

## **RUNNER INSTRUCTIONS – DSD CARLISLE HALF MARATHON**

### **IMPORTANT INFORMATION:**

START TIME

**9AM HM & 10K – 9.10 5k & 9.15 Fun Run**

### **Getting Here (To the Start Area)**

Whether travelling north on M6 or south on M74, exit at Junction 42 and follow the signs for Brunton Park (Home of CUFC).

The stadium is situated 1 mile from the Junction on Warwick Road.

The postcode is CA1 1LL

The Railway and Bus Stations are only a short distance away. A taxi rank is located at the train station and the ground is approximately 2 miles and no more than £5 in a taxi.

### **Parking**

There is plenty of road-side car parking close to Carlisle United. There are also many car parks in and around the City Centre. It is cheaper on a Sunday to park.

PLEASE NOTE THERE WILL BE NO PARKING AT THE STADIUM THIS YEAR DUE TO POTENTIAL RUNNER & CAR CONFLICT ENTERING AND LEAVING THE CAR PARK.

### **Number & Chip Collection**

All runners are requested to arrive at the Brunton Park from 7.30am until 8.30am. This will give you time to pick up your required race number & timing chip and then allow good time for a warm up as you head over to the start line which will be located 100 metres from the Registration area... Be aware the race will start at 9am prompt...

ON FRIDAY 30<sup>TH</sup> & SATURDAY 31<sup>ST</sup> AUGUST YOU WILL BE ABLE TO PICK UP YOUR RACE NUMBER PRIOR TO THE RACE DAY IF YOU ARE LOCAL TO CARLISLE. THE ADDRESS TO COLLECT IS CHIVERS SPORTS, 6 ABBEY ST, CARLISLE, CA3 8TX...

Friday 30<sup>th</sup> – Number pick up from 2pm – 5pm - CHIVERS

Saturday 31<sup>st</sup> - Number pick up from 11am - 3pm - CHIVERS

Sunday 1<sup>st</sup> – **Number pick up – 7.30am to 8.30am (FROM THE START AREA AT CUFC)**

**We will allow pick up for friends but will need confirmation to confirm you are happy for someone else to pick up your number to 07846468664.**

### **Changing/Baggage/toilets**

There will be changing areas within the ample toilets that are situated under the East Stand. It may be easier to come ready changed and leave bags in your cars etc however we will have a baggage drop point within the East Stand seats. This area will not be secure so please don't leave any valuable items in your bags.

### **Registration**

All pre-entries should have been sent an entry confirmation email from Active Network. You do not need to bring anything with you to collect your race number. We will arrange numbers to be picked up by alphabetical surname and our staff will hand you your number. Just simply tell us your name and we will hand over your number.

If you have not received a confirmation email don't worry because the fact that you have received this information pack proves we have you as a registrant.

The race will be timed by Mark Likeman of Timing Up North Ltd. Mark times many local events. All results will be posted on the event website on Sunday PM. All runners will also receive a text of their time post event.

Registration on the day will be open from 7.30 am to 8.30 am in the signed registration room under the East Stand.

Entries can be made on race day for the 10k at £22.00 & £20.00 for UKA affiliated runners and the half marathon at £35.00 & £33.00 for UKA affiliated runners. 5k will be £13 & the fun run £9.

### **Race Numbers**

Your race number is personal to you. Please do not give it to anyone else if you are unable to take part in the race. The swapping of race numbers, for whatever reason, can place runners at risk and is strictly prohibited.

Please secure your race number to the FRONT of your vest or t-shirt using four pins, one at each corner.

The administration team will have safety pins for you.

## Race Information

We will have a race commentary team and trained marshals to make your participation in the race as smooth and as enjoyable as possible. Please follow their instructions. After finishing, please walk through the finish to collect your Medal, water and food. All half marathon runners will also receive a T Shirt. There will also be massage options around the finish area. £5 for 10 mins rub down.

## Course

The race will start at Brunton Park behind the East Stand and will see runners turn right onto Warwick Road. Within the first 3 miles you will go via the Citadel, through the Lanes, through the Cathedral grounds and then, past the front of the Castle before heading into Bitts Park.

After the park you will go up Brampton Road, with the 10k taking a right into Rickerby Park and the Half will go to Crosby on Eden, Linstock, Rickerby and Stoneyholme before finishing at the stadium in front of the dugout. The first 3 miles are exactly the same.

