

Larking Gowen City of Norwich Half Marathon 2009

Sunday 29 November - Norfolk Showground - start 11am



Thank you - for entering the Larking Gowen City of Norwich Half Marathon 2009, organised by City of Norwich AC and supporting East Anglia's Children's Hospices (EACH). Please read these instructions carefully and get in touch with us straight away if you have any questions - you'll find all our contact details at the foot of this page. Good luck!!

Timing chip - Your chip must be attached to your running shoe - either one, it doesn't matter which - in accordance with the enclosed instructions. If you don't wear your chip as instructed then you may not be credited with a finishing time in the official results as no other timing systems will be in operation on race day.

Race number - Please insert the requested information on the reverse of your race number. Then use a safety pin in each corner to attach it securely to the front of your running top so that it's clearly visible at all times. You must not cut, fold or otherwise mutilate your race number in any way. Your race number must not be transferred to another runner under any circumstances.

Getting there - The postcode for your sat nav is NR5 0TT. The car parks will open at 8am - as you approach the Showground, please follow the signs to the car parks and heed the instructions of our stewards. Both car parks are a five minute walk from the start. It is your responsibility to travel and arrive in sufficient time to negotiate any traffic build-ups and delays. You should plan to arrive by no later than 10am - the race will start promptly at 11am, come what may. Late arrivals should simply cross the start line with their chip in place to begin their race timing but please note that prizes are determined by finishing order, not by chip times.

Technical stuff - This race is staged under UKA Rules (licence 20090845) and is designated as a Gold Grade event by the British Association of Road Races (BARR). The accuracy of the course measurement has been certified by a UKA-approved course measurer. No person (except a blind runner's attendant) or animal may accompany a competitor at any point on the course - this means no dogs, no buggies, no push chairs, no following cycles, no children joining in with you as you run up the finishing straight, thank you. All competitors must compete on foot. Roller skates etc are prohibited. The course is not suitable for wheelchairs.

Personal stereos including iPods etc - The use of personal stereos and similar devices is prohibited during this race. This is because you will be running on the left hand side of the public highway and we want you to be alert and aware of everything that is going on around you at all times, especially as traffic might be approaching you from behind. If we see you using a personal stereo or similar device during the race you will be disqualified and not credited with a finishing time in the official results.

Facilities - Changing areas, toilets, showers and the baggage facility will open at 8am. Massage and gait analysis experts will be on hand to advise and treat you before and after the race - please queue up in an orderly fashion, no pushing or shoving please. While these facilities are provided free of charge, there will be a bucket ready for your donations to EACH if you wish.

Baggage - Please use a thick black pen to write your race number on both sides of the enclosed label and then attach it firmly to your bag. You must present your race number to reclaim your bag afterwards - no race number, no return. This facility will be staffed throughout the event but please be aware that we will store your belongings entirely at your own risk, so please don't leave any valuable items in your bag.

Start - Please line up from 10.45am in accordance with the "Estimated Finishing Time" signs. Please be honest with yourself when estimating your finishing time - if you line up too far forward, you will get in the way of those who have been more realistic, particularly during the first few miles. The race will start promptly at 11am.



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The course - Our two-lap course has been significantly improved this year and the majority of the route will be closed to through traffic during the race. However, those who live on the course are entitled to vehicular access at all times so please be alert as to what's going on around and behind you at all times. The route will be clearly marked at every mile and at halfway. There will be five water stations (serving water in cups to reduce wastage) along the route and toilets just past the six mile mark. The course will be dismantled after three hours.

Medical - Qualified medical personnel will be on duty around the course and also at the finish line. If you or another competitor needs medical attention at any time, please alert the nearest marshal immediately.

Race t-shirt - If you have pre-purchased a commemorative race t-shirt, please collect it on the day before the start of the race. You will be asked to show your race number when collecting. A further stock of these technical t-shirts will be available for purchase on the day, price £8. T-shirts from previous years will also be available to purchase at clearance prices.

Results - A full listing of all finishers will be posted at www.cityofnorwichhalfmarathon.com by the early evening of race day. A race supplement will also be published within the Eastern Daily Press on Thursday 3 December.

Photographs - Our official race photographers are MarathonFoto who cover the London Marathon and many other top class road races around the world each year. Details of their services are enclosed.

Prizes - Our extensive prize list is worth over £6,000 this year and the number and value of the individual prizes is the same for men and women. The first 10 men and first 10 women will win cash bonuses in addition to any category prizes - £250, £150, £100, £80, £70, £60, £50, £40, £30, and £20 - with further cash bonuses of £250 to the first man inside 63 minutes 30 seconds and the first woman to break 74 minutes. Category prizes in the form of Saucony running shoes or Sportlink vouchers will go to the first three aged 17-39, first two 40-44, first two 45-49, first two 50-54, first two 50-59, first two 60-64 and first two 65+. NB - prizes will be awarded according to finishing positions rather than chip times; this is a race, not a time trial.

Aggregated finishing positions (all ages) will be used to determine the first five men's teams (four to count in each team) and first five women's teams (three to count in each team) from affiliated clubs. Team prizes will be in the form of Sportlink vouchers. Should an affiliated club have more than one scoring team in the first five, then each of its scoring teams will be eligible for prizes.

NB - On race day, prizes will be presented to the first 10 men and first 10 women only; category and team prizes will be posted in the week following the race.

Larking Gowen Business Challenge - The Business Challenge team with the lowest aggregate time (four to count) will win the Larking Gowen Business Challenge Trophy to keep for a year. We will be in touch with the winning team during the week following the race to arrange a presentation photograph.

Family & friends - if you know of anyone who might like to lend us a hand on race day, then please ask them to contact us at manpower@cityofnorwichhalfmarathon.com - we'll be very pleased to hear from them!

And finally - If you want to improve as a road runner, then please come and meet us at City of Norwich AC. As one of the largest and most successful athletic clubs in East Anglia we welcome runners of all ages and abilities - from absolute beginners to established GB internationals and everyone in between. We enjoy the use of first-class facilities at the Sportspark on the west side of Norwich, adjacent to Earlham Park and the University of East Anglia. Please visit www.conac.org.uk for full details.

