

## HAWESWATER HALF MARATHON RACE INFORMATION 2022

Race registration takes place at Bampton Village Hall, approximately 10 miles from Penrith. Postcode for sat nav users is CA10 2RS. Use exit 40 off the M6. Please see our website [www.edenrunners.co.uk](http://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. **Parking is particularly difficult in bad weather! Please note the car park next to the village hall cannot be exited before 2.15pm.**

The race starts at 11.30am. in Bampton village. You will be directed to the start at 11.15am. Loo users please note!

On-line entry numbers are collected at the village hall on the day...allow time and patience. The registration desk will be open from approximately 9.00am. **Numbers must be worn on the chest and unfolded. Using a number with an incorrect name adds to discrepancies in results, and is also for safety reasons. Failure to adhere to this may lead to disqualification.**

There is a system in place for the transfer of a race number. Please collect the original number and **then** go to the Transfer Desk. **Sadly there are no refunds.**

There will be portaloos at the village hall and at the village green. There are no shower facilities at the hall but the hall can be used for changing in poor weather.

Every runner will receive a mug and flap-jack. There will be prizes for the 1<sup>st</sup> three male and female runners and for each age category. Only one prize per runner.

The Bampton Village Hall Committee also provides a great range of refreshments on site for runners to purchase as they wish.

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. **Headphones are not allowed.**

There are marshals along the race route to direct runners and there will be water stations available at the half way point and at other points along the course (approximately 3.5, 6.5 and 10 mile points)

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 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 **ONLY** e-mail [kw@kevinwhitemore.co.uk](mailto:kw@kevinwhitemore.co.uk)