

**WWW.RACEWAYS.EU presents....  
The Shakespeare Raceway 5km, 10km & Half Marathon  
SATURDAY 3<sup>rd</sup> MARCH 2012**

## **RACE DETAILS & INSTRUCTIONS**

**START TIME 11.00am**

**+ Kids Fun Run 10.45am**

### **INTRODUCTION**

Thank you for entering The Shakespeare Raceway 5km, 10km or Half Marathon all in aid of Kids Run Free, a Warwickshire based Charity improving the health and fitness of the next generation across the UK.

You will not receive any further instructions as you will turn up on race day to collect your race number and timing chip. Ample time should be allowed to arrive and collect your number and chip.

It is suggested that you arrive at least 1 hour before the start time.

No hard copy of these instructions will be sent to you. Please read all these instructions fully and print off a copy to bring it with you.

We hope you have a great time racing with us.

## **HEALTH & SAFETY**

Runners are responsible for their own health and safety. Participation is at your own risk. Please take care before, during and after the race. The race director, race referee and the emergency services reserve the right to stop the race at any time if deemed necessary. This would be in circumstances beyond our control and no refunds will be given.

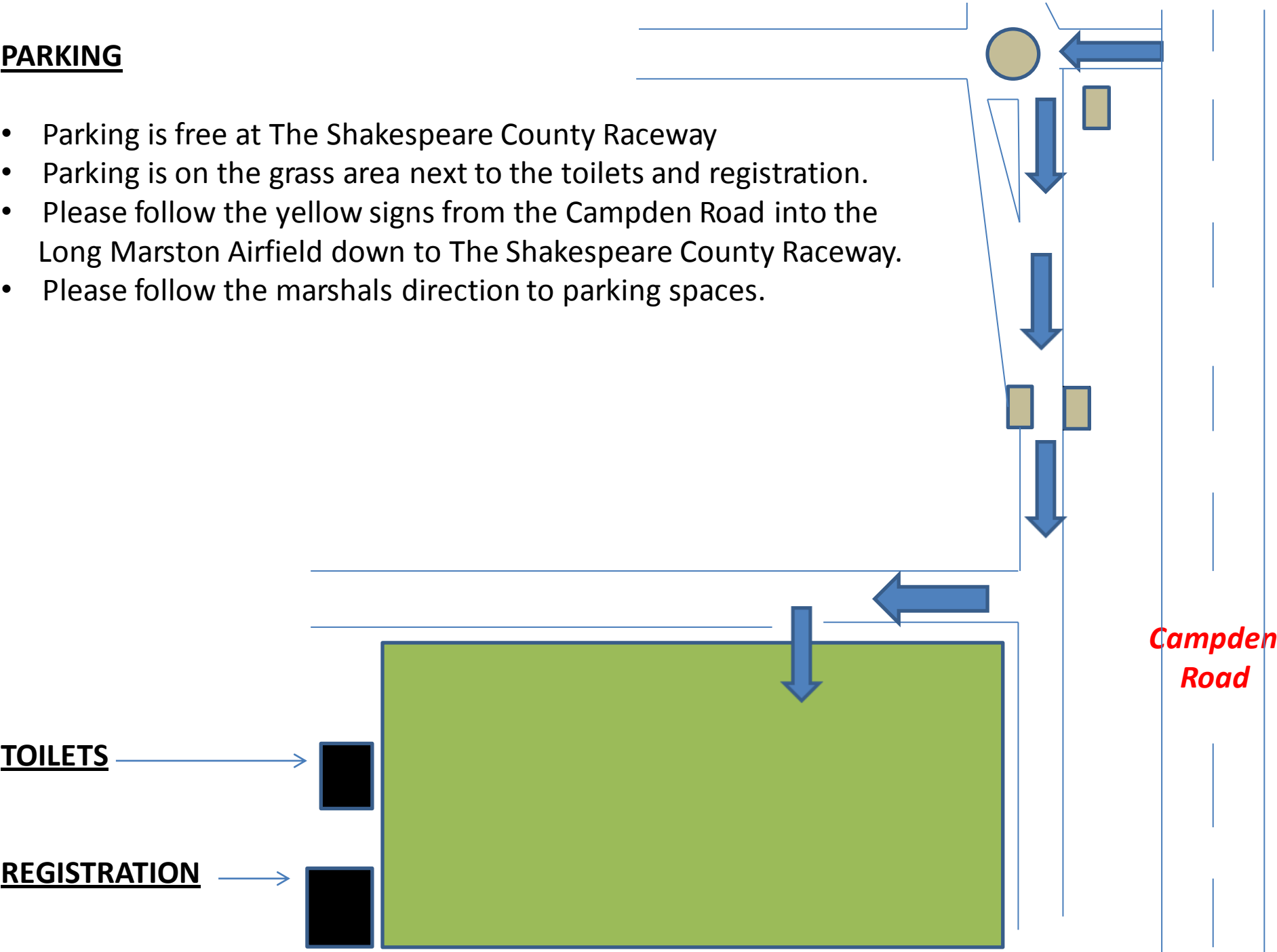
- Please ensure you arrive in plenty of time
- Please dress appropriately with your number on the front of your vest with the emergency information filled in on the reverse of your number
- Please only run if you are fit enough. Even a cold can cause problems in a run.
- Ensure you have been drinking enough water in the days prior to the race as well as on race day and during the race as dehydration can cause real problems for you. There is a drink station on the course and at the finish.
- Please keep left as much as possible to allow faster runners and wheelchairs to pass, this is a course with laps so there will be passing runners throughout the race.

