

## KENILWORTH HALF MARATHON 2018

### Location

The race starts and finishes at Talisman Square, Kenilworth adjacent Costa Coffee and Holland and Barratt on Sunday 2nd September 2018 at 9am. Please be at the start area by 8.30am.

There are toilets available at the start and finish and a baggage drop in the Holiday Inn, however there are no changing facilities or showers. Runners should arrive ready to run.

### Parking Map

There is free car parking in all the town Centre car parks on the day. Please arrive early before the town centre road closures are in place.

The town Centre car parks are a few minutes' walk away from the start. Please use these car parks and allow yourself time to walk to the start. If you choose to park on-road, please do so in a considerate manner and not on the course.



### Race Numbers & Timing Chip

We do not post race numbers out in advance. If you wish to collect your race number & timing chip before race day, you can do so from The Holiday Inn, Abbey End, Kenilworth, CV8 1ED, on Saturday 1st September between 12 and 6pm. The Holiday Inn will be offering discounted pasta meals in Marcos Restaurant for runners and their family during these times.

If you can't collect on the Saturday, numbers and chips can be collected from the Holiday Inn from 07:15 on race day. Please allow plenty of time and do not leave it until the last moment. You don't need the stress !

Please complete any relevant medical information on the rear of your race number and make sure that your number is clearly visible on the front of your top. The timing chip should be attached through the laces of your shoe and is disposable so will not be collected after the event. We will have a demonstration shoe available at chip collection, for you to see how it should look.

**Do not forget your chip on the day – no chip, no time.**

## **Baggage**

There will be supervised baggage storage in the Holiday Inn

## **Race Cut-Off Time**

Please note that there is a Cut-Off time for the race of 3 hours. If you are out on the course longer than this, Marshals may well have been stood down and roads will be open to traffic, so you will be responsible for your own safety on the remainder of the route. This will be communicated to any runners affected by this and they will be encouraged to accept a lift back to the Race HQ.

## **Marshals**

There will be marshals at regular intervals around the course, to direct runners, help with traffic control, assist with any problems and encourage you! Please follow any instructions that they may give you.

## **Headphones**

The use of headphones during the race is prohibited apart from bone conductive headphones. The race is run on partially open roads and you must be able to hear instructions from marshals in the event of an emergency. Ignoring this rule risks disqualification.

## **Water**

Water stations are available at approximately 2 mile intervals. If you require energy products or additional fluid, please make arrangements to carry your own.

## **First Aid**

First Aid will be provided by St John Ambulance, with cyclist support along the route and with their ambulance located at the half way point and control Centre at the start finish area. Please ask a marshal if you or any other runner needs assistance.

## **Goody bags and Medals**

Finishers' medals Long Sleeved Shirts and 2 goody bags will be handed out at the end of the run.

## **Prizes**

There will be prizes for 1st, 2nd and 3rd place Male and Female and also for 1st M35 M45 M55 and M65 F35 F45, F55 and F65. Only one prize will be awarded per runner. In the event of a veteran taking 1st 2nd or 3rd place, the second runner in that age group will then receive the category prize. There will also be team prizes with the first four men and first four women to count. Places for the ladies will be from the overall race, so if the 4<sup>th</sup> placed lady is 20<sup>th</sup> in the race overall, she scores 20 rather than 4.

The prize giving will be as close to 11:30am as possible in Talisman Square or the Holiday inn depending on weather.

