

Fairlands Valley Spartans 27th Stevenage Half Marathon 2013

*Incorporating Herts Senior and Vets County championships and
Eastern Veterans Athletics Club (EVAC) competition*

Sunday 3rd November 2013 at 10.30am
Chip timing

Race Information

Thank you for entering this year's race.

Venue: Ridlins race track, Woodcock Rd, off Gresley Way, Stevenage

Start time: 10.30am. Please arrive early to ensure a prompt start. Runners will be asked to gather at the running track 5 minutes before the start time. The start marshal will then walk runners the short distance to the start line.

Car parking: **There's no parking at the race start or adjacent streets.**

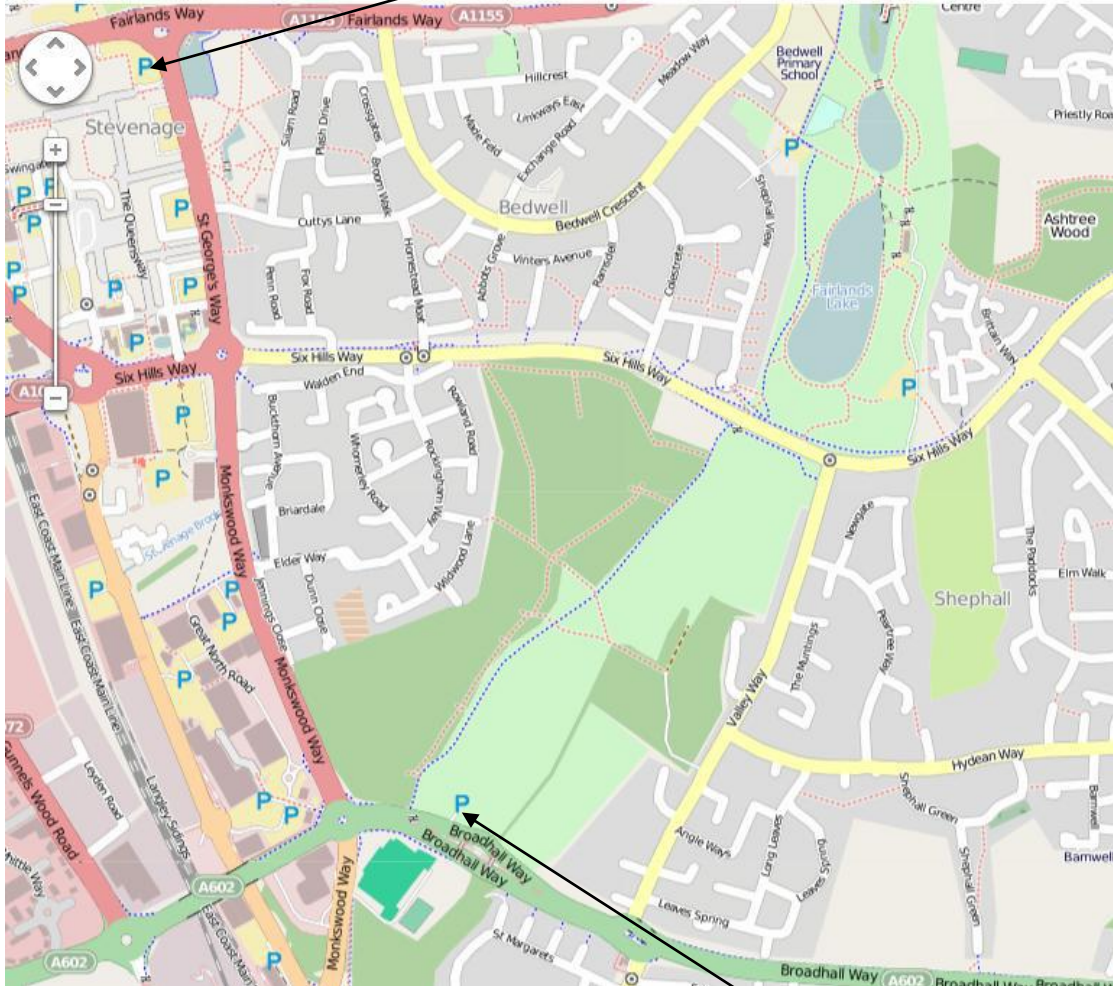
Parking and free transport to the start is available from:

- the Forum town centre car park, St George's Way, opposite Stevenage Swimming Pool near shops - please get a valid parking ticket. Please don't park in the swimming pool car park.
- Showground car park opposite Stevenage Football Ground, Broadhall Way.