## **GETTING THERE**

- With sat-nav: Campden Road, Stratford-Upon-Avon, Warwickshire, CV37 8LL
- By car without sat-nav: Click on the link below for the map;
- <http://www.multimap.com/maps/?qs=CV37+8LL&countryCode=GB&mapData>
- By public transport: travel to Stratford-Upon-Avon then take a taxi to The Shakespeare County Raceway, Long Marston Airfield (it's approximately 4 miles)

**PARKING**

- Parking is free at The Shakespeare County Raceway
- Parking is on the grass area next to the toilets and registration.
- Please follow the yellow signs from the Campden Road into the Long Marston Airfield down to The Shakespeare County Raceway.
- Please follow the marshals direction to parking spaces.



**TOILETS** →

**REGISTRATION** →

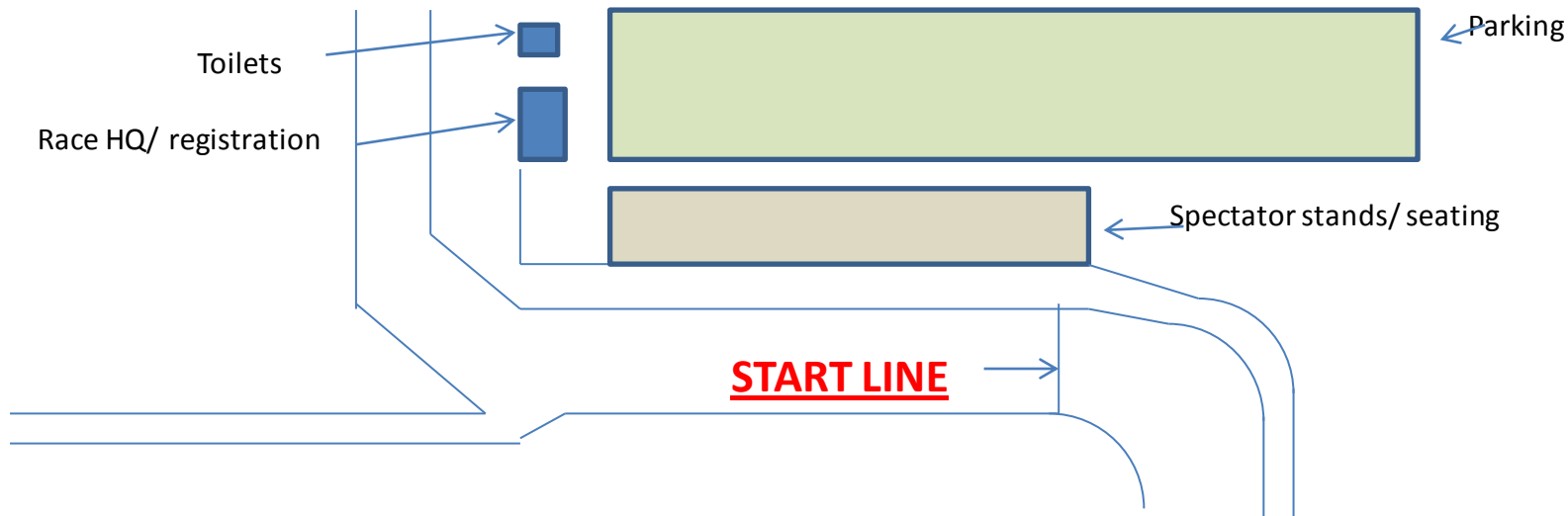
*Campden Road*

## REGISTRATION

- Please look up your number at the entrance to Race HQ before heading to registration
