

Welcome to the Worcester Full and Half Marathon, sponsored by Hewitt Recruitment, supporting St Richard's Hospice

Your race number and timing chip will be posted to you prior to the race. Please wear the number on your FRONT, and the timing chip on your shoe, following the instructions supplied in the booklet in your race pack.

Once again we are delighted to be the organisers of this event, and would like to thank all the establishments that have greeted us enthusiastically and made it possible – Worcester Rugby Club, British Waterways & Wychavon District Council.

Back on board once again for is our fantastic principal sponsor, Hewett Recruitment, who will be there on the day to hand you your lovely technical finisher's tee shirts and bespoke medals. We are very lucky to have them.

Our partnership with St Richards Hospice is now in its seventh year, and as the race's charity partners, they have worked tirelessly to get lots of you to enter, and to raise money for them, as well as supplying lots of the wonderful marshals that will be around the course cheering you on. Over the years you have now raised over £45,000 for them - keep it going!! Please take a breath to say a quick thank you to the marshals as you pass by, it will keep their enthusiasm to cheer on the next runners coming behind!

Race venue & parking

Race parking is at Sixways, it is free, you will not have to pay.

Registration and finish: Sixways Stadium, Warriors Way, Worcester WR3 8ZE

Race procedure

If you have your race number and timing chip then there is no need to register. Just turn up, get yourself warmed up and enjoy your run!

If you have a problem or query of any sort, please try and call us. You need as little to worry about on the day as possible. Of course if you have a problem on the day, come straight to see us at registration and we will do our utmost to sort it out so you can run -don't worry, we have all forgotten our race numbers once!

Registration, withdrawals and entry transfer

Registration takes place at Worcester Warriors and will be open on race day from 7.30am for any queries and if you need to collect your race number and chip. Please allow plenty of time if you do need to speak to us at registration.

If for some reason you cannot run, you can get a full refund or a free entry to any of our races if you come and marshal on the day. As a runner you can never have too many people cheering you on and making sure you are safe. Please get in touch with us as soon as you can if you want to marshal and we will make sure that you get allocated a position which is suitable. It's a fun way to see races.

If you can't run and want to pass your entry to another runner then please let us know who it is. We are very happy to do this but it is safer if we have the correct information and contacts for the runner in the event of a problem.

Baggage & toilets

A baggage drop off area will be provided at Worcester Warriors near to registration, and your bags will be available for collection on viewing your race number. You will see that there is a tear off strip below your number - this is for your baggage, tie it onto your bag before you hand it in.

There are extensive toilets at Sixways and there will be a toilet on the course between 7 and 8 miles (and 20 & 21 miles)

Race start

The race starts over the road from the Rugby Club. To get there please follow the signs and the directions of the marshals which will take you under the tunnel below the A4538 to the Amateur pitches area. It is a three minute walk. Here you will be collected into pens according to your predicted race time, and following a briefing will be led out to the start on Offerton Lane in the correct order.

Spectators will be able to proceed to the front and see the start as runners set off at 9.30am

Ipods, rules and race referees...

No earphones please! From 1 April 2016 a new rule regarding the wearing of head phones in road races was introduced into the 2016-2018 edition of the UKA Rules of Competition:-

"The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic.

Drink stations & first aid points

There will be three drink stations on the half marathon course, and seven on the full course. (Mile 4, 7, 11, 14, 21 & 24) They will all have plain water handed to you in small bottles, and SIS GO sports drink handed to you in cups. There is an additional station on the marathon loop which will supply just water at mile19

There will be two first aid points out on the course and paramedics in emergency response vehicles in contact with all marshals. If you are ill or injured just make your way to the nearest marshal and they will assist you.

Cut Off Times

Much as we hate the idea of cut off times we cannot ask our volunteers to be out for too long. There are no cut off times for the half marathon, but in the full marathon if you do not reach the 11 mile point (where the half turns for home) by 2 hrs and 15 minutes you will be directed to complete just the half marathon, for which you will still get a finish time, medal and tee shirt.

If it seems that you are likely to take more than 5hrs 30 minutes we reserve the right to instruct the marshals to leave and we will support you with a following car, but we will always communicate with you.

Race finish

The race finish for Worcester Half and Full Marathon will be virtually outside the entrance to the Worcester Warriors Shop. Here you will collect your technical tee shirt and bespoke medal.

Free Massage

There is a team of massage practitioners awaiting your weary bodies, they will be indoors where registration was at the start. You won't be charged anything, but if you feel able to give a small donation to the Hospice it will add to the pot

Photographs

You can view and purchase a photo of your race experience from our friends at www.yourraceday.co.uk who will be out on the course trying to catch you looking at your energetic best.

Prizes

In each race we will award the prizes for the first three men and women and some of the age groups fairly early after the first finishers are in. This will be announced in good time. Additional prize givings will be announced as the race unfolds.

Food and drink

Tea, coffee, cold drinks and a mixture of sandwiches, cakes and hot food will be available early, during the race and at the finish.

Contact details

Tempo Events - 01789 267337 – please note we will NOT be on this number after 6pm the Friday before the race – use our mobiles

Sarah Bland - 07540 287781 sarah@tempoevents.co.uk

Rob Minton - 07717 795333 rob@tempoevents.co.uk

Patrick Davies - 07578 672090 patrick@tempoevents.co.uk