

28th TAUNTON MARATHON and HALF MARATHON

Sunday 3rd April 2011 - Start 10.30 am

Run under UK: Athletics rules (Licences 101560/1) UKA/BARR Gold Grade



RUNNERS INSTRUCTIONS - PLEASE READ CAREFULLY

Any late amendments to these instructions or emergency announcements will be made on the event website www.tauntonmarathon.co.uk

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 RUNNERS** at the College. This is accessed from Heron Drive. Cars are left there 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.



Hermes Health & Fitness Studio

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

Your **TIMING CHIP** is attached to the back of your number. DO NOT detach it. If you lose it your time will not be recorded and you will not appear in the results.

- 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 runners, one to be worn on the front (the one with the Chip) and one for the back.
- **Half-Marathon entries are numbered from 1001 upwards.** There is only one number for Half-Marathon runners and this MUST be worn on the front.
- Marathon runners finishing at the half way stage will not appear in the official results list.
- 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 Number or 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. Write your race number on the enclosed luggage label and attach it 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, with others on the far side of the Finish complex.

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**



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difficulty stop running at a marshal or first aid point or drinking/sponging station.

Please read the enclosed medical advice carefully.

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 runners on the left hand side and Marathon runners 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 – 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*) 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 both runners 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.

www.photo-fit.net will be the **OFFICIAL PHOTOGRAPHERS** this year. Photos will be published on the www.photo-fit.net website. Register with your race number, email address and name to receive preview photos in your inbox. An order form is enclosed with these instructions or use the online order form. **If you do not want your photo published** on the website please email enquiries@photo-fit.net or tauntonmarathon@btinternet.com with your running number or on race day leave details at the Information Point. Please note - photos of under-18 runners will not be published.

TEAMS - UK: Athletics laws require all team members to wear Club colours/vests to qualify as participants in team competition. 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 and www.raceahead.net within 48 hours. Any entrant wanting a printed copy should leave their running number or name and address at the Information Point. Some results may 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, including pre-raceday entries, has been 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