- Please proceed to the registration desk according to your race number
- Collect your number and timing chip.
- Attach your number to your vest at all 4 corners after filling in the reverse.
- **Timing chip must be attached to your running shoe** - timing chip held in your hand, placed in your pocket or around your wrist will not be picked up by the electronic timing system – **you will not be timed.**

## RACE BRIEFING/ START

- 10.45am Kids Fun Run
- 10.45am Race Briefing – ALL RUNNERS MUST BE PRESENT
- 11.00am 5km, 10km & Half Marathon



**WARM UP** - Warm up will commence from 10.30am in the start area.

**TOILETS** - Clearly signed near race HQ, there are no toilets at the start.

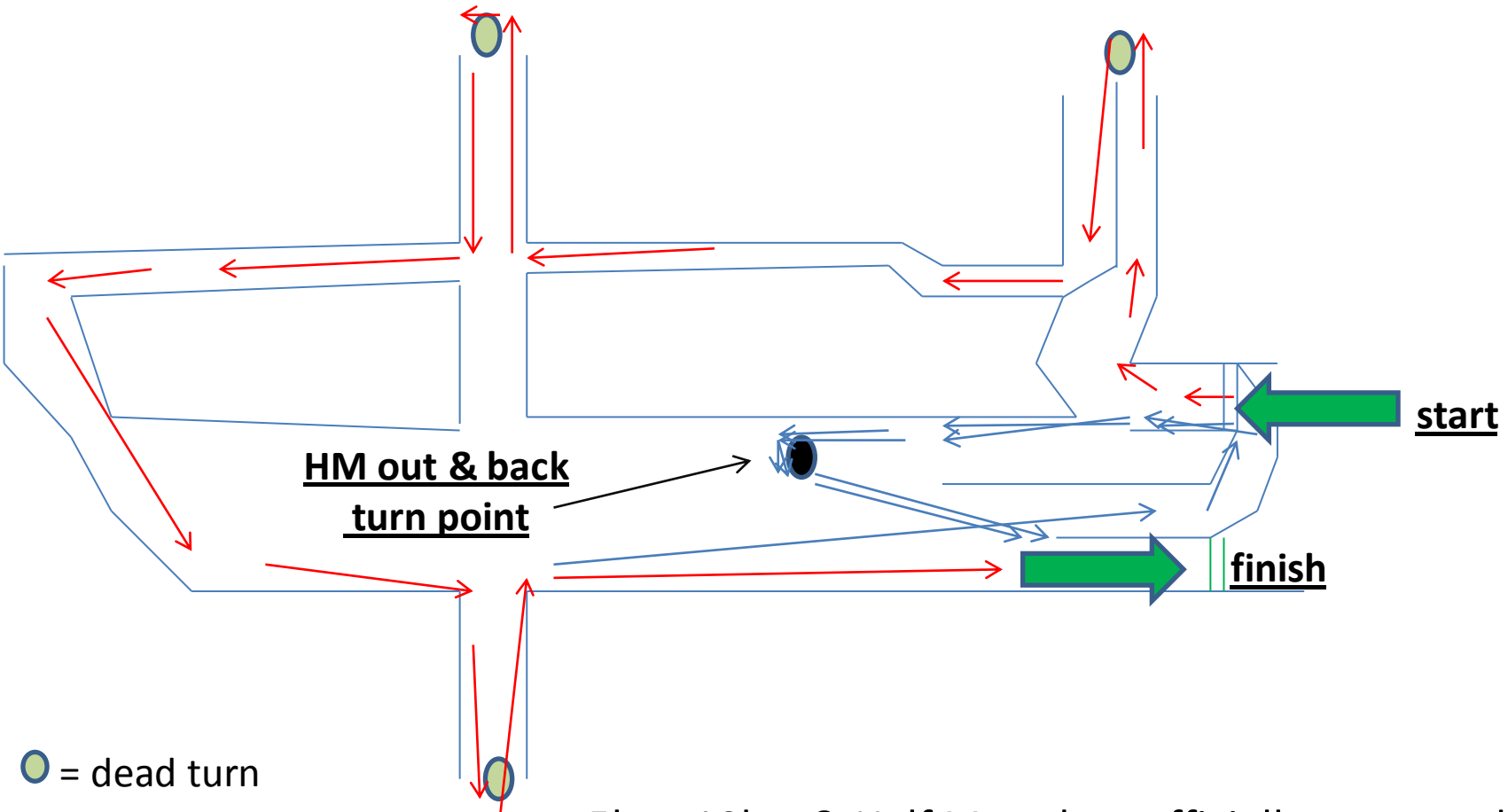
**BAGGAGE** – There is no baggage area, please leave bags and clothing in your vehicle.

