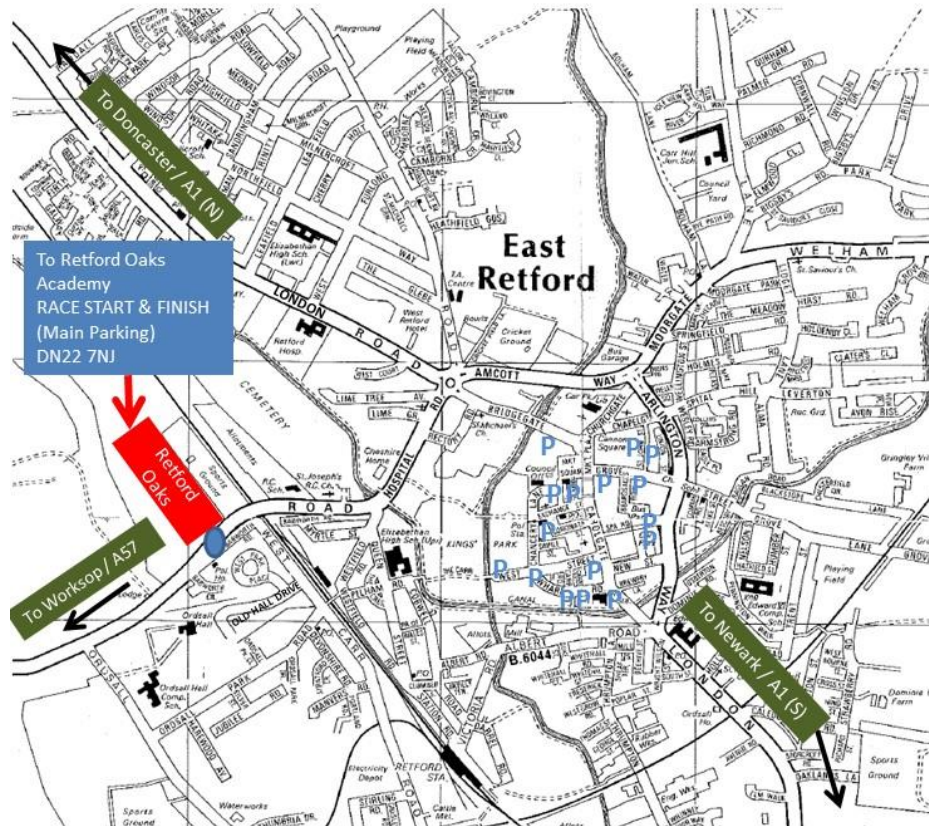
HALF MARATHON START – RETFORD HALF MARATHON 2019



HALF MARATHON FINISH – RETFORD HALF MARATHON 2019



CAR PARK MAP – RETFORD HALF MARATHON 2019



RETFORD HALF MARATHON - PARKING

Main parking at Retford Oaks Academy (Race Start/Finish) (DN22 7NJ) – please arrive early as spaces are limited)

Additional parking in Town centre – car parks listed below.

(Please do not park at any point on Babworth/Hospital Road or at Retford Leisure Centre)

P Additional public parking at :

Chapelgate
 Bridgegate
 Chancery Lane
 Churchgate
 West Street
 New Street
 Carolgate

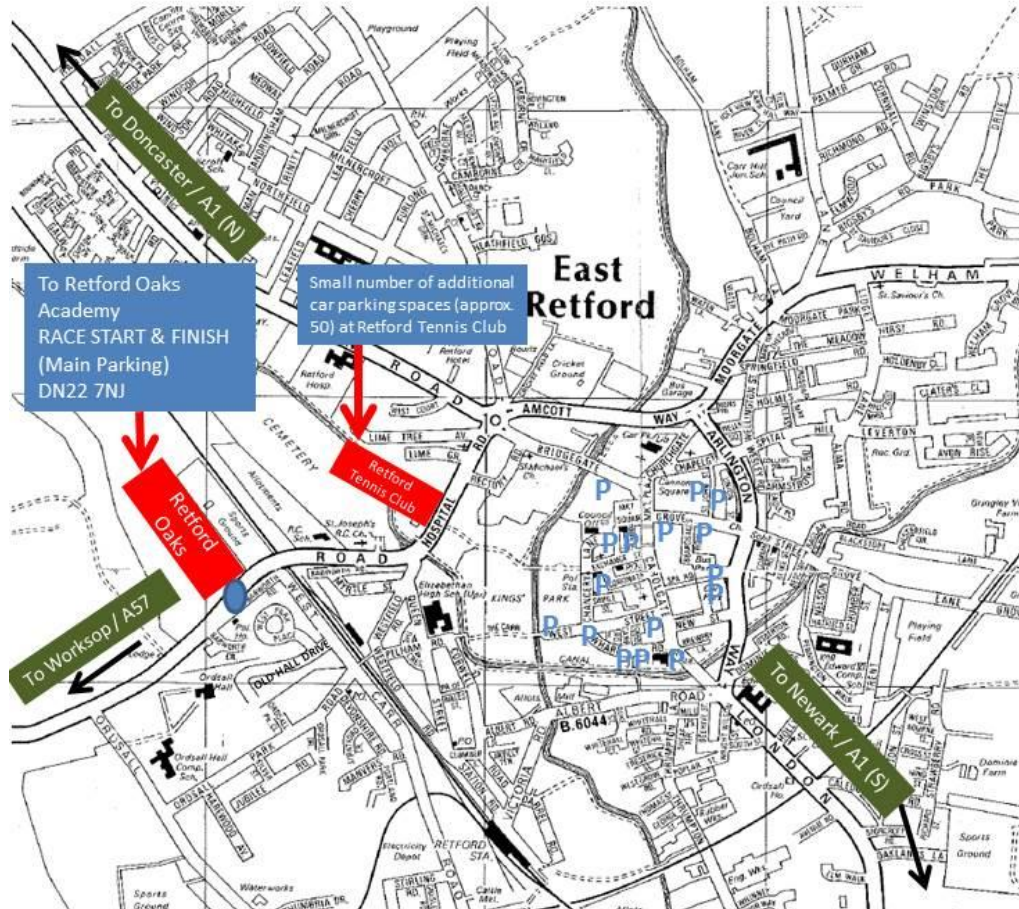
(Charges may apply)
 – All approx 10-20 min walk to start area

<http://en.parkopedia.co.uk/parking/retford/>

Note we do have a small number of parking spaces available this year at Retford Tennis Club (just up from Retford Oaks on Hospital/Babworth road in the direction of Hallcroft Roundabout).

<http://en.parkopedia.co.uk/parking/retford/>

Car Park map



RETFORD HALF MARATHON - PARKING

Main parking at Retford Oaks Academy (Race Start/Finish)
(DN22 7NJ) – please arrive early!

Small number of additional car parking spaces (approx. 50) at Retford Tennis club

(Please do not park at any point on Babworth/Hospital Road)

P Additional public parking at :

- Chapelgate
- Bridlegate
- Chancery Lane
- Churchgate
- West Street
- New Street
- Carolgate

(Charges may apply)
– All approx 10-20 min walk to start area

<http://en.parkopedia.co.uk/parking/retford/>

