

# Larking Gowen City of Norwich Half Marathon

Sunday 13 June 2021 - Norfolk Showground

## IMPORTANT COVID SAFETY INFORMATION

**\*\*\* PLEASE READ \*\*\***

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

We can be contacted by email at [helpdesk@cityofnorwichhalfmarathon.com](mailto:helpdesk@cityofnorwichhalfmarathon.com) with any questions you may have.

### **Socially Distanced Race**

Due to the current Covid restrictions, this event has been organised in a Covid-secure environment. This means that there are certain restrictions and changes to what you would normally expect at this event. These are explained in the sections below.

For everyone's safety **you must strictly follow the rules**. No exceptions will be made for any reason.

Please note that **spectators are not allowed** at this event. Only runners will be permitted to enter the Showground. Anyone seen entering the showground with family members or friends will be disqualified from the race.

### **Wave Start Times**

This race will be run in a series of waves starting every ten minutes to ensure social distancing is possible for all concerned.

Your start time will depend upon which wave you have been allocated to and is based on your race number as follows:

<b>Wave Number</b>	<b>Race Numbers</b>	<b>Start Time</b>	<b>Time to Enter Funnel</b>
1	1 - 500	10:00	09:50 – 09:55
2	501 - 1000	10:10	10:05 – 10:10
3	1001 - 1500	10:20	10:15 – 10:20
4	1501 - 2000	10:30	10:25 – 10:30
5	2001 - 2500	10:40	10:35 – 10:40

For safety reasons you **must start in your allocated wave** and not choose to run when you want.

You should not arrive at the entrance to the funnel before your allocated time, as this will impede runners in earlier waves.

Please note, your finishing time is based on chip time from when you cross the start line. Therefore, there is no need to get to the head of the line in your wave. When entering the funnel continue to the next available space and follow instructions from marshals.

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## **Prior to The Race**

**Personal details** - If after entering you need to amend any of your details (such as home address or email address), please visit the [My dashboard](#) feature of our online entry to update your details (before 21 May 2021).

**Medical Self-assessment** - **if you have any Covid-19 symptoms YOU MUST NOT ATTEND**. These are currently recognised as:

- a high temperature
- a new, continuous cough
- a loss of, or change to, their sense of smell or taste

**Race Packs** - Your pack including race number, will be posted to you during the week prior to the race.

Please add your personal information, including details of any current medication, to the reverse before you arrive. 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.

There will be **no safety pins available on the day**, so we recommend you attach your race number to your running top before setting off on race day.

**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 in plenty of time for you to get parked and then walk to the start line. Please heed the instructions of our car park stewards. Both car parks are ten minutes walk from the start. **It is your responsibility to arrive in sufficient time to negotiate any traffic build-ups or delays**. Disabled parking (Blue Badge holders only) and bicycle parking will be available within the Showground. A layout map is available on the website. Please follow 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.

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## **When you arrive**

**From the car park** – Please follow the signs from the car park to the start funnel area. Marshals will also be on hand to point you in the right direction.

**T-shirt Collection** - If you pre-paid for a race t-shirt when entering, **please collect it on race day**. You will be asked to show your race number when collecting.

**Toilet Facilities** – There will be four toilet facilities available for use. There will be controls on how many people may enter at any one time, therefore if you are asked to wait please ensure you maintain social distancing. You will **need to wear a mask** to enter any of the toilet facilities and use the hand sanitiser which will be available for use upon entry and exit.

**Baggage and Changing** – To ensure a Covid-safe event **there are no baggage or changing facilities**. Please arrive ready to run with your race number and timing chip attached as explained above.

**Start Funnel** – Please arrive at the start funnel no more than ten minutes before your wave start time and maintain social distancing at all times. You must line up in rows of three adjacent to the cone markers which are spaced 2m apart. Marshals will be on hand to show you where to go.

You must not overtake whilst in the start funnel, you must wait until you have crossed the start line.

## **During the race**

**Timing** – your race time will be based on chip time not gun time. Therefore, it does not matter where you start in the funnel, you will not be disadvantaged for your time, position or prizes.

**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. The course will be dismantled after three hours.

**Water stations** – There will be water stations at approximately 3,7 and 10 miles, where you can pick up a water bottle. Please dispose of your water bottle in the bins provided just after the water station. This will assist us in our efforts to recycle all bottles and in keeping the local area clear of litter.

**Spitting** – Please do not spit while you are on the course.

**Overtaking** – If you are overtaking another athlete please ensure you keep 2m apart and if necessary politely advise the runner you are about to overtake them.

**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.

**Time limit** - **You will be directed to retire if you have not reached the half-way marker within 90 minutes (based on Wave Time)**. In addition, if your pace is not sufficient for you to clear the public roads within the road closure time limit you will be directed to retire at an appropriate point. This is not negotiable as we have to honour our road closure times and agreement with local parish councils, churches, residents and businesses.

**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, **you must keep moving and maintain social distancing**. You can pick up a medal from the self-service medal table and a bottle of water from the water station.

There's no need to take off your race number - we don't need to recover your timing chip. Please dispose of your race number responsibly.

You **must not stop or linger around the finish** area to wait for another runner

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### **After the race**

**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](http://www.epicactionimagery.com) for details of their services.

**Technical stuff** - This race is staged under UKA Rules 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 visually-impaired runner's guide) 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 prizes in addition to any category prizes - £250, £150, £100, £80, £70, £60, £50, £40, £30, and £20 - with further cash prizes of £250 to the first man inside 63 minutes 30 seconds and the first woman to break 74 minutes. Cash prizes will be paid via PayPal using the email provided on entry or via bank transfer, if preferred and bank details supplied.

Category prizes in the form of running shoe vouchers 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.

All individual and team prizes will be awarded based on chip time.

**There will be no presentations on the day.** All 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](mailto: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. Please visit [www.conac.org.uk](http://www.conac.org.uk) for full details.

**Best of luck with your training and on race day!**