**COURSE – 1 lap = 5km**

- **5km = start to finish arch**
- **10km = 2 laps**
- **Half Marathon = 4 laps = 20km, then over the start line to do the out & back loop.**

*PLEASE NOTE IT IS YOUR RESPONSIBILITY TO COUNT YOUR LAPS, IF YOU MISS THE OUT & BACK LOOP FROM YOUR HALF MARATHON YOUR TIME WILL BE RECORDED AS DNF – THE COURSE IS CLEARLY MARKED.*

**⇨ = out & back loop for Half Marathon ONLY**



○ = dead turn

Please note this course map is not to scale

5km, 10km & Half Marathon officially measured



## **COURSE DESCRIPTION**

This course is virtually flat and has on occasion been very windy.

On a calm day it is a PB course and so far we have had many runners with PB's.

Some runners will say this is a boring and ugly course and some will say it's an amazing course with a difference. It's very suitable to getting your head down and racing your heart out for your PB or simply doing the distance whilst being away from traffic passing your family and friends on every lap.

We think it's a great race on a great course we hope you enjoy it.

## **FINISH**

- Please return your timing chip, there will be marshals taking them from you
- Help yourself to water
- Help yourself to a piece of fruit
- You will be given your momento as you exit the finish area
- A cut off time of 3 hours is only for the half marathon.

## **PRESENTATIONS**

- Take place at the finish area
- Presentation for first 3 male and female finishers is 15 minutes after the last one of these 6 finish for each race.
- Age group presentations will be done as soon as possible after all the prize winners have finished.
- Prize winners must be there to collect prizes.
- Prizes will not be sent out.
- Prizes will be 1st Team (male and female, 3 to score), 1st , 2nd , 3rd Male and Female overall and 1st in vet categories: Male Vet 40, 50 and oldest Male. Female Vet 35, 45 and oldest Female.

## **RESULTS**

- Will be posted on our website [www.Raceways.eu](http://www.Raceways.eu) within 24 hours

## **PHOTOGRAPHS**

- can be obtained from Sally Evans Photographs [www.sallyevansphotogalleries.co.uk](http://www.sallyevansphotogalleries.co.uk)  
you can select your photographs by reference to your race number so please attach your number at all four corners so it is clearly visible

## **SHOWERS**

- Holiday Inn in Stratford upon Avon offer: showers, swim, sauna, Jacuzzi and free parking at £3.50 in exchange of your race-number.

## **FEEDBACK**

- \_is always welcome, we like to tell those who help us the nice things you say about them as without them there would be no race. We also like to improve our race in every way we can to create a great race for runners and spectators every year. We will be sending out a survey so please take a minute to fill it in.

## **SPONSORSHIP**

- Participants are invited to obtain personal sponsorship from friends and family in support of their chosen charity or for Kids Run Free. For a sponsorship form please email [info@kidsrunfree.co.uk](mailto:info@kidsrunfree.co.uk)

# **KIDS RUN FREE**

**All proceeds from this and every Raceways event go to KIDS RUN FREE, please visit our website to find out more about what we do and why:- [www.kidsrunfree.co.uk](http://www.kidsrunfree.co.uk)**

**Thank you for your support and enjoy the race.**

**From the Raceways Team**



**To make this event a success Raceways would like to thank the following organisations:-**

**Park Street Chiropractic Clinic**

**Bread & Co**

**The Shakespeare County Raceway**

**Stone The Crows**

**Wild & Free**

**Junior Junction**

**Little Big Sport**

**ASICS uk**

**Leamington Cadet Force**

**Kenilworth Runners**

**Leamington C&AC**

**Café 2U**

**Warwickshire College**