



**The Gloucester Marathon**  
24<sup>th</sup> January 2010  
**RUNNERS INFORMATION SHEET**

Thank you for entering.

**Getting there by road**

Leave M5 at Junction 12.  
Follow Gloucester (A38) signs.  
Second major exit right at next island. (A38)  
Left up slip road. (B4008)  
Left at next island along Fieldcourt Drive.  
Right, along School Lane at next island.  
Severn Vale Sports Centre and School is on the left.

**Hotels**

within walking distance of race HQ (closest first)  
Little Thatch Hotel 01452 720687  
Friar Tucks 01452 720312  
The Express by Holiday Inn  
Gloucester South 01452 726400

Enclosed with this information sheet are travel directions to Quedgeley, and a map of the course. The marathon start is 300 yards from the Sports Centre and comprises a figure of 8 section, 3 passes of the Elmore/Longney loop and a one mile leg to the finish.

**Before the race**

**Please note Severn Vale Sports Centre will not be open until 9.30am and you will not be able to gain access prior to this time**

**Parking:** Parking for the event is in the sports centre car park

**Registration and general enquiries:** located within the small sports hall.

**Changing:** There are changing, toileting and showering facilities for both women and men runners in the sports centre.

Your running number \_\_\_\_\_ will be issued to you on the day, at Severn Vale School; you will need to register no later than 10.20am. Write your name, contact details in the event of an emergency and any relevant medical information on the back of this number which should be pinned at each corner and visible on the front of your clothing during the race. The race HQ is in Severn Vale Sports Centre which opens at 9:30. We are not able to get into the site before this time so should you arrive early please wait outside the site, parking with consideration for residents.

Assemble for the briefing in the sports Hall at 10:35 at 10:45 we will walk to the start in Severn Vale Drive. The first section is a figure of 8 through Quedgeley and Hardwicke, suburbs of Gloucester; be aware of traffic humps over this section.

You will pass the start two times and on the second time will pass the first drinks station. Shortly after this you turn right toward the loop. Lap counting begins at the Stonebench turn. Do not discard a band at this time. Discard the band on each return to this point until you have none left. You then turn right to the finish which is approx 1 mile away.

**During the race**

Runners are responsible for counting their own laps; to assist you we are adapting a system used in triathlons. You will be issued with 3 elastic bands (not the ones used last year!); these should be placed around your wrist before the start and one discarded at the end of each lap. When you have no bands you know that you will leave the loop and take the leg through Stonebench to the Finish.

Note that judges will be listing numbers as runners pass the Stonebench turn and will attempt to assist with lap counting.

**RUNNERS MUST KEEP TO THE LEFT HAND SIDE OF THE ROAD FOR THE WHOLE OF THE RACE.** Running on the right could invalidate your insurance cover and causes danger to other road users. Residents are concerned that competitors running 3 or more abreast and crossing to the right at the same time cause danger to themselves and other

