



DETAILED RACE INFORMATION

WELWYN HALF MARATHON

SUNDAY 17TH MARCH 2019



TRAINING WORLD

DEAR COMPETITOR,

Thank you for entering the Welwyn Half Marathon.

ATW advises you read this information leaflet carefully in advance of March 17th (race day), so that you can enjoy the event to its fullest.

QUICK EVENT INFO

Address:

Stanborough Road, Welwyn Garden City AL8 6XE

Registration opens at:

07:00am

Half marathon race start time:

09:00am

VENUE

*GOSLING SPORTS PARK, STANBOROUGH ROAD, WELWYN GARDEN CITY
AL8 6XE*

The race starts and finishes on the athletics track.

TRANSPORT

TRAIN STATIONS:

Welwyn Garden City AL8 6BE

BUS SERVICES:

The 301 bus service running between Stevenage and Hemel Hempstead runs on Sunday mornings. [Click here to read more.](#)



PARKING

LIMITED PARKING IS AVAILABLE AT THE RACE VENUE

Below is a map of all local parking spaces. The cheapest parking outside of the 150 free spaces at the race venue is available at the Howard Centre.



REGISTRATION

OPEN BETWEEN: 07:00-8:45AM

Please register on the day of the event at race HQ. This is scheduled to be on track-side, however if the weather is not permitting, we will move registration to inside the sports hall next to the athletics track. You will be required to give the name you used to sign up to the event online. In exchange, you will be given a white envelope with your name and race number on it. Inside you will find your race number with a detachable baggage label and a disposable timing chip.

On tables near registration you will find pens and safety pins. Please fill out any relevant medical and contact information on the back of your race number in the space provided before pinning it securely at each corner to the front of your vest.

Your timing chip is flexible and is similar in appearance to an event wrist band. Please **DO NOT** wear it on your wrist! Follow the instructions on the back of the chip carefully to attach it to your running shoe through the laces. **DO NOT FLATTEN** the chip, but instead keep it in a loop on your shoe. If in any doubt, ask a member of the event staff.



BAGGAGE AREA

On the bottom of your race number is a detachable baggage label. Tear along the perforated line to remove the label. Attach this label to any bags you wish to store in the baggage area with a safety pin.

Hand the bag to one of the several marshals at the baggage area who will be there for the duration of the event. Nobody other than marshals and event staff are allowed in the baggage area.

When you want to retrieve your items, present your race number or timing chip to the marshals and they will find your corresponding bag.

ATW take no responsibility for lost items. We advise against taking valuables to the race.

HEADPHONES

For the safety of yourself and those around you, the use of headphones is not allowed during the race. If you are caught by a race official wearing headphones, you will be disqualified from the race and will not receive a finish time.

The use of bone conduction headphones IS allowed, since these do not cover the ears or disrupt your awareness of sound around you.



RACE BRIEFING AND START

The half marathon will begin at 9:00am. You will be asked to line up on the start line 10 minutes before your race start so that you can be briefed before the race. This is for the safety of you and those around you, so please take the time and courtesy to the race organisers and those around you to listen carefully.

THE COURSE

The course is mainly pavement and should be used unless directed otherwise. The course map is below, This race is within a busy residential setting. Please take care and obey the course marshal's instructions at every point. Give way to traffic and members of public, especially at the locations where the race changes from one side of the pavement to the other. The roads are not closed and motor vehicles have the right of way. Please don't just follow someone else in front. Make sure you check it is clear for you to cross before proceeding.

There are three water station opportunities on the course at miles 3.5, 7.2 and 10.2. Water will be handed to you in plastic cups. Please attempt to discard them in the bins just after the water stations, or at least in the immediate vicinity, away from the line of runners.



-  Cole Green Way. Traffic Free
-  Pavement and Trail
-  Athletics Track



CHILDREN'S RACE

The children's fun run will commence at 8:45am and is a bit of fun for kids at the venue on the day. It is one lap of the athletics track. We don't mind if children run, walk, are carried or pushed around the course. All children will receive a finisher's medal at the end!

FINISH AND PRIZE PRESENTATION

We expect the first finisher to complete the half marathon course in 70 minutes.

We expect the last finisher to complete the half marathon course in 3 hours.

Everybody who finishes the race will be awarded with a custom finisher's medal and a finisher's T-shirt. There will be water and bananas at the finish.

PRIZES ON OFFER:

- 1st, 2nd and 3rd place men and women will all receive trophies and cash prizes of £150, £100 and £50 respectively.
- 1st place men and women in the following age categories: 40+, 50+, 60+, 70+, etc... will receive a special age group prize.

The prizes will be given out in instalments, as the prize positions are filled.

RESULTS

Results are calculated by ActiveTrainingWorld's timing partner, EventChipTiming. Your time will be uploaded to their website within seconds of you crossing the finish line. At the finish, you can also get an official print-out of your finish time from the EventChipTiming gazebo.

Find your results at <http://results.eventchiptiming.com/>

