

Larking Gowen City of Norwich Half Marathon

Sunday 9 April 2017 - Norfolk Showground - start 10:30am



Thank you - for entering the Larking Gowen City of Norwich Half Marathon, organised by City of Norwich AC and supporting Macmillan Cancer Support for a seventh consecutive year. Please read these instructions very carefully and then contact us straight away if you have any questions - you'll find our website details and email address at the foot of this page. Good luck with your training!

Race number - Please add your personal information - including details of any current medication - to the reverse of your race number. Then please use a safety pin in each corner to attach it securely to the outside of your running top so it doesn't flap about and is clearly visible at all times. You must not cut, fold or otherwise mutilate your race number in any way. If you are unable to run, your race number must not be transferred to another runner under any circumstances - it has been issued to you for use by yourself, not by someone else. Anyone found wearing a number other than their own will be disqualified.

Timing chip - Your chip is affixed to the reverse of your race number. Please take care not to fold your chip or pierce it with safety pins when attaching your number to your clothing. Please do not attempt to remove the chip or its backing from your race number for any reason as this could damage your chip and affect your result - ie you might not receive an official time!

Getting there - The postcode for your sat nav is NR5 0TT. The car parks will open at 8am, please aim to arrive by 9:30am. Please heed the instructions of our car park stewards. Both car parks are a five to ten minute walk from the start. It's your responsibility to arrive in sufficient time to negotiate any traffic build-ups and delays. Disabled parking (Blue Badge holders only) and bicycle parking will be available within the Showground, please see the plan on the back of this leaflet and look for the signs on race day. The Showground gates will be closed behind the tail-end vehicles and late arrivals will not be able to join the race and run in isolation as the tail-end is critical for H&S, medical support, course deconstruction and re-opening roads.

Bad weather - please check Facebook, Twitter or race website for any weather news affecting the race.

Technical stuff - This race is staged under UKA Rules (licence 2017-25906) and has been designated as a Gold Grade event by the British Association of Road Races (BARR). The certificate of course accuracy is 15/367. No person (except a blind runner's attendant) or animal may accompany a competitor at any point. This means no dogs, no buggies, no push chairs, no following cycles and definitely no children joining in as you run up the finishing straight. All competitors must compete on foot. Roller skates, scooters etc are prohibited.

Devices with headphones or earbuds - The use of devices with headphones of any type is prohibited during this race. Although the roads will be closed to through traffic, residents are allowed vehicular access to their homes or places of business while the race is in progress so we need you to be alert and aware of everything that is going on around you at all times. If we see you wearing headphones during the race you will be disqualified and not credited with a finishing time in the official results. Devices without headphones may be used for timing/tracking.

Facilities - The changing areas, toilets, showers and baggage store will open at 8am on race day. Massage therapists will be on hand to advise and treat you before and after the race. While this massage facility is provided free of charge, there will be buckets ready for your donations to Macmillan Cancer Support.

Baggage - A baggage label is provided as part of your race number, please detach and attach it firmly to your bag. You must present your race number to reclaim your bag afterwards - no race number, no reclaim. The baggage store will be staffed throughout the event but please be aware that we will be storing your belongings entirely at your own risk, so please don't leave any valuable items in your bag.

Start - Please assemble from 10.15am in accordance with the "Estimated Finishing Time" signs and please be realistic when estimating your finishing time. The race will start promptly at 10:30am, come what may.

Time limit - You will be directed to retire if you have not reached the half-way point within 100 minutes. This will not be negotiable - make sure you get to the half-way point inside 100 minutes!



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The course - The course will be closed to through traffic while the race is in progress. However, those who live or work on the course are entitled to vehicular access at all times during the event so please be alert to what's going on around and behind you while you are racing. The course will be clearly marked at every mile and at halfway. There will be water stations (serving water in cups rather than bottles to reduce wastage) at around 3.5m, 7m, 9.5m, and 11.5m. The course will be dismantled after three hours.

Medical - Qualified medical personnel will be on duty around the course and also at the finish line. If you or another competitor needs medical attention at any time, please alert the nearest marshal immediately.

At the finish - After you have crossed the finish line, please follow our directions to help keep the finish area clear of any blockages. There's no need to take off your race number - we don't need to recover your timing chip.

Race charity - Our chosen charity is Macmillan Cancer Support - full details of how you can help this very worthwhile cause can be found at <http://cityofnorwichhalfmarathon.com/race-charity.asp>

Race t-shirt - If you pre-paid for a race t-shirt when entering, please collect it on race day. If you do this as soon as you arrive it will help reduce the queues after the race. You will be asked to show your race number when collecting. A further stock of these technical t-shirts will be available for purchase on race day, price £10. T-shirts from previous years will also be available to purchase on race day at clearance prices.

Results - These will be available on the race website shortly after the last runner has completed the course.

Photographs - Our race photographers are Epic Action Imagery, the official photographers of all road races staged by City of Norwich AC. Please visit www.epicactionimagery.com for details of their services.

Prizes - Our extensive prize list is worth over £4,000 and the number and value of the individual prizes is the same for men and women. The first 10 men and first 10 women will win cash bonuses in addition to any category prizes - £250, £150, £100, £80, £70, £60, £50, £40, £30, and £20 - with further cash bonuses of £250 to the first man inside 63 minutes 30 seconds and the first woman to break 74 minutes. Category prizes in the form of running shoes from On Running or gift vouchers from Sportlink will go to the first three aged 17-39, first two 40-44, first two 45-49, first two 50-54, first two 55-59, first two 60-64 and first two 65+. NB - prizes will be awarded according to finishing positions rather than chip times; this is a race, not a time trial.

Aggregated finishing positions (all ages) will be used to determine the first five men's teams (four to count in each team) and first five women's teams (three to count in each team) from affiliated clubs. Team prizes will be in the form of Sportlink vouchers. Should an affiliated club have more than one scoring team in the first five, then each of its scoring teams will be eligible for prizes.

NB - On race day, prizes will be presented to the first three men and first three women only; all other individual and team prizes will be posted in the week following the race.

Larking Gowen Business Challenge - The Business Challenge team with the lowest aggregate time (four to run, three to count) will win the Larking Gowen Business Challenge Trophy and there will also be trophies for the 2nd and 3rd teams. We will be in touch with the winning teams during the week following the race.

Family & friends - If you know of anyone who might like to lend us a hand on race day, please ask them to contact us at manpower@cityofnorwichhalfmarathon.com - we will be very pleased to hear from them!

And finally - If you want to improve as a road runner, then please come and meet us at City of Norwich AC. We're one of the largest and most successful athletic clubs in East Anglia and welcome runners of all ages and abilities - from absolute beginners to established GB internationals and everyone in between. We enjoy the use of first-class facilities at the Sportspark on the west side of Norwich, adjacent to Earlham Park and the University of East Anglia. Please visit www.conac.org.uk for full details.

