

26th TAUNTON MARATHON and HALF MARATHON

Sunday 5th April 2009 - Start 10.30 am

Run under UK: Athletics rules (Licence No 20090169) UKA/BARR Gold Grade



RUNNERS INSTRUCTIONS - PLEASE READ CAREFULLY

For Taunton take M5 J25 from North and J26 from South. Follow A38 signs to the Start/Finish at the Somerset College of Arts & Technology in Wellington Road.

There is **LIMITED CAR PARKING FOR COMPETITORS** at the College. This is accessed from Heron Drive. Cars are left here ENTIRELY AT OWNER'S RISK. Runners' cars will NOT be able to enter or leave the campus from the Wellington Road entrance. Other car parks are within about 15 minutes walking distance. Please see the enclosed plan.



Your **RUNNING NUMBER** and **TIMING CHIP** are enclosed

- Please complete the emergency details on the back of the number.
- DO NOT cut or fold it in any way. Do not hide sponsors' logos.
- **Marathon** entries are numbered from 1 upwards. There are two numbers for Marathon entrants, one to be worn on the front and one for the back.
- **Half-Marathon** entries are numbered from 1001 upwards. There is only one number for Half-Marathon entrants and this **MUST** be worn on the front.
- Marathon competitors finishing at the half way stage will not appear in the official results list.

Your **TIMING CHIP** is in the envelope attached to the number. You **MUST** attach the chip to your shoelace as per the instructions. If you do not wear the chip your time will not be recorded and you will not be included in the results.

- Changing from Marathon to Half Marathon or vice versa needs a new Number and Chip. There will be a cost of £2.50 for this.
- If you lose your Chip and need a replacement it will cost you £2.50.

If you are **unable to take part** in the event and want to pass your entry to someone else you **MUST** make contact with the organisers beforehand.

IRONBRIDGE RUNNER
With you every step of the way



The event **INFORMATION POINT** is inside the College main building.

CHANGING FACILITIES and **BAGGAGE STORAGE** are in the Sports Hall at the rear of the campus. Please follow the signed route. There are limited shower facilities. Attach the enclosed luggage label to your bag. Kit is left there ENTIRELY AT OWNER'S RISK. You will need to show your running number to reclaim your bag. **TOILETS** are in the Sports Hall and on three floors of the main College building.

MASSAGE FACILITIES MAY be available before and after the race for a small charge.

FIRST AID FACILITIES at the Start/Finish and around the route are provided by St. John Ambulance. A sweeper vehicle patrols the route throughout the event. **If in difficulty stop running at a marshal or first aid point or drinking/sponging station.** Please read the enclosed medical advice carefully.



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THE START for both Marathon and Half-Marathon is at 10.30 am in the bus layby at the front of the campus. Please assemble from 10.20 am in the timeboard zone appropriate to your estimated finishing time. Half Marathon competitors on the left hand side and Marathon competitors on the right. **THE FINISH** is also in the bus layby.

The event **CUT OFF TIME** is 4 HOURS and 30 MINUTES. At this time (3.00 pm) the event officially finishes. No more times are recorded or medals awarded. Runners who have not finished by that time may be picked up and brought back to the College. Marshals and First Aid personnel will stand down.

THE ROUTE – CHANGES FOR THIS YEAR - From the Start the route is through the main streets of Taunton out into the Somerset countryside on the B3227 through Norton Fitzwarren, turning south through Oake and Bradford-on-Tone (*turning left at the White Horse not right*) then north-east back along the A38 to Bishops Hull. Left into Bishops Hull, through the village and left into Netherclay Lane to Silk Mills Road. Turn right onto Silk Mills Road and then left into Heron Drive. Return to the college via the rear entrance and through the campus to the Finish line at the front. Marathon runners complete the route twice. ALL FULL MARATHON RUNNERS are directed straight on when they reach the College unless they indicate at the end of their first lap that they are unable to complete the full distance when, if they wish, they may finish at the half stage. Route **MARSHALS** are located at all major junctions and changes of direction. Please follow their instructions. Motorcycle marshals will monitor the route throughout.

PLEASE NOTE – *Silk Mills Road will be closed to through traffic from 1030 to 1500. Spectators will not be able to use this road to get from one side of the course to the other.*

The route has been measured by a bicycle-mounted Jones counter and is certified as 26 miles 385 yards for the Marathon and 13 miles 193 yards for the Half Marathon. Course Measurement Certificates South 08/009 and 010 apply.

Roads are NOT closed to traffic **RUNNERS MUST KEEP TO THE LEFT HAND SIDE OF THE ROAD AT ALL TIMES**. Runners reported for ignoring instructions from Race Officials or Police to keep to the left **may be disqualified**. Please run in single file when vehicles approach from behind. Some roads are not very wide.

Runners are strongly advised not to wear **MP3 players** or similar as these prevent you being aware of what is happening on the road around you.

Dogs or bicycles are not allowed to accompany runners as they may well cause a hazard to competitors and other road users.

DRINKING AND SPONGING STATIONS are located alternately at roughly 1.5 mile intervals. Water will be provided at the drinking stations. For the benefit of those who are comparatively inexperienced in long distance running, the Medical Team advise that drinks should be taken frequently.

OFFICIAL PHOTOGRAPHY - Photo-Fit may photograph you during the event. They will also be around the campus to photograph you with your medal. Photos will be available via www.photo-fit.net

TEAMS - UK: Athletics laws require all Team Members to wear Club colours/vests. No UK: Athletics Club member may run in an unaffiliated team. The first three runners home will count. Positions will be aggregated. Separate mens' and womens' competitions.

Provisional **RESULTS** are posted at intervals at the Information Point. Results will be published on www.tauntonmarathon.co.uk, www.raceahead.net and www.runnerswebuk.com within 48 hours. Any entrant wanting a printed copy should leave their running number or name and address at the Information Point. Some results will be printed in the local press the week following the event. **PRIZES** are presented near to the Information Point at approximately 1.00 pm for the Half-Marathon and 2.00 pm for the Marathon. Team Prizes may not be awarded on the day. Prizes and Medals are issued for the race entered.

Drinks and other **REFRESHMENTS** are available for purchase within the SCAT complex during the day.

HERMES TAUNTON FUN RUN

We are also holding the Hermes Taunton **FUN RUN** over two alternative courses. The longer 2.1km multi-terrain course is not suitable for wheelchairs. The shorter 1400m is suitable for wheelchairs and younger runners. These events will start 10 minutes after the main races. Minimum age is 5 years. **Entries for the Fun Run are accepted on the day until the event limit of 500 has been previously reached..**

WE DO NOT ACCEPT ENTRIES FOR THE MARATHON AND HALF MARATHON ON RACE DAY

Enjoy your visit to Taunton and have a successful run. If you have any queries contact:

John or Sue Lewis, PO Box 621, Taunton TA1 2WG
email tauntonmarathon@btinternet.com

Telephone (01823) 283892

ANY CHANGES TO THESE INSTRUCTIONS WILL BE POSTED ON THE EVENT WEBSITE
www.tauntonmarathon.co.uk

REMEMBER – No Chip – No Time

Start & Finish Location

Somerset College, A38 Wellington Road, Taunton

