



# Sunday 26<sup>th</sup> March 2023

## Athlete Information

**Race Start 9:00am - Please remember that clocks go forward on Saturday night!**

**Welcome, and thank you for entering the 11<sup>th</sup> Yeovil Half Marathon**

Please ensure you read the race information carefully.

### **Race Packs**

Race packs have been posted. If you enter in the last week you will need to collect your race number and timing chip on the day.

These will consist of your race number, luggage tag and shoe timing chip.

### **Getting There and Car Parking**

Postcode **BA20 1SH** <https://w3w.co/city.gear.petal> will take you to Petters Way car park which is the closest car park to the start line. There are several more car parks in the centre of Yeovil, many of them are free of charge on a Sunday.

### **Race Numbers and Timing Chips**

Race numbers and shoe timing chips will be sent out by post.

Ensure you fill in the medical information on the reverse of your race number.

Your race number must be pinned to the **FRONT** of your running top, please bring your own safety pins.

Failure to start and finish wearing your race number will result in no time or position being recorded.

Race numbers do not need to be returned at the end of the race.

The timing chip must be attached to your shoe, please follow the instructions on page 6 of this document or watch the YouTube video <https://youtu.be/A8E3qhyZdSk>.

If you fail to attach your timing chip correctly, your race time and position may not be recorded.

### **Information Point and Lost Race Numbers**

An information tent will be available in Petters Way Short Stay car park and will be staffed from 7:30am.

If your number hasn't arrived by race day, collection of a replacement will be possible from the Information Tent.

There will be no on the day entries.

**You do not need to register your arrival at the event.**

### **Bag Drop**

There will be a bag drop lorry to leave your belongings situated in Petters Way. Your race number has a detachable baggage number attached, please attach this to your bag.

All items are left entirely at the owner's risk, the race organisers accept no responsibility for loss or damage.

## Toilets

Temporary toilets and an accessible toilet will be placed in the Short Stay car park near the start of the race, there are permanent toilets available in the Long Stay car park nearby.

## Start Line, Race Briefing

The race will assemble at the start point in South Street <https://w3w.co/showed.warm.puppy>

There will be a race briefing at 8:45am.

Pacers will be present, so please line up in your expected finish time order near your determined pace.

The official race results will be 'Gun to Chip' so when assembling for the start, please ensure you get to the front if you expect to be fast.

Race times will also be recorded 'Chip to Chip' (the time it takes you to get to the start line after the klaxon, will be factored out).

**The race will start at 09:00 prompt.**

## Pacers

The RaceNation Events volunteer pacers will be present to help you get around the course in a certain time, they will be easily recognisable wearing pacer flags. Feel free to have a chat with them before the race if you are hoping to stick with them, they'll be happy to answer any questions you may have.

The pacer times are 1hr 30mins / 1hr 40mins / 2hrs / 2hrs 15mins / 2hrs 30mins.

## The Course

The course is entirely on road and is mainly flat and fast with a steady rise between 9 and 10 miles. The route will be clearly marked and marshalled.

Please ensure that, unless otherwise directed, you keep to the left of the road or on pavements where available.

## Cupless Racing

In our ongoing quest to reduce plastic at running events, Yeovil Half Marathon will be a cupless event. This means at drink stations we will not be providing plastic cups or bottles of water. You will need to carry your own drinking vessel.

We are delighted to be working with Wessex Water Community Engagement Team, who will be staffing the water stations and will be happy to fill your water vessel on the route and they will be providing the water at the finish line in a bespoke YHM recyclable, reusable, finisher's souvenir cup for you to keep.

There will be three drink stations

1. Airfield Tavern, Bunford Lane - 8.6k / 5.3m
2. Montacute House - 12.8k / 7.9m
3. Thorne Lane - 17.3k / 10.7m

If you are thirsty before the start or you would like to fill up your water vessel, please visit the new permanent refill point on Middle Street where there will be a member of the Wessex Water team to help you!

## Finish Line

The finish is not in the same place as the start, it is in Ivel Square in the Quedam Centre, medical assistance will be available there. <https://w3w.co/grass.drum.pint>

Signs will direct you back to the bag drop.

## Spectators and Marshals

Spectator locations can be found on the Yeovil Half Marathon Route Map.

If any of your friends and family would like to assist as a race marshal for the morning, please email [info@racenationevents.com](mailto:info@racenationevents.com). We would be delighted to have them as part of the team.

Likewise, if you develop an injury and can no longer race on the day, why not volunteer to marshal at the event and receive race credit for the 2024 event.