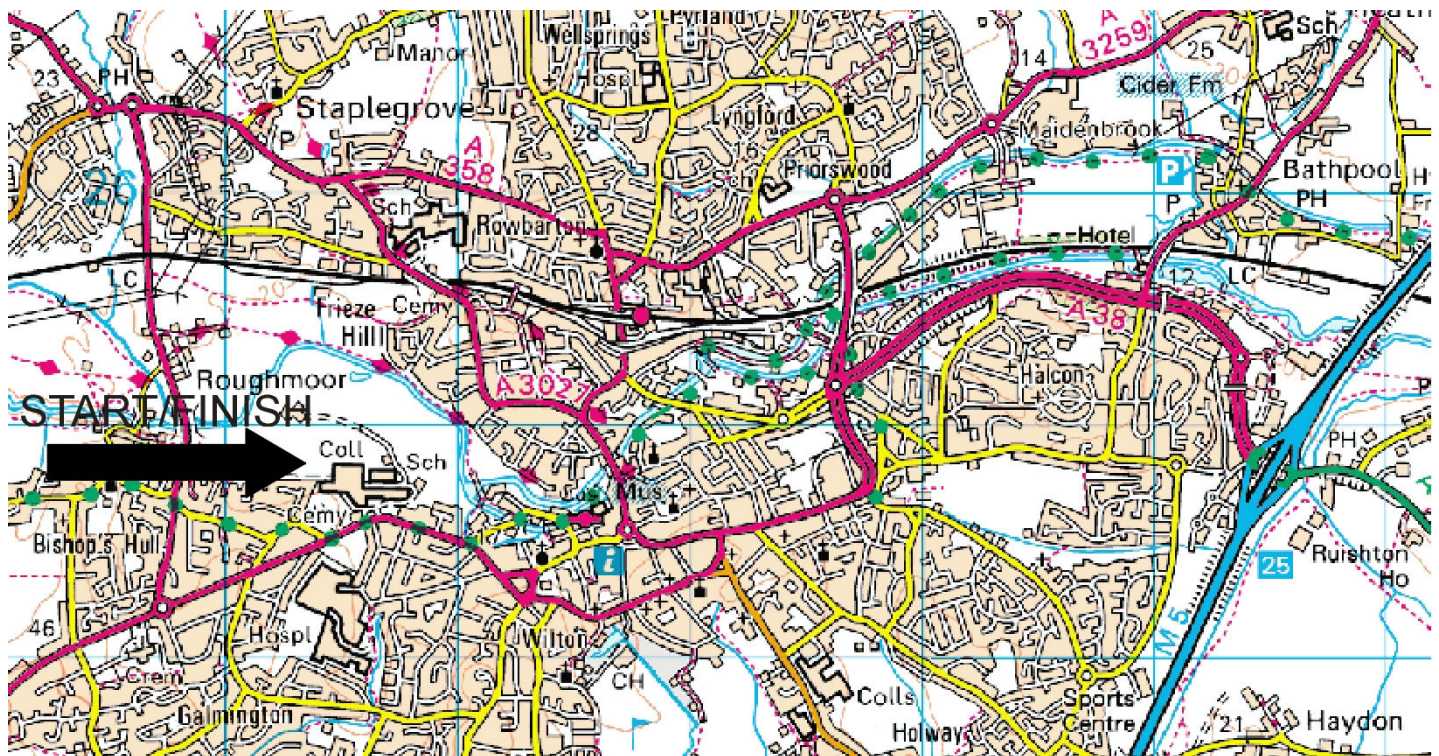
email tauntonmarathon@btinternet.com

telephone (01823) 283892

REMEMBER – No Chip – No Time

Start & Finish Location

Somerset College, Wellington Road, Taunton



MEDICAL ADVICE - PLEASE READ

MEDICAL HISTORY - If you have any medical problems which make it a risk for you to run a full marathon (26.2 miles) or a half-marathon (13.1 miles) discuss these with your general practitioner - particularly if your family has a history of heart disease or sudden death, or if you have had any symptoms of heart disease such as chest pain or discomfort on exertion, sudden shortage of breath or rapid palpitations. This Advice supplements anything he or she says.

Any runner with an existing medical problem that might require special attention, such as epilepsy, diabetes or a history of heart problems, should have declared this on their entry form. If you have such a condition please mark a LARGE CROSS IN RED FELT-TIP PEN on the front of your race number

PLEASE FILL IN THE EMERGENCY CONTACT INFORMATION ON THE BACK OF YOUR RUNNING NUMBER

NOTE - If you cannot easily run 6 - 7 miles comfortably, with a month to go before the race, you are unlikely to manage the marathon or half-marathon in safety or to enjoy it. Please do not run on this occasion.

FLUIDS - You must replace fluids lost in sweat, otherwise your body becomes dehydrated and less efficient. Drink plenty of fluids after training and during the race, especially in the first half. Alcohol is dehydrating. A pint of beer produces more than a pint of urine. Spirits have a worse effect. So take plenty of non-alcoholic drinks, especially before the race and in hot weather. **Drink enough to keep your urine pale straw colour and abundant.**

DIET - Eat what suits YOU. Large doses of supplementary vitamins and minerals (such as iron) are not essential and produce no benefit if you are on a good mixed diet, but additional vitamin C in small doses is reasonable when fresh fruit and vegetables are in short supply. Training helps you to sustain a high level of muscle glycogen if you eat a lot of carbohydrate. If you can, eat within two hours of your long runs, this helps replace the glycogen. Before you run the marathon or the half-marathon, decrease your intake of protein (meat) and increase your intake of carbohydrate (pasta, bread, potatoes, cereals, rice and sweet things), especially in the last three days when you should be reducing your mileage and resting. Unless you reduce the protein you will not eat enough carbohydrates. Carbohydrate (glycogen) depletion and then loading does not help all runners and can make your muscles feel very heavy.

ON THE DAY - **Make sure that your friends or relatives know your race number and estimated finishing time.** Do not run if you feel unwell or have just been unwell. Most medical emergencies occur in people who have been unwell but do not wish to miss the start. If you feel feverish, have been vomiting, have had severe diarrhoea or any chest pains, or otherwise feel unwell, it is unfair to you, your family and the race support staff to risk becoming a medical emergency and you are unlikely to do yourself justice. There are many other marathons and half-marathons.

Wear appropriate clothes for the weather. On a cold wet day you can become very cold if you have to slow down or walk. A hat and gloves help prevent heat loss and are easily carried. If it is hot, wear loose mesh clothing, **START SLOWLY** and run in the shade. Start the race well hydrated (urine looks pale) and drink whenever you can, especially in the first half of the race when you may not feel thirsty as you lose a lot of fluid 'insensibly'. This will help you feel better late in the race and may prevent cramp. Cramp is most common in runners who have not trained sufficiently or are dehydrated. Do not gulp large volumes of liquid.

AT THE FINISH - Do not stand about getting cold. Keep walking, especially if you feel dizzy, and drink as much fluid as you can to replace that which has been lost. Do not trust your clothing to someone else, use the baggage store. As soon as you can, change into dry warm clothes. Keep on drinking and have something to eat. Some runners feel faint more than half an hour after finishing the race - often because they have taken insufficient fluid at the finish. A post-race massage service is available (for a small charge), this can help relax and stretch muscles and reduce post-race soreness.

MEDICAL AID - Train sensibly. Follow this simple advice and you will probably not need medical aid. St John Ambulance will be providing First Aid around the course and at the Start/Finish. If you need to drop out and cannot easily make your way back to the finish on foot, stop at any First Aid point, drinking or sponging station or marshal point. A vehicle containing blankets and drinking water will 'sweep up' at the back of the field and will return you to the finish area.

FINALLY - IF YOU DON'T FEEL WELL, DON'T RUN

Enjoy your running. Keep this advice sheet and refer to it before the day and on the day before the race starts

PLEASE FILL IN THE EMERGENCY CONTACT INFORMATION ON THE BACK OF YOUR RUNNING NUMBER

Taunton Marathon & Half Marathon Route Map 2011

