

Poppy 2012 Final Info

The Poppy Half has sold out its 750 places again. We look forward to seeing you all on race day, and hopefully the weather is kind to us all! Below is the main race info please do take the time to read and familiarize yourself with locations, courses etc for your race day plan.

The following Race Information has also been emailed to all runners earlier today:

Dear Runner

Firstly, we would like to thank you for your entry to the 5th Poppy Half Marathon on Nov 11th 2012. The Poppy Half has sold out its 750 places again. Hopefully your training and preparation has gone well.

This lead up week should be easy and relaxing, worth remembering that nothing you do this week will help as all the quality training is complete, so please no last minute big training sessions!

Go to www.poppyhalf.co.uk for the race information, course maps and all previous results.

For your attention, listed below is some key information about race day: Please take the time to read it carefully and check the website for any extra information, leading into the race we are not on emails all the time.

Please give yourself plenty of time to arrive and park as it's Remembrance Day, all roads will be busy. There will be delays in many towns, last year some athletes got stuck around Little Common due to road closures etc. There is a service at the Bexhill War Memorial (seafront outside the Sailing club) for those who would like to attend) the race is then about 1.5km further up the seafront.

Registration Post Code TN39 3DX- (Marquee will be situated on West Parade outside Sovereign Light Café.) This is the best view point for spectators to see your runners 4 times, and be covered from the weather!

Registration Opens 10:30am.

Roads closed at 11:15am Kids races start around 12pm, all kids sign on the day (£3 entry). **Poppy Half Marathon starts at 12:30pm.**

IMPORTANT - RACE NUMBERS and TIMING CHIPS are collected ON THE DAY from the REGISTRATION TENT. Remembrance Sunday silence at 11am, please show your respect. Poppies will be available in the registration marquee for donations.

Course - The route is 4 x 5.28km laps. The Start / Finish will be outside the Registration Marquee, you wont miss it! Please keep to the left side throughout the whole route. The course is all on closed roads, however there is always a chance some vehicles may move without our knowledge and we also have to allow access to and from the flats across Richmond Road so please be aware throughout the race.

Go to www.poppyhalf.co.uk for route map **Parking** - There is plenty of FREE PARKING around Bexhill **please arrive in good time it is Remembrance Sunday.** We suggest to park away from the Polegrove and walking a few minutes to the race

start, this will save congestion around the area.

Could we please ask you take the time to have a look on google maps so you can see that there are many roads around Bexhill near the Race HQ (sovereign light café TN39 3DX) it will assist you and us on race day and keep congestion low on race day.

Bag Area - Bag drop area will be available in the Registration Marquee, please do not leave any valuables at bag drop. If you have spectators or a vehicle nearby please leave your bags with them to save congestion in the race marquee. If you do leave a bag, you will need to show your race number when you collect it after the race.

Toilets - Portable toilets will be located near Registration outside the Polegrove Park. There are public toilets in the park and on the seafront (2-3 mins walk west of registration).

Refreshments - Registration is based at the Sovereign Light Café, which will be open during the event.

T-Shirts - If you have pre-ordered a t-shirt it will be waiting for collection in the registration marquee.

Drinks Stations - Water and coke will be available for runners each lap when returning through the Polegrove.

Each Lap is 5.28km, if you require more fluid than this please plan to carry your own water bottle around the course.

First Aid - St John's Ambulance crew will be located at the Race HQ. Please ensure you are fit and well to race on Sunday.

Race Photography - Sussex Sport Photography at:

<http://bit.ly/Poppy-Half-2012-race-photos>

Results - Champion Chip Timing is being used at the event, supplied by:

www.tlsportsevents.co.uk

You will receive a split for each lap and your overall time, as well as overall & age group finish position.

Results will be live on www.poppyhalf.co.uk a few hours after the event.

Timing Chips - It is your responsibility to return the chip, unfortunately lost chips will be charged at £25.00.

Prizes – Cash prizes, Tri Store vouchers and TL Race vouchers for top 3 overall / male & Female) Trophies for winners and AG group winners, plus first Male / Female team. As many awards will be given on race day as possible.

£50 prize for New Course record.

For a bit of fun, this youtube link is to the video of Keane's song which was based on Bexhill seafront and the sovereign light café, where you will be racing on Sunday 11th Nov!

<http://www.youtube.com/watch?v=bH13eUiDhmo>

We look forward to seeing you all on Sunday!

Kind regards

The Poppy Half Marathon Event Team