## **Photography**

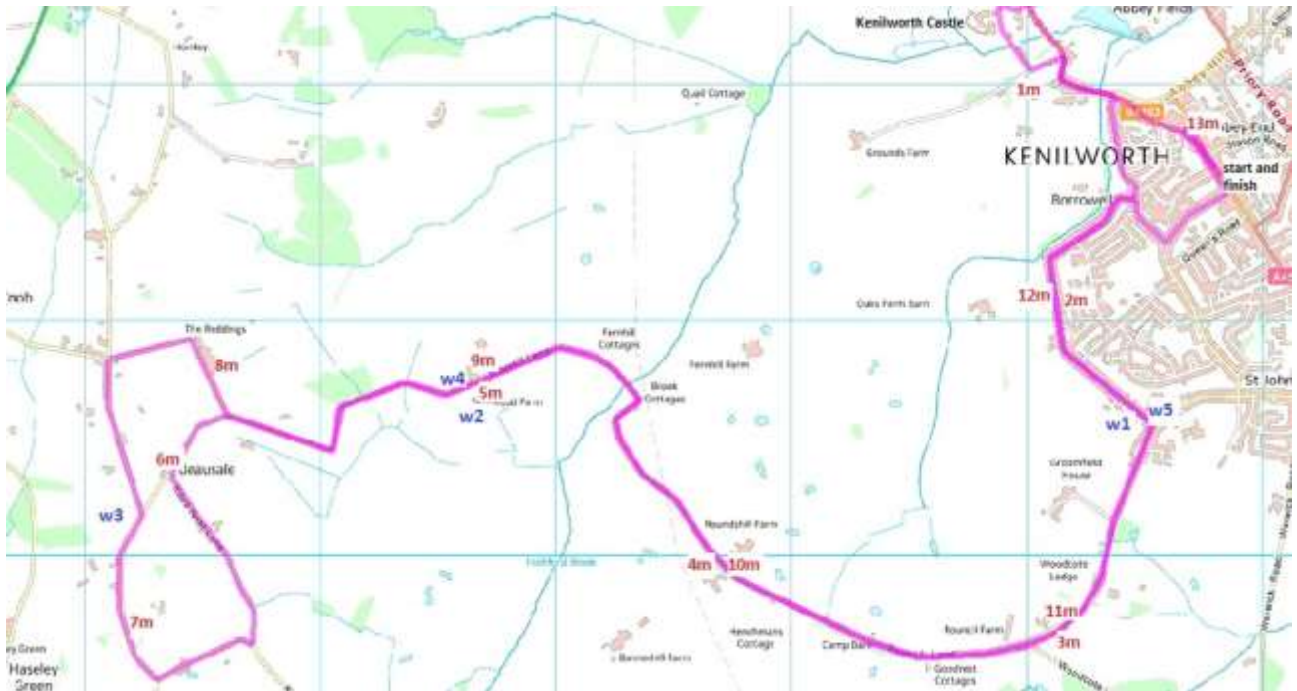
Professional photographers yourraceday will be covering the event. You will be able to see and purchase your photos shortly after the race by logging on to [www.yourraceday.co.uk](http://www.yourraceday.co.uk)

## **Kids Run Free**

On race day, local charity Kids Run Free will be offering children's races for ages 3 to 16 years at 9:15 in the Finish area, whilst the main race is underway. To pre-enter your child, follow the link <https://www.riderhq.com/events/74867/kids-fun-run---kenilworth-half-marathon>

## Route & Route Map

The route will be marked with mile markers and has a road closure for 3 hours only. Unless instructed otherwise, please stay on the left hand side of the road. A copy of the map will also be available to view inside the Holiday Inn.



## Pacers

Again in 2018 we have pacers for the following finish times: 1:30, 1:45, 2:00, 2:15 and 2:30. Our pacers will all be wearing green pacer flags or yellow pacer vests.



## Entrant Offers

### **Tudor Physiotherapy**

Tudor Physiotherapy, will be offering massage and injury-prevention advice before and after the race in the Holiday Inn. For more information on their services and clinic locations please visit [www.tudorphysiotherapy.com](http://www.tudorphysiotherapy.com)

If you are unfortunate enough to pick up an injury, Tudor Physiotherapy will offer a very generous 50% discount from your first appointment, until the end of October 2018. You will need to produce your race number to claim this discount.

### **Holiday Inn**

The Holiday Inn in Abbey End, Kenilworth is offering discounted pasta meals and a drink on the Saturday before the race between 12 noon and 6pm to runners and their families (just show your race number) in their world famous Marco White Restaurant.

The Holiday Inn, Kenilworth are offering reduced room rates on the Saturday evening (1st<sup>st</sup> September) for race entrants and families. Mention the half marathon when booking.

## Thanks

Kenilworth Runners would like to express their sincere thanks to all event sponsors and supporters including:

### **MeDiNova**



**Tudor Physiotherapy** ([www.tudorphysiotherapy.com](http://www.tudorphysiotherapy.com))



**LEADERS** Estate Agents



# Sytner Coventry



Holiday Inn, Kenilworth ([www.holidayinn.com/hotels/gb/en/kenilworth/](http://www.holidayinn.com/hotels/gb/en/kenilworth/))



## Message from Kenilworth Runners

We've worked hard to put this race on for you & we hope you achieve your own targets, whatever they may be.

If you are not a member of a running club and would like to join a supportive, yet competitive club, we'd love to hear from you [www.kenilworthrunners.co.uk](http://www.kenilworthrunners.co.uk). We are proud to offer an environment in which to enjoy your running so runners of all abilities feel valued, whether you want to enter races or just run for enjoyment.

In the meantime, you can follow the club on twitter [@greenarmy1986](https://twitter.com/greenarmy1986) or <https://www.facebook.com/KenilworthRunners> or at [www.facebook.com/KenilworthHalfMarathon](https://www.facebook.com/KenilworthHalfMarathon). If you take any photos at the event, why not share them there?

We hope you have a great day and a great race

