

York Brass Monkey Half Marathon

Sunday 14th January 2018, 10am



Final Runner Instructions

Dear Runner. We look forward to seeing you on the 14th January. Here are your final instructions.

Directions to start line

The race HQ is at York Racecourse, in the Ebor Stand (Post code: YO23 1EX). This is 1 mile from York city centre and York railway station. York Racecourse is signposted on all routes into the city.

Road closure - from 9:30am

Please note that Bishopthorpe Road will be closed from 9:30am to allow final start line preparations.

Free Parking – access until 9:20am

Free parking is available at the racecourse. Please follow the signs and the directions of the marshals. If our car parks become full then please show consideration for local residents when parking elsewhere. Please be parked by 9:20am latest.

Toilets

These can be found in the Ebor Stand and by the main exit of York Racecourse. There are no toilets on the course. Please use the provided facilities. Last year, UKA and BARR noted that some runners were using the hedges adjacent to the start. This could lose us our UKA licence, so this year we will disqualify offenders.

Baggage

Baggage can be left in the baggage area in the Ebor Stand. We do man the baggage area but baggage is left at your own risk. Please label your bag with your race number.

No MP3s/music players

For the safety of all runners on the public roads, MP3s or similar are not permitted. Any runner using these will be disqualified.

Pre-race warm up and Start

Runners are not allowed to warm up on the public roads. Please use the racecourse area to warm up. Marshals will direct runners towards the start line before 10am, with the faster runners (~1 hour 5 min) at the front of the pack. Please note that you will not be able to recover any clothing items left at the start as they will be collected up during the race and passed on to an appropriate charity organisation.

The course

The route is flat and fast, looping southwards from the York Racecourse. Please keep to the left throughout and obey all marshal instructions. There will be a lead vehicle with timing clock and a sweep vehicle with first aid. If you require assistance please contact any marshal.

Water stations

Three water stations are provided on the course, and again at the finish line.

Discarded Litter

If you wish to discard any rubbish whilst running, please drop your litter next to a marshal who will collect and bring it home at the end of the race.

Time limit of 2 hours 45 minutes

If you feel that you cannot finish within this time, please advise a marshal or the sweep vehicle so

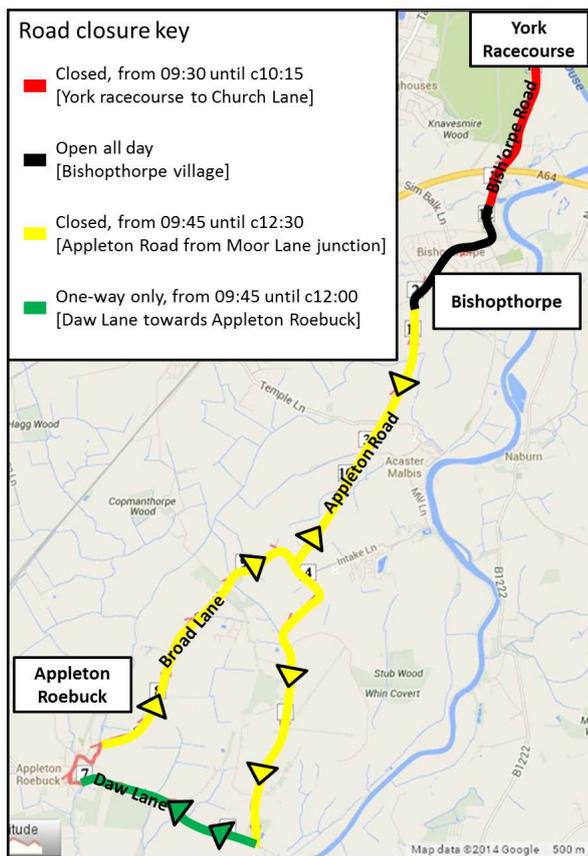
that you can be taken to the finish. All marshals and timing mats will be withdrawn at 12.45pm, after which no times will be recorded. If you choose not to accept transport to the finish you will be on the road at your own risk and York Knavesmire Harriers cannot accept any responsibility for your safety.

At the finish

Water, a snack and massage facilities will be available. You can also collect your race souvenir on presentation of your race number.

Road Closures

As in previous years, for runner safety, we are implementing road closures. If you have friends planning to support you on the day they should note the formal road closures shown on the map below.



Race Photographs

Race photographs will be posted on the York Knavesmire Harriers website after the race.

Prize presentation and results

This will take place on the first floor of the Ebor Stand at about 12.30pm. Your individual results will be available via the ResultsBase and York Knavesmire Harriers websites after the race.

The Brass Monkey Cafe

This will be located on the 1st Floor of the Ebor Stand, serving tea, coffee, sandwiches and cakes.

Weather & cancellation

The safety of all runners is paramount. Weather conditions in January can be unpredictable. If we need to cancel, local radio stations will be informed as early as possible. We will also publish this information on the York Knavesmire Harriers website, Facebook page and twitter account.

If the event does have to be cancelled, we regret that refunds cannot be made. However, you will be able to get your race memento in exchange for your race number. This must be collected in person.

A big thank you

York Knavesmire Harriers would like to thank the following for their help in making our race possible.

York Racecourse - for their facilities

Race Adjudicator - Will Allan

YorMed - for their first aid support

ResultsBase - for their online entry, chip timing & results

Community Traffic Management Ltd - for their traffic management

Yorkshire Gritters - for a non-slip course

... and over 170 helpers from our own running club, for their support and hard work in advance and on the day.

Any questions?

If you have any questions, please email brassmonkeyhalfmarathon@gmail.com.

And finally, good luck to you!

We hope you enjoy your day, and run well!

York Knavesmire Harriers