**Have a successful race! Event contacts: Anne Wilson 01452-722720 Mobile 07979 865453**

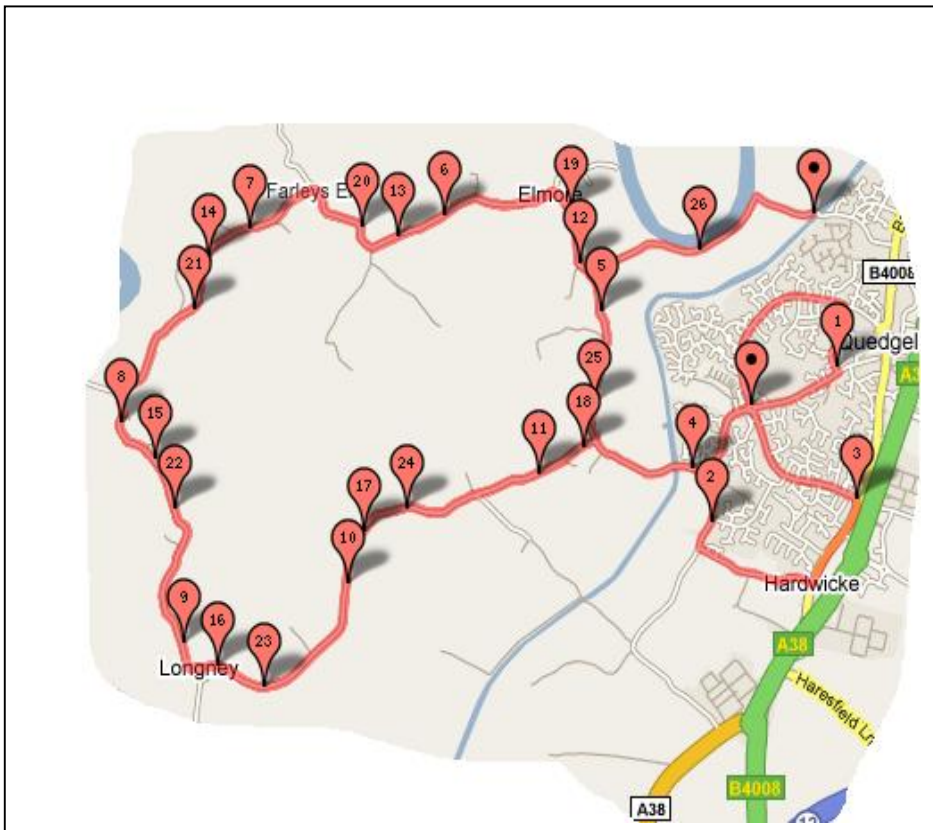
road users; follow the advice of marshals and if running in groups keep two abreast and on the left side. Should you be seen running in such a way as to cause danger then you risk disqualification.

The scenic Elmore/Longney loop is run, clockwise, entirely on rural country lanes, which are not normally busy. The roads are not all in perfect condition, so be aware of potholes and other surface irregularities; This is an agricultural area, so expect some occasional mud and other substances to be on the road. Note that the finish is just under a mile away from the changing rooms. The way to Race HQ from the Finish will be marked. Baggage should not be left in the changing rooms as other organisations use the Sports Centre.

**For your safety, the wearing of personal listening devices which use headphone(s) may stop you hearing marshal's instructions or traffic, such as i-Pods etc., is prohibited and under UK: Athletics rule 21 and runners using these may be disqualified.**

Marshals will be sited at all significant turning points to look after runners' safety so please follow and comply with their requests at all times.

We wish you a successful race and hope you perform to your best and achieve your expectations at the new distance.



**Notice to runners' supporters - no cars or bicycles on course**

Because of the road narrowness around the course, the organisers ask any support cars not **to travel around the course** Runners support stations can be set up by the feeding stations. (see course map for location)

Drinks stations at the points marked by 6 and 9 miles, between start and 4 miles and at the finish. (Distances shown on this map are approximate.)

Water and High 5 are available at each station.

**After the race**

A shuttle bus will take competitors back to the Sports Centre and you may also chose to walk along signposted paths. Supporters should park away from the finish and with consideration for residents.

**Reshments:** Tea, coffee, sandwiches, cakes will be available in the sports hall

**Presentation of awards:** will take place at approximately 16.00hrs. A memento will be given to every finisher. The range of prizes (subject to entries) will be as follows: 1st, 2nd & 3rd Man and Woman  
1st Female Vet 35 and Male Vet 40 and then first in the subsequent 10year age groups

VERY GRATEFUL THANKS TO the St John's Ambulance and for medical support, the Life Charity for their valued co-operation and support in promoting today's event and those friends and members of Gloucestershire AAA, Severn A.C., Gloucester A.C. Cheltenham and County Harriers, Tewkesbury A.C. who have kindly volunteered their services as well.