### **Finishers' T-Shirts and Event Photos**

We have taken the decision to stop giving away free T-Shirts at our events to be proactive in lessening the environmental impact at sporting events. Instead, there is the option of ordering a **RUN YEOVIL** T-Shirt or Hoody online. It is not too late to place an order, however we are unable to guarantee you will receive it before race day (last day for ordering to be able to wear on race day is 9<sup>th</sup> March). Merchandise fulfillment is direct with our suppliers Pino Sportswear <https://pinosportswear.co.uk/product-category/clubs/yeovil-half-marathon/> Once again, we will be offering **free of charge**, professional, high resolution, event photographs to all runners which will be available shortly after the race via the website [www.yeovilhalf.com](http://www.yeovilhalf.com)

### **Transfers, Refunds and Deferrals**

There will be no transfers of race numbers, deferrals, and no refunds at this late stage.

**No exceptions will be made.** Anyone having clearly swapped numbers will be excluded from the results.

### **Runner Safety**

If you see a fellow runner in difficulty or distress, please relay the situation to the next marshal location.

### **Race Cut-Off Time**

We will apply a race cut-off time of 3 hours. This makes the allowance for a 14min/mile pace.

We will be standing down marshals and any road closures will be lifted from this point.

Anybody left on the course at this stage can be retrieved by the sweeper vehicle.

### **Safety**

Please note that the race is run on public roads, runners should take great care and heed any instructions from Event Officials and Marshals, particularly at road junctions and roundabouts.

In the event of any major occurrences along the route, the race director and the emergency services reserve the right to alter or stop the event as necessary. This would be in circumstances beyond our control, no refunds will be given.

### **Using Headphones Whilst Running**

- The use of personal stereos, iPods, phones, or other music devices is not allowed under UKA rule T55 240 S5 - 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.
- The wearing of such equipment may prevent you from hearing instructions from marshals and other event staff as well as the hearing of sirens / horns from emergency services and other vehicles. By wearing such devices, you are putting yourself and those around you at risk.
- Rule T55 240 S5 also accepts use of conductive headphones, however the final decision lies with the Event Organiser, and we DO NOT allow their use as it is impossible for marshals to differentiate between these and other types of headphones when runners pass them.
- The Event Organisers will have no responsibility should this rule be ignored. Please do not risk our ability to be granted a future licence.
- Runners seen to be wearing headphones will be disqualified by the Event Organisers.

### **Race Details**

ARC permit no: ARC23/0049

Certificate of Course Accuracy Number: 18/094

### **Important Rules**

The race is to be run under license from ARC.

Any abuse of a race marshal, member of the public or other road user will not be tolerated.

No litter is to be dropped on the course.

Violation of any of the above will result in exclusion from the results.

### **Race Results**

Race results will be available to view online once you record a finish time.

All results will remain provisional for 72 hours to allow the timing team to respond to any queries.

## Awards Presentation

Prizes will be presented, at approximately 11:30hrs, near to the finish in Ivel Square to the top 3 male and female finishers, we will also present age group prizes at the same time.

## Acknowledgements

RaceNation Events would like to thank the following sponsors, individuals, and organisations, without whose assistance the race could not take place.

ADM Protexin bio-kult, Albert Goodman, Leonardo, Battens Solicitors, Symonds and Sampson, The Quedam Shopping Centre, Foray Motor Group (Yeovil Ford), John Burton Signs, Yeovil Hospital Charity, and School in a Bag.

Our incredible team of volunteers who have given up their Sunday to keep you all safe and on course.

And of course ... you the runners for taking part!



We are delighted **Bio-Kult** will be joining us at Yeovil Half Marathon as our headline sponsor. **Bio-Kult** are **THE** gut and microbiome health experts, used in the NHS and recommended by professionals across the UK.

They believe that a healthier, happier quality of life starts with loving your unique microbiome. All their live bacteria products and bio-cultures are specially designed to support you and proven to survive stomach acidity. We're pretty excited to have the support of such an awesome company with high-quality, research-based products (developed by some top-notch nutritionists, doctors, scientists and microbiologists in the country!)



**Albert Goodman** is an accountancy, tax and financial planning firm that collaborates to achieve great results for it's clients in Yeovil and across the South West.

We are proud to support the Yeovil Half Marathon, which is fantastic community focused event. Best of luck to all the runners, especially on the climb back from Montacute!"

**Leonardo** in Yeovil the "Home of British Helicopters" develops the latest generation rotorcraft, which meet the most demanding operational requirements in all conditions and environments.

Leonardo is pleased to be a supporter of Yeovil Half Marathon.



