

GOSPORT HALF MARATHON

SUNDAY 19th NOVEMBER 2017 @ 10am

Welcome to the 32nd Gosport Half Marathon, brought to you by Gosport Road Runners and a venue for the Hampshire Road Race League. Last year's race was a bit on the windy side(!) and we are keeping our fingers crossed for kinder conditions this time.

It is a club policy that no Gosport Road Runner participates in the race. This maximises the manpower numbers available to cover the many tasks on the day. Our team of over 100 volunteers have worked hard to put on this event. We consider it a way of thanking other clubs for hosting events for us throughout the rest of the year. Surplus profits from this event enable Gosport Road Runners to donate approximately £10,000 each year to local good causes.

Gosport Road Runners would like to thank Solent Sports Injury Clinic, Alton Sports, Tesco's, BetaPrint, Haslar Radio, St Vincent College, TB Trophies and the Mayor of Gosport for their support in making this event possible.

Your views are very important for making continuous improvement. Please use the link to our [Facebook](#) site to review the race which will be read by other runners and our club membership or just email your thoughts to race.director@gosportroadrunners.org.uk

All administrative race enquiries should be sent to Brian Fisher at info@gosporhalf.org

We hope your final preparations go well and you enjoy the run at our seaside location.

Gosport Road Runners.

Car Parking (Sat-nav PO13 9BE)

Our main race car-park is signposted from the B3333 Privett Road and is situated on private land in Browndown Road. This car-park usually fills up so please arrive early. Parking here will cost £2.00 (the rise this year is due to an

increase in MOD charges), please remember to have some small change ready to pay for parking.

This car-park closes at 2pm, please remove your car before this time.

Car parking in the school grounds, Browndown Road or Gomer Lane is not permitted.

Council car parking charges along Stokes Bay are 90p per hour (Long Stay - more than two hours).

There is also plenty of spectator parking along the seafront at Lee-on-the-Solent.

Race Headquarters

Bay House School, 18 Gomer Lane, Alverstoke, Gosport, Hampshire, PO12 2QP.

[Google map](#) **Please note this is NOT the car park.**

Facilities Toilets, Changing Rooms, Refreshments including home-made cakes, Sports Retailer Stall, Medal Engraving, T-Shirt sales, Help Desk, Fun Run entry.

Race Number/Timing Chip Collection

No race numbers will be posted. We will be using a combined running number and chip

Your race number/timing chip must be collected before the start of the race either on Saturday 18th November or on the day of the race.

Saturday Number Collection – Between 09.30 and 12.30 hrs at:

Absolute Running,
55-57 Stoke Road,
Gosport,
PO12 1LS

Entry forms for the Children's Fun Run will also be available here.

If you are nominating someone to collect your race number and timing chip, please ensure they bring a copy of your personalised e-mail so that we know they have your permission. Occasionally the collector does not have access to e-mail facilities, if this is the case, please notify the race administrator info@gospothalf.org by 6pm on the 18th November.

N.B. Race numbers will not be released to a third party without prior consent.

Race Day Number Collection – Between 8am until 9.45am at Race Headquarters. Please make every effort to arrive early to give yourself time to complete your administration and to be mentally prepared for the race.

Number Swaps

The Full-on-Sport website allows participants to re-allocate their place to another runner. How to [Edit your details](#)
Entry fees are non-refundable, no changes can be made after the cut-off at 10pm on Wednesday 15th November.

Please ensure that your number/chip is worn on the front and is not folded, obscured, cut or mutilated and that you complete the medical/emergency contact information on the reverse of your number.

Guidance on how to prepare for an endurance event is given on www.runnersmedicalresource.com website.

Road Closures

Will be phased as follows:

Browdown Road 08.30 – 14.00

Salterns Road 10.00 – 12.45

Privett Road – From Grange Road roundabout to Browdown Road the road will be closed to westbound traffic (Eastbound remains open) 09.50 – 12.30

Leaving the Event

There is likely to be a “Left-Turn Only” out of Browdown Road this year again to improve traffic flow. If you need a quick getaway after the race it is recommended to use the Council Car Parks along Stokes Bay.

The Start and Finish

The Main Start/Finish is a short walk further down Browdown Road with the Race HQ 180 yards beyond.

The Main Race will be started by the Mayor at 10:00 am

Headphones

As in previous years our policy is that the wearing of ANY type of headphones or earphones is not allowed at the Gosport Half Marathon and will lead to disqualification.

