



CIRENCESTER PARK TRAIL 1/2 MARATHON 9:00am August 1st 2010

Welcome to the Cirencester Park trails half marathon. Situated in the stunning park on the edge of Cirencester, the heart of the Cotswolds, this new event is a great way to try your first half marathon, or to test yourself over the distance

Below is the information you require to have an successful day. Please ensure that you have read all of the information before the race.

We look forward to seeing you in at Cirencester park. and hope you have an enjoyable day.

Directions:

The Cotswold Show is at Cirencester Park. The entrance is a mile outside Cirencester town centre, just past Cirencester College & Deer Park School and before the Agricultural College on the A419 Stroud Road.

For satellite navigation systems, the nearest postcode to the entrance is GL7 1XB (Deer Park School).



There is a bigger location map at the end of the info.

Car Parking:

Car parking is situated in the deer park, please follow the arrows and marshals.

What You Need To Bring:

At any event you will get novice athletes through to athletes of all abilities. However you will need a few essential items.

Good sturdy running shoes. Although this is a trails run the course doesn't require the use of extreme off road shoes and normal running shoes will be fine.

If its hot, sun cream and a cap of some description.

Accommodation:

For those coming from further away and would like information on places to stay, please visit :

<http://www.cotswolds.info/places/cirencester.shtml>

Registration:

Registration will be available from 7am till 8.30am on Sunday Morning.

You will receive, your race numbers and timing chip on the day, you will not receive anything in the post.

Race Brief:

There will be a race brief at 8:45am at the start line for any final information and any safety information. Please make an effort to attend if you are unsure on any aspects of this event.

Electronic Timing:

All of the athletes will be required to wear the microchip on their ankle. We recommend the left ankle as this will ensure it doesn't get caught on your chain when you cycle. Once you have received your timing chip, do not cross the timing mats unless you are racing.

Athletes will be able to see their times on the screen situated in the timing van.

Once you have finished you must return your timing chip or you will be charged £25 for a replacement.

If you wear the timing chip anywhere else other than your ankle it is likely that you will not get a time for any of the race sections. NO CHIP = NO TIME



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Route.

The route, starts on the long straight towards the town of Cirencester. You will then do one large loop anti clockwise around the park and then a smaller loop anti clockwise. The route will be well arrowed and there will be marshals at important areas on the course.

Please be advised that the park is open to other users and please be polite when over taking them.

On finishing your smaller of the two loops you will be directed up towards the finish gantry .

Please ensure you run across the timing mat. You will receive your finisher medal shortly after the finish line.

There will be water and drinks available at the end.

The route map will be available on the 1st of July, but please note you are welcome to run around the deer park at any time during its opening hours.

RACE RULES:

The race is run under UKAA rules and as such you should make yourself aware of these. They are available at www.uka.org.uk/

If you would like further information on the rules please contact them 0121 713 8400

PRIZES:

Prizes will be awarded to the first 3 male and female athletes.

Also the first athletes in the following categories.

1st m/f 40+

1st m/f 50+

1st m/f 60

Also the first teams

Male - 4 to count

Female - 4 to count

Prize giving will take place from 11:30am

First Aid:

Should you require any medical attention on the day, St Johns Ambulance Coleford will be in attendance.

Medical Conditions:

If you have any pre existing medical conditions before you begin please ensure that you have notified either registration or St Johns Ambulance. This information will be kept strictly confidential.



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RESULTS:

These will be available on the screen next to the finish line straight after the event. They will also be available online the following day at www.blacksheepsports.co.uk

MARSHALS:

For any event to run smoothly it requires the help of volunteers. If you have friends or family coming to watch then why not ask them to help marshal. No experience is needed as all information will be given to them on the day. It's great fun and lets them feel involved in the day. They will be given a drink and food and also receive an event top. For further information on marshal opportunities please contact us at events@blacksheepsportsltd.co.uk

EVENT OFFICE:

Please note that the event office will be closed from Thursday 29th July to 2nd August as the team will be on site setting up. Please do not email or leave messages.

