

**EDEN RUNNERS
HAWESWATER HALF MARATHON**

RACE INFO.

- Race registration takes place at Bampton Village Hall, approximately 10 miles from Penrith. Postcode for sat nav users is CA10 2RQ. Please see our website www.edenrunners.co.uk for further details.
- The roads to Bampton are narrow and parking is limited so try and car share if possible. Leave yourselves plenty of time to get to the venue.
- The race starts at 11.30am at Bampton Village. You will be directed to the start from Bampton Village Hall.
- On-line entries are collected on the day at the Village Hall. The registration desk will be open from approximately 10.00am onwards.
- There is a system in place for the transfer of race numbers. Please do not give your number to a fellow number as misidentification can have serious consequences. Please report to the transfer desk in the Village Hall where one of our members will be glad to assist with the process.
- There will be toilet facilities at the Hall – portaloos, with additional portaloos at the village green . There are no shower facilities but the Hall can be used for changing in the event of poor weather.
- Every runner will receive a mug and a free cup of tea and flapjack. The Bampton Village Hall Commt. also provide a great range of refreshments on site for runners to purchase as they wish.
- There will be prizes for the first three male and female runners and for each veteran category. Only one prize per runner however.
- The course is an out and back one and can be said to be undulating! The route is NOT traffic free and runners must take care to run on the right of the road and to give priority to runners on the return leg. Please show courtesy to your fellow runners.
- There are marshals along the race route to direct runners and there will be water stations at approx. mile 3.5, 6.5 and 10.
- St John's Ambulance personnel will be in attendance but please bear in mind that communication along the route is difficult as there is no mobile phone coverage so runners who drop out of the race and who are not seriously injured may have a long walk back to the start.
- A copy of the race rules will be on display at various points in the Village Hall.
- There is a separate Baggage room at the Village Hall which runners are welcome to use. The room will be supervised but runners must bear in mind that the storage system is not a secure one and bags and their contents are left at the owner's own risk.
- For any pre-race queries please either e-mail joolsk@sky.com or telephone 01768480708.

THANK YOU AND HAVE A GREAT RACE