

## FRECKLETON HALF MARATHON. RACE DAY INSTRUCTIONS.

Please read and observe the following to help the race day run smoothly

- ✓ The race starts at 2pm prompt.
- ✓ There is a time limit of 2 hours 40 minutes for completion of the race
- ✓ Please arrive early and park only where directed by the marshals.
- ✓ **NUMBERS ARE NOT TRANSFERABLE.** If you are unable to run, please return your number to the Race Director. Please do not transfer your number to someone else. Numbers cannot be replaced.
- ✓ Those without a number please do not run with the main race, as you will not be insured.
- ✓ Have a good run but for your own health and safety, if you get into difficulties, stop and seek help from a marshal. St John Ambulance first aiders are present.
- ✓ The race is well marshalled. Please follow the marshals instructions at all times.
- ✓ Keep left unless instructed by the marshals.
- ✓ Drinks station at 3miles, 5½ miles, 8 miles 10½ miles and 12 miles. Sponges and showers are also available at these points
- ✓ Changing and showers are available at the Race Headquarters
- ✓ Presentation at 4.30pm approx. (always assuming I have finished!) Please stay, especially if you think you have won a prize.
- ✓ Finally, the roads are still open so please be aware of traffic.