Buses will pick up between 9-10am and after the race from approx 12.30pm. See the maps below for more information.

Parking map:

Forum car park opposite swimming pool (also see more detailed map below)

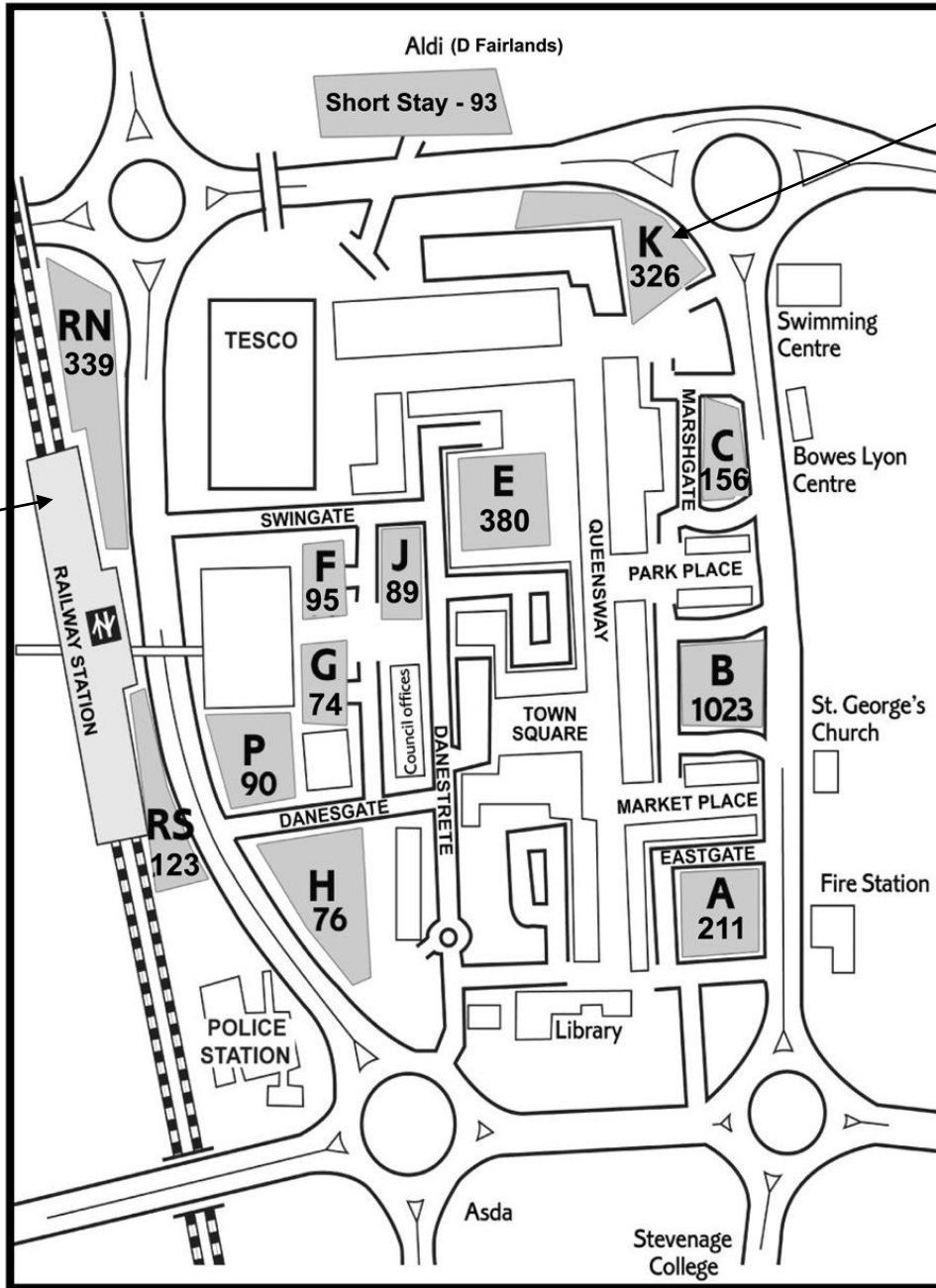


Showground car park opposite football stadium

Public transport:

Stevenage is on the main line between Kings Cross and Peterborough run by First Capital Connect www.firstcapitalconnect.co.uk tel: 0845 026 4700. The bus station is around 400 metres from the free bus pick up point. Turn left out the station, down the ramp into the town centre shopping area. Turn left when you reach the main clock and fountain and walk to the end of the main shopping street. Then turn right to reach the Forum car park.

