

Haweswater Half Marathon 2018 Information



- When is the race?
The race will take place on Sunday 4 March 2018 at 11:30am. Please allow plenty of time to get parked, pick up your race number and walk to the start line which is approximately 5 minutes from the village hall.
- Where is the race?
Race registration takes place at Bampton Village Hall, approximately 10 miles from Penrith. Postcode for sat nav users is CA10 2RS. Please see our website <http://www.edenrunners.co.uk/> for further details. NB. 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.
- How do I enter?
You can enter online at <https://bookitzone.com/> NB. There is a booking fee of £1.60.
- How much is it to enter?
£16 UKA affiliated £18 unattached £20 on the day (subject to availability)
- Can I enter on the day?
There are limited entries available on the day therefore it is highly advisable to pre-enter.
- When do I get my number?
You will be able to pick your number up from Bampton Village Hall at race registration from approximate 10:00am onwards on the day. Upon receiving your race number, please ensure that you write your personal details and any emergency contact information on the back of your number in the event of a medical emergency. There is a system in place for the transfer of race numbers. Please do not give your number to a fellow runner 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 you. A copy of the race rules will be on display at various points in the Village Hall.
- How do I get there?
There is no public transport to the village on a Sunday so the easiest way is to travel by car. From J40 roundabout, take the 1st exit onto A66 East. At the roundabout, take the 4th exit onto Kemplay Bank/A6. At the mini roundabout, take the 2nd exit onto B5320 for about 3 miles Turn left onto Helton Rd, signposted Askham/Haweswater. Continue on this road for about 4 miles, passing through Askham until you reach Bampton village. If travelling from the South, turn off the M6 at Junction 39 and turn left towards Shap. Travel through Shap and just before you leave the village, turn left signposted towards Haweswater. Continue on this road until you reach Bampton.
- What facilities are available?
There are a variety of refreshments available to buy provided by the Bampton Village Hall Committee. There is limited car parking facilities available so please car share as much as possible. Toilet facilities are provided at the Village 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. There is a separate baggage storage room at the Village Hall but bags and contents are left at the owner's risk
- What is the terrain of the course?
The race is marshalled and entirely run on quiet but open undulating, country roads. 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.
- Is there water en route?
There are water stations available at the half way point and at other points along the course (approximately 3.5, 6.5 and 10 mile points)
- Is there a prize presentation on the day?
The prizes are normally presented once the last runner has finished the race. Prizes for 1st, 2nd & 3rd Male & Female, 1st Male & Female in each category of V40, V50, V60 & V70. However only one prize per runner. All finishers will receive a commemorative mug, free cup of tea and a "Traybakes" flapjack.

For any pre-race queries please email Kevin on kw@kevinwhitemore.co.uk