The 5k is mainly a city centre route but will turn right out of the Lanes instead of left and will go under the underpass at Hardwick Circus and then around the Sands and the up zero path. The Fun Run will go down Warwick Road and past the Youth Zone who are sponsoring the event. Both the 5k and Fun Run will run to Stoneyholme via the old Newman School path before finishing at the same finish point as the main events.

Paid course marshals, Police & SIA stewards will be located at various points around the course for your safety.

NOTE: THE ROADS WILL BE CLOSED APART FROM THE A689 WHICH IS FOOTPATH ONLY SO BE VIGILANT AT ALL TIMES. BLUE LIGHT SERVICES HAVE RIGHT OF WAY EVEN ON A ROAD CLOSURE SO BE AWARE AND **NO HEADPHONES ARE ALLOWED**. IF YOU DECIDE TO WEAR THEM YOU DO SO AT YOUR OWN RISK.

There will be 4 water stations on the course on Brampton Road, Crosby on Eden x 2 and in Rickerby Park. PLEASE DROP YOUR WATER BOTTLES AT THE SIDE OF THE ROAD FOR US TO COLLECT AS RUBBISH. DO NOT THROW IN HEDGES - THANK YOU.

## Bands

There will be 3 bands on the course and music in the stadium playing running themed tunes. They will be located The Stag pub Crosby, Rickerby Retreat entrance and at a secret location.

## First Aid

The first aid on the course and in the stadium will be supplied by Red Cross. They have trained Paramedics and Doctors who are working for you on the event day in case needed.

## Prizes

All finishers will receive a Medal when they finish the race. It is a striking Medal and we are sure you will love what we have produced for you.

There are also cash prizes in the following categories totalling £500.00:

### Half Marathon

Male 1<sup>st</sup> - £50.00

Male 2<sup>nd</sup> - £30.00

Male 3<sup>rd</sup> - £15.00

Female 1<sup>st</sup> - £50.00

Female 2<sup>nd</sup> - £30.00

Female 3<sup>rd</sup> - £15.00

Male / Female 40 (1<sup>st</sup>) - £10.00

Male / Female 50 (1<sup>st</sup>) - £10.00

Male / Female 60 (1<sup>st</sup>) - £10.00

Male / Female 70 (1<sup>st</sup>) - £10.00

Male / Female 80 (1<sup>st</sup>) - £10.00

### 10k

Male 1<sup>st</sup> - £30.00

Male 2<sup>nd</sup> - £20.00

Male 3<sup>rd</sup> - £10.00

Female 1<sup>st</sup> - £30.00

Female 2<sup>nd</sup> - £20.00

Female 3<sup>rd</sup> - £10.00

Male / Female 40 (1<sup>st</sup>) - £10.00

Male / Female 50 (1<sup>st</sup>) - £10.00

Male / Female 60 (1<sup>st</sup>) – £10.00  
Male / Female 70 (1<sup>st</sup>) – £10.00  
Male / Female 80 (1<sup>st</sup>) – £10.00

5k and Fun Run will be a winner trophy for male and female only.

All cash prizes will be handed out by Ian Milburn via cheque on the day wherever possible. If you are a prize winner and you don't receive your money please get in touch with the event organisers post event who will post out your cheque.

### **Health Issues**

If you feel unwell at any time, please stop running and make your way to the nearest marshal who will assist you. Alternatively, alert a fellow runner.

If you have had an illness recently please consult your GP before the race to get his/her opinion as to whether it is safe for you to compete. If you are advised not to run, please do not feel tempted to take part.

If you are taking any medicines at all please write down your name, contact phone number and details of your medicine/condition on the back of your race number. This will, in the unfortunate event of you being unwell, help the first aid crew to deal with your situation efficiently and sympathetically.

### **Event Contact Details**

Following receipt of this information you may have more queries. If you do, please do not hesitate to contact [mike.james@endurance-sports.co.uk](mailto:mike.james@endurance-sports.co.uk) or contact Mike James IM EVENTS RUNNING LTD (Race Director) on 07846468664. Or the Event Director Ian Milburn on 07940 532982

[www.carlislehalf.co.uk](http://www.carlislehalf.co.uk)

### **OTHER EVENT INFORMATION**

The next event in the calendar is the X Border 10k on February 2nd. For all info go to [www.x-border10k.co.uk](http://www.x-border10k.co.uk)