Short Stay Car Parks



Forum car park

Railway station

Long Stay Car Parks

A - Southgate

D - Fairlands Way

F - Swingate

G - Daneshill

H - Danesgate

J - Swingate East

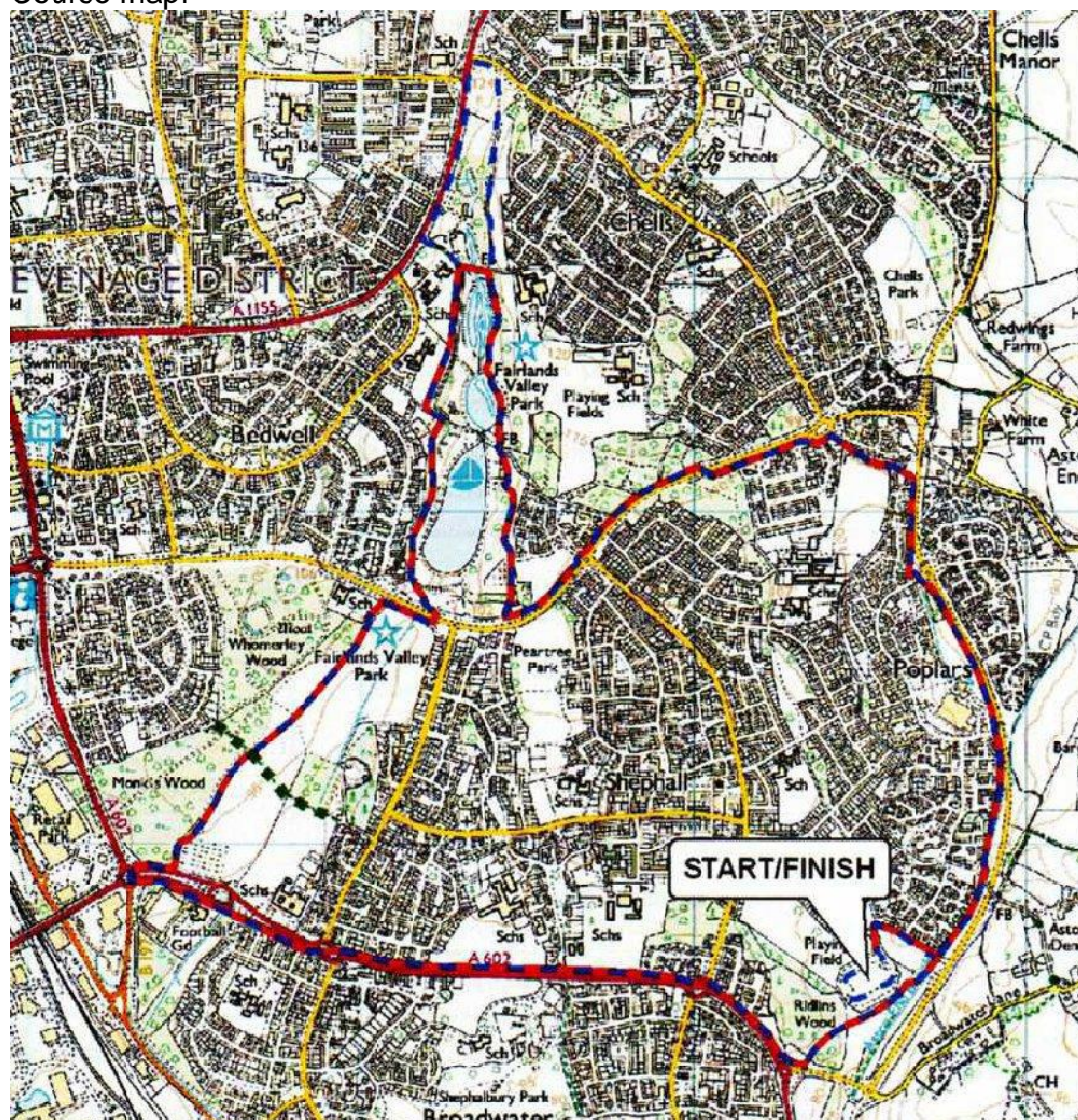
P - Leisure Centre

RN - Railway North

RS - Railway South

- Race entry on the day: There is no race entry on the day.
- Race nos: Race numbers and chip are not sent out in advance. They can be picked up from Ridlins race track on Saturday 2nd November between 9-11am or on race day from 9am. Please line up in the queue for your number range. A list of entries and running numbers will be available at www.fvspartans.org.uk just before the race, or from a print out available on race day. Pin your number to the front of your vest and fix the chip around your laces with the ties provided. The chip must be handed in at the finish of the race – marshals will help you with this.
- Minimum age: Please note there's a minimum age of 17 years on the day of the race.
- Changing facilities: Changing rooms, showers, toilet and portaloo facilities are available at the track.
- Baggage: A supervised baggage area is available in the middle of the track. Do not leave your possessions in the changing room. Please note that all kit storage is at the owner's risk.
- Race route: The race starts a short distance from the running track. The route is two laps of traffic free cycle ways including a park, finishing on the race track. The course has been accurately measured.
- Distance Markers: Each mile will be clearly marked throughout the course.
- Drink Stations: Drinks will be available in plastic cups at approximately 2,5,7,11 miles and the finish.

Course map:



First Aid: First Aid will be available from Hearts Services.

Advice to Runners: If you suffer from a medical condition which may lead to an emergency during the race, please put a cross on the front of your number and write details of the medical condition on the reverse. Discuss any medical problems with your GP and do not run if you feel unwell or recovering from an illness. Always warm up to avoid injury before exercise and start the race well hydrated. Avoid alcohol before the race.

Runners can't be accompanied with cyclists, dogs or pushchairs.

Runners are advised not to use headphones and must be able to hear race instructions at all times.