**Battens**  
SOLICITORS

**Battens Solicitors** is proud of its 300 year history in Somerset and the active part we have played in supporting both the Yeovil business community as well as numerous local events and charities.

Through our health and wellbeing programmes we encourage our staff to be fit and healthy and as they are a competitive bunch many of them have regularly taken part in the Yeovil Half Marathon which we have sponsored for several years.

We are delighted to be a sponsor once again and we will be cheering on our staff members who are running in this highly popular race to raise money for the Battens Charitable Trust. We wish all the competitors the best of luck in what is a challenging and fun family event.

Established in 1858, **Symonds and Sampson's** reputation is built on trust and integrity. Our aim is to provide individuals and businesses alike with high-quality agency and professional services across residential, commercial and rural property sectors.

Our experts will help you make the best decisions, ensuring that the buying, selling and managing of your most valuable asset is straightforward and rewarding.

We'd like to wish all runners in the Yeovil Half Marathon the best of luck, and look forward to cheering you across the line!





# QUEDAM

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## HALF MARATHON YEOVIL

SUNDAY 26 MARCH 2023

**SPECTATOR LOCATION**

<b>A</b> Start 0845 - 0920	<b>D</b> Airfield Tavern 0925 - 1015
<b>B</b> Borough 0905 - 0930 Haddington 1010	<b>E</b> Finish Area - Ivel Square From 0915 - 1230
<b>C</b> Yeovil Country Park 0915 - 0945	

— Half Marathon  
— Fun Run

**START TIME** 0900hrs  
**LOCATION** Petters Way, Yeovil, Somerset BA20 1SH

Look out for the Wessex Water **HYDROZONE** water refill points

Wessex Water YTL GROUP

Refill NOT LANDFILL



**LJP Sports Therapy** Yeovil offers sports massage for pre and post events as well as treating general muscle disfunction with a range of massage techniques. **Benefits of massage** - Eases muscle tensions and discomfort, reduces stress, improves mobility, speeds up the healing of soft tissue injuries to name just a few!

We are really pleased that **Linsey** from **LJP Sports Therapy** will be joining us at the finish line of **Yeovil Half Marathon**.

She will be offering complimentary post race massage, on a first come first served basis, no appointment necessary. However, if you would like to book a consultation with her before or after the event, please get in touch.

**07817 474677 or [info@ljpsportstherapy.co.uk](mailto:info@ljpsportstherapy.co.uk)**



## Instructions for attaching disposable timing chips to running shoes

### STEP 1: CHECK THE FORMAT OF THE TIMING CHIP

The UHF timing chip for running is provided on a self adhesive water proof Tyvek strap. This chip will be numbered and programmed ready for use. The adhesive area will be covered with a white peel off disposable covering (LEFT in photo).

Adhesive strip



### STEP 2: PEEL OFF THE ADHESIVE AREA COVERING

Carefully peel-off the white covering from the adhesive Area.



### STEP 3: THREAD THE STRAP THROUGH THE SHOE LACE

Thread the strap through the shoe lace with the label facing outwards.



### STEP 4: FORM A LOOP WITH THE TAG

Form a loop with the tag using the adhesive to bind the two ends of the strap together.



### STEP 5: POSITION THE TAG RACE NUMBER FACING UPWARDS

Rotate the tag so that the Race Number is facing upwards



### STEP 6: CHECK THE FINISHED PRODUCT

The shoe tag should now be attached as a loop through the shoe lace with the Race Number facing upwards.

**Do not flatten the loop!**





As part of our mission to reduce waste at sporting events, we are delighted to, once again, be teaming up with **JOG ON** in helping to remove one million pairs of running shoes from going into landfill!

No use to you, but there are millions of people around the world who would benefit from your old trainers. Help us to keep them out of Landfill!

**Please bring your old trainers to Yeovil Half Marathon and place in the box at Race HQ Give your running shoes a second chance!**

## Every Run Counts

Every Run Counts was set up because running and walking changes lives and they want to support all grass roots organisations that help to promote running and walking.

Easy to use, fun, free and inclusive, Every Run Counts is an online platform designed to encourage and reward people for regular activity. There is something for everyone:

- Over 200 prize games monthly (including race entries to our events and merchandise prizes from their partners).
- One of the most comprehensive event listings in the UK.
- Use your training mileage and activity to go on virtual journeys.
- Support charities, good causes and other runners / walkers.

The platform's currency, RunCoin, can be used to win RaceNation Events by taking part in and winning their prize games.

Use our unique code **45MDFLA3** to redeem 25 RunCoin right now.

**There are so many games to explore that you might just surprise yourself at how easy it is to win a FREE race entry!**

