

The Poppy Half Marathon



Dear Runner!

Thanks for entering the 5k, 10k or ½ marathon and supporting some great Charities and also helping build a great sports event in our local town of Bexhill.

Thank you to the De La Warr for allowing the races to be based from this iconic building this year. You can learn more about the DLWP here www.dlwp.co.uk

Format of the Day – New Location - Based from De La Warr Pavilion TN40 1DP

Here are the timings for the day, each race will aim to start prompt so please ensure you are registered and near the start line! Please note races are for runners only, the courses are laps based on the promenade and unfortunately due to the numbers of runners and course format not suitable for wheelchairs, buggies or runners with dogs.

8:45am Registration opens – For all runners, collect race numbers, timing chips and any ordered T-Shirts or bobble hats.

10am - 5km Race Start (Runners to finish in under 60 mins) Min age 14 yrs for this SGP race.

11am - 10km Race Start (10km Runners have to be finished by 12:20pm, 80 mins)

12:15pm – Kids Fun Run, 500m and 1km. No registration, or results. Kids will receive a finisher's medal.

12:30pm (ASAP once Kids have finished their fun run) – The Half Marathon course is cleared at 4pm, which gives runners between 3hrs-3hrs 30mins to complete the distance.

Registration 8:45am – 12:25pm

Access to the registration is via the rear of De La Warr Pavilion in the main hall. (Please see map)

You are not required to bring anything to registration, just know your surname!

Car Parking

There is plenty of parking around Bexhill town and seafront, and it is free. There is a limited amount of parking in the De La Warr car park which is fee paying. We would advise parking around the town and walking the short distance to the De La Warr Pavilion.

Official Photography

Sussex Sport Photography will be providing official photography of the race. Your race photos will be available soon after the race day at this link (link will also be posted on the race website with the results) http://bit.ly/Poppy_Half_Official_Photos_2015

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Toilets

There are toilets inside De La Warr Pavilion and also a bank of porta-loo toilets outside around race start.

Race courses. A map below shows the start / finish, Aid station. Full interactive maps of the 3 races can be found at <http://www.poppyhalf.co.uk/training.php>

In summary;

5km – 1 x out & back route.

10km – 2 x 5k laps

Half Marathon – 2 x 8km laps followed by a final lap of the 5km course.

All 3 races are held on the promenade, with a small section on South Cliff Road. Some sections will have runners heading in both directions so do make sure you keep to the LEFT throughout the run. The half marathon is also 3 laps so lead runners will catch the slower runners, again please keep to the left and be aware. We would request you don't use MP3 players during the run, as it stops you hearing marshals and instructions on the course. The courses are laps based on the promenade and not suitable for wheelchairs, buggies or dogs etc.

Aid station – Food.

There will be a Water / Feed station on the promenade by De La Warr. (see map)

5k – runners, no water station – please carry water if you feel you will require it.

10km – Water / Feed station at 5km (halfway)

Half Marathon – pass the Water Station at 5km / 8km / 13km / 16km. Please carry any additional water /fuel if you need a different strategy.

Post race snacks and drink will be available after your race in the Marquee outside DLWP. Plus the DLWP café will be open all day for athletes and spectators.

Chip Timing

The timing chip and strap which will be collect at registration is to be fitted around your ANKLE or onto your shoe. Please make sure it is secure. The chips will not read on the mats if they are in your hand, wrist etc. Chips are handed back in after you cross the finish line. Your official race finish time ticket will be available from the timing desk in the Marquee with the post race snacks.

Massage

Massage therapists will be available to help your post race recovery or loosen any niggles pre-race! Therapists will have a fee per treatment slot, usually 15 mins.

The therapists are from <http://www.sussexinjuryclinics.co.uk/> and Elite Muscle Care [FB LINK](#)

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Medical

The race has a medical company on site for the duration of the events, if you have any issues requiring medical assistance notify the nearest race marshal.

Please ensure you are fit and healthy before starting your race, and you are fully aware of the physical exertion you are about to attempt!

The layout of the race area at DLWP is below. The interactive course maps can be viewed from <http://www.poppyhalf.co.uk/training.php>

We look forward to see you Saturday!

Poppy Races Saturday 7th November 2015. Situated behind the De La Warr Pavilion. The DLWP café will be open from 8:30am for runners and spectators. Toilets are available inside and also race portaloo toilets outside.

All 3 races start and Finish the locations below. Please see the race website for the courses.

