

Poppy 2011 Latest Update

Less than a week to go before race day and we've only a few spaces left before we reach our entry limit of 750! Everything is coming together for a great day and we look forward to seeing you all on Sunday...

The following Race Information email was sent to all runners earlier today:

Dear Runner

Firstly, we would like to thank you for your entry to the 4th Poppy Half Marathon and for your fantastic support of the Royal British Legion.

We've finally reached the last week before the Poppy Half Marathon!

Hopefully your training and preparation has gone well.

This lead up week should be easy and relaxing. What is worth remembering is that nothing you do this week will help as all the quality training is complete!

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 give yourself plenty of time to arrive and park as it's Remembrance Day, all roads will be busy.

Registration - (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!

Opens 10:30am

Roads closed at 11am

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.

Course - The route is 4 x 5.28km laps. The Start / Finish will be outside the Registration Marquee, you won't 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.

Bag Area - Bag drop area will be available in the Registration Marquee, please do not leave any valuables at bag drop, or leave your bag with your spectators or in your vehicle.

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 outside 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. There will be a limited number of race t-shirts available to buy on the day on a first come, first serve basis.

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.

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-marathon-official-race-photos-2011>

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.

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

Prizes - £100 1st, £50 2nd, £25 3rd (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.

We look forward to seeing you all on Sunday!

Kind regards

The Poppy Half Marathon Event Team