

RACE INSTRUCTIONS

ON THE DAY

- 09.00am - Club House and changing rooms open.
11.00am - Go to the Portinscale suspension bridge in preparation for the start of the race. This is approximately a 20 min walk from the Rugby Club (marked as "Finish" on the map overleaf). Marshals will be there to direct you.
11.30am - START

(Your race number should not be folded or cut, and must be worn on the front of your top. If you do not adhere to these instructions, you will not be allowed to start.)

THE CIRCUIT

WARNING: The route will not be closed to traffic.

The race will have a vehicle leading the competitors displaying a clock. Every junction will be marshaled so please adhere to their directions. We advise that you keep to the RIGHT, facing on coming traffic until Grange Bridge (8.5 miles). Thereafter runners must keep to the LEFT.

Bottled and cupped water is available at approximately 3, 6, 8 and 10.5 miles. Please do not forget that the event is run entirely by volunteers, so please put vessels in the bins provided or stock piles as appropriate for easy collection. It is appropriate to minimize litter in a National Park.

PRIZES

There will be a prize for each 1st, 2nd and 3rd male and female.

The winner of each age category will also receive a prize, beginning at MV40, MV45, MV50 and FV35, FV40, FV45 etc to the oldest age group on the day.

We are offering a £100 cash prize for anyone who breaks the course record, currently at 01:12:53

Time keeping will be undertaken by the officials whose decisions are final. Results will be collated by Mr. Steve Ashcroft (www.shoestringresults.com)

Slate medallions available this year will be from inside the club house on the day of the race. They cost £5 each and will be allocated on a first come, first served basis.

OTHER INFORMATION

Directions to Keswick Rugby Club: From the centre of Keswick (by the mini roundabout) follow signs to Borrowdale. Turn right by Booth's Supermarket, then take your second right. There is a limited number of parking spaces at the Rugby Club which will be charged at £2.00. Please adhere to the directions of the marshals. Should you wish to leave your car all day, there will be no extra charge. Cars left in the car park until the following day will be liable to the "Pay & Display" scheme.

There is a limit of 1000 on the number of entries. On the day applications will have a £3 surcharge. Any postal applications received after 19th April 2013 will be processed, but race numbers must be collected from the club house on the morning of the race.

Please adhere to any advice from marshals on the route. Late starters should note that officials will not stay on station indefinitely. Any runner who has not reached Grange Bridge within 2.5hrs (8.5 miles) will be given a choice of whether to accept a lift back to the club house with a patrol vehicle or complete the course unaided at their own risk.

Please remember the job of the marshals is ONLY to indicate direction. They are not there to stop or re-direct traffic, and on public highways traffic has the right of way. Particular attention should be taken at the two roundabouts nearing the end of the race (entering Keswick)

Anyone wishing to leave car keys during the race, may do so. Please ask for information on the day.

Keswick RFC, their organizers, sponsors, members or agents will not be held liable whatsoever in connection with loss, damage, injury or death as a result of taking part in this event.

All details are on our website www.keswickhalfmarathon.co.uk. Any queries should be made to the race secretary, Mr. Carrick Wharmby, by e-mail at keswickhalfmarathon@gmail.com.