Children's Fun Run

Whilst the main event is underway, a 'Fun Run' will take place. This is intended to be a non-competitive run for children aged 11 or under, however there are trophies for the first boy and first girl, every child will receive a medal and goody bag.

This event is limited to 200 places on a first-come, first-served basis.

The Fun Run takes place commencing promptly at 10.20am and covers an approximate distance of 1.2k. This year the Fun Run will start on the grassed area at Stokes Bay opposite the Diving Museum.

If your child wants you to run with them, that is ok. The entry cost is £2.00. Payment and registration for the Fun Run, must be made on the day of the race.

Please allow enough time to park, register for the Fun Run at the Registration Desk inside the School and walk to the Fun Run Start. Registration will close at 10:00 am.

Entry forms must be signed by the child's Parent or Guardian. The forms are available at the Registration Desk, also at the Saturday number collection at Absolute Running, Gosport.

To save time at the Registration Desk you can download the entry form from our website www.gosporthalf.org and bring it in already completed.

Race Results

Race results will be found on websites www.fullonsport.com and www.gosporthalf.org and there will be information on how to obtain results in the school assembly hall.

Retirements

We hope nobody has to cut their race short, but if you do have to retire please do not pass over the finish mats. Please use the footpath on the left-hand side of the Finish keeping well away from the mats to avoid a false finish time being recorded.

Facilities

Changing Rooms	Showers*	Toilets (At the School and Seafront)
Refreshments	Supervised bag storage	Sports retail stall
Photographer	Sports Massage	Purchase of race 'T' shirt
Medal engraving	Parking close to venue	

***Kingfisher Caravan Park showers**

Kingfisher Caravan Park is situated adjacent to the main race car park in Browndown Road and close to the Start/Finish area. [Google map](#) The site management are willing to let us use their showering facilities, there will be a charge of £3.00.

Pre and Post Race Massage

Students from St Vincent's College will be providing a Sports Massage service again this year.

Photographer

Martin Lewis, a local wedding, commercial and professional event photographer, has been our official photographer for many years and we welcome him back again this year. You can view race photographs and contact Martin via his website www.martinlewis.biz

Race T-Shirts

Hi-Viz Race T-Shirts, with a brand-new design for 2017, will be available for purchase for £10.

Race Route and Spectator Viewing Points

The course is led by a team of cyclists.

Have a closer look at the [route](#) here.

A good location for spectators to view the runners with access to refreshments, music courtesy of Haslar Radio and toilet is between Browndown Road and Cherque Way approximately a six-minute walk from the start. As this is part of the two-lap course, spectators can see the runners up to four times.

Samba Band

Gosport's own 'Big Noise Samba Band' will be encouraging runners to run to the beat of the drums and they will be situated in Monks Hill car park and playing between 10am – 1pm. The runners will pass the Band four times. Please note that vehicles will **not** be allowed to park at Monks Hill car park whilst the race is taking place.

Medals and Presentation of Awards

Every finisher will receive a medal and a 'Goody Bag'.

Why not personalise your medal by visiting our engraver at the Race HQ?

Prizes

The presentation of individual awards will be made as near as possible to 12.30 pm in the school hall. Team prizes will be sent out later once the results have been verified.

Categories:

<u>Male</u>		<u>Female</u>	
<u>Category</u>	<u>Position</u>	<u>Category</u>	<u>Position</u>
	1, 2 & 3		1, 2 & 3
M 40 – 44	1, 2 & 3	F 35 – 39	1, 2 & 3
M 45 – 49	1, 2 & 3	F 40 – 44	1, 2 & 3
M 50 – 54	1, 2 & 3	F 45 – 49	1, 2 & 3
M 55 – 59	1, 2 & 3	F 50 - 54	1, 2 & 3
M 60 – 64	1, 2 & 3	F 55 – 59	1, 2 & 3
M 65 - 69	1, 2 & 3	F 60 - 64	1, 2 & 3
M 70+	1 & 2	F 65 - 69	1, 2 & 3
		F 70+	1
Men's Team	1, 2, 3 & 4	Ladies Team	1, 2, 3 & 4

Accommodation

A list of places to stay in Gosport and Lee-on-the Solent can be found at

www.discovergosport.co.uk

Dogs

Dogs are not allowed within the grounds of the School.