FUTURE EVENTS:

28th August - The Big and Little Woody 2010

26th September - Royal Dean Forest
Mountain Bike Enduro

10th October - Forest of Dean Duathlon

BLACK SHEEP SPORTS EVENTS:

Black sheep sports organise many events throughout the year and can also provide chip timing to other organisers.

Please take a look at our website.

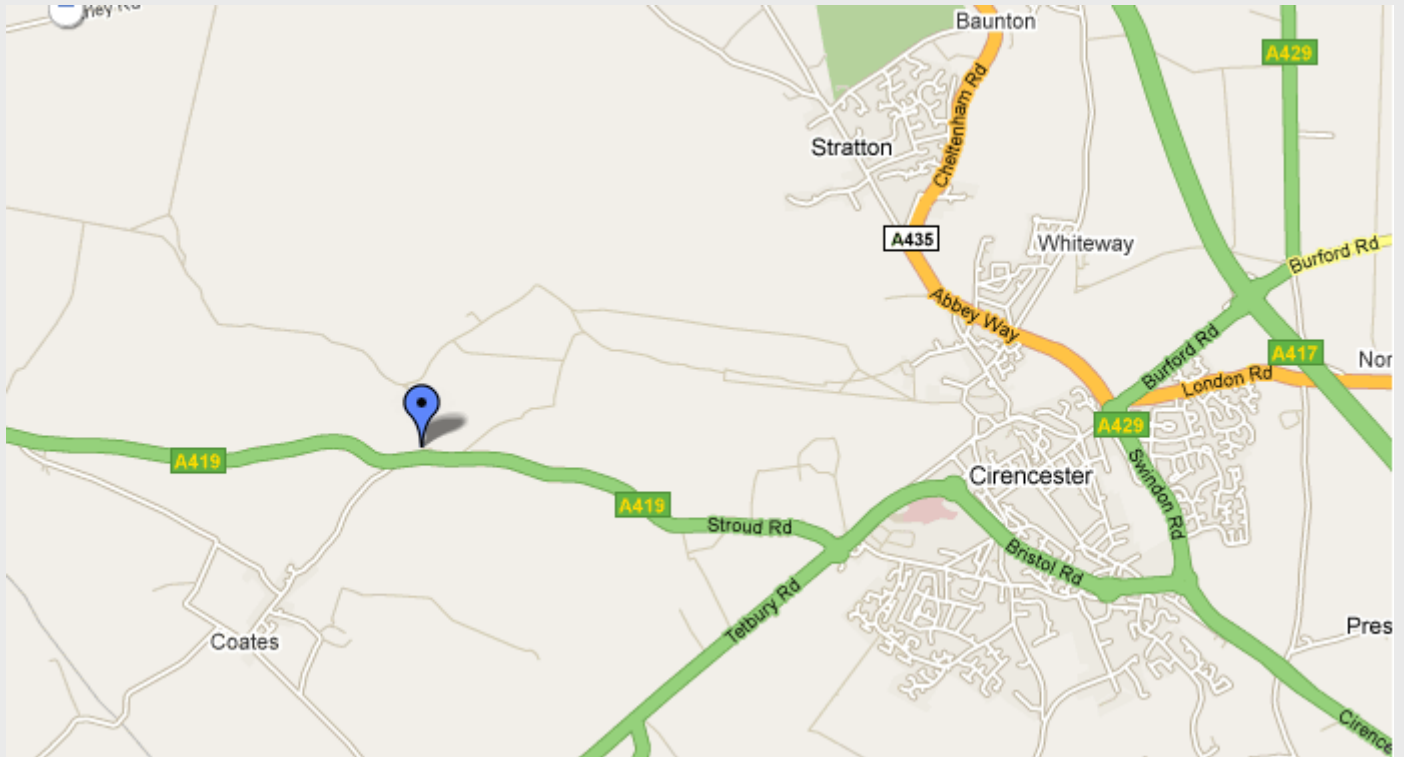
All race information and entries are available at www.blacksheepsports.co.uk





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LOCATION





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RUN ROUTE

The run route will be available here shortly.

1 Large lap
1 Small lap.