

Larking Gowen City of Norwich Half Marathon

Sunday 7 April 2019 - Norfolk Showground - start 10:30am

IMPORTANT INFORMATION – PLEASE READ

Thank you for entering the **Larking Gowen City of Norwich Half Marathon**, organised by **City of Norwich AC**.

Please read the information below carefully. We can be contacted by email at info@cityofnorwichhalfmarathon.com with any questions or clarifications.

Good luck with your training!

Race Number This will be sent to you on or after **15 March 2019** to the address you gave us when you entered. If after entering you move house or change name, please visit the [My Registration](#) feature of our online entry to update your details (before 12 March 2019).

When you receive your 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 anyone else** under any circumstances. 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 ensure your race number is affixed to your outer layer of clothing**, wearing a jacket over your chip will mean you are unidentifiable and will not receive an official time!

Bad weather – please check [Facebook](#), [Twitter](#) or [Race website](#) for any weather news affecting the race.

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 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. A layout map is available on the website and will be sent to you in your race pack. Please also 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.

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.

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 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) in the Showground and at around 3m, 7m, 9.5m, and 12m. The course will be dismantled after three hours.

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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 as we have to honour our road closure times and agreement with local parish councils, churches, residents and businesses - make sure you get to the half-way point inside 100 minutes!

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.

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 - Your individual result will be texted to your mobile phone (if provided on entry) shortly after the race finishes. Full provisional results 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.

Technical stuff - This race is staged under UKA Rules (licence 2019-35860) 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.

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, first two 65-69, first one 70-74, first one 75-79 and first one 80+.

Aggregated finishing times (all ages) will be used to determine the first three men and women's teams (four 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 top three, then each of its scoring teams will be eligible for prizes.

Top ten prizes will be awarded on gun time; category and team prizes will be awarded on chip time.

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 two weeks after the race to allow time for results queries to be reviewed and resolved.

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.