

Runners Instructions

Sunday 25th June 2017 | Race permit number: 2017-28015

The race will be conducted in accordance within the rules of UK Athletics and British Association of Road Races.

Start Times: Half Marathon 9.00am; Fun Run 9.10am.

Routes: For both races please see website - www.humber-half.org.uk and the official brochure.

Car Parking – please see website/brochure, please help us by following the advice given –**arrive early!!**

Pre – race Assembly – Please assemble in the lorry park at the Humber Bridge car-park complex as indicated by the signs and race brochure map.

Race number – must be worn on the front of the vest, not covered in any way and visible at all times during the race – **please complete the details on reverse of the number.**

Chip Timing – for the Half Marathon and the Humber Fast Cat Fun Run you will be issued with a disposable electronic tag and fixing ties, to be attached to your shoe - **no chip, no time.**

Road conduct – you must remain on the left hand side of the road unless directed otherwise by the Police or race officials. Please follow any instructions given by the race marshals.

Head phones – to comply with the UKA rules **no headphones are allowed** (other than those medically prescribed). **Any contravention will lead to disqualification.**

Water stations – as marked in the brochure, **isotonic drinks only available outside Co-op supermarket in Barton**, sponge station on Gravel Pit Road, Barton. Where possible please dispose of rubbish, eg; gel sachets at the water stations.

Changing facilities – there are no facilities on site. There is a secure area provided for car keys.

Bike Hub – there will be a secure bike area provided to leave your bike during the race as outlined on the site map. **Please be aware bicycles are left at the owners risk.**

Toilets – there are toilet facilities available in the start assembly area, Humber Bridge lower car park area and in Barton Market Place.

Results – these will be displayed at the race control centre on the day as available, a full set will be posted on the website www.humber-half.org.uk.

Prize presentation – this will take place as results are available during the race in the main finish area.

Sports suppliers – Simply Running will be present.

We make every effort to ensure the safety of participants and provide excellent medical support, however we ask that runners only take part if they are in good health and feel fit for weather conditions presenting on the day as this can be a demanding course. The safety of our runner is paramount. The organisers make every effort to ensure the safety of participants and spectators. Please play your part in your own and others safety. Good Luck and have a great race!

- John Curry – Race Director