Finish: Your time will be recorded as you cross the line. Please help officials by waiting in turn in the chip collection area. All finishers will get a medal.

Timing: The race time clock will be at the finish line and all finishers will get a chip time.

Results: Results will be posted at www.fvspartans.org.uk

Food: Food and drink are available at reasonable prices before and after the race.

Presentation: Presentation of prizes will be made by the Mayor of Stevenage as soon as practicable following the finish.

Trophies: Trophies will be awarded to the first 3 runners in the senior race, and the vets races:
Men: Vet 40, 50, 60, 70.
Ladies: Vet 35 45, 55, 65.
Club teams: Trophies will also be awarded to the winning 4 men and 3 ladies in a team.

EVAC Winning Eastern Veterans Athletics Club members will also be awarded prizes in 5 year age categories from 35 upwards.

**Herts
County
Champs**

To enter the Herts County Champs competition you must have been born in Hertfordshire or have lived there for 9 months or more. Runners who have indicated they want to be part of this competition are eligible for prizes. The first 4 men and 3 ladies will count at the 'A' team and the second teams will count as the 'B' team.

Proceeds: Profits from the race will be donated to charity. In the event the race can't be run due to circumstances beyond the control of the organisers, all proceeds, less costs incurred, will be donated to charity. There are no refunds.

Enquiries: Contact shm@fvspartans.org.uk with race enquiries.

We would like to say a big thank you to Lady Sponge Fingers, Natural Health, Sweatshop and Waitrose.

Fairlands Valley Spartans

You are welcome to join the Fairlands Valley Spartans running club. The starter group meets Mon 7.30pm and Thurs 7pm. Regular training sessions are held Tues 7pm and Thursday 7pm. These are all at Marriotts School, Stevenage.

There is track training 9.15am Saturdays at the Ridlins race track and training at 9.30am Thursdays and Saturdays at Manton Road, Hitchin.

Sunday runs are also available on the club's forum at www.fvspartans.org.uk/forum.

Other FVS events include:

20 mile club training run (March)

Off road challenge 12, 18, 26.2 and 50km (July)

Find out more at www.fvspartans.org.uk