

STOWMARKET HALF MARATHON RUNNERS INFORMATION

Dear Competitor,

Thank you for your entry to the Stowmarket Striders Half Marathon we do hope your training is going well for this exciting annual event.

DATE OF RACE: Sunday 18th March 2018
VENUE: **Tomlinson Groundcare**, Buxhall, Stowmarket, IP14 3DL
Telephone Race Day Only: 01449 736060
START TIME: 11.00 am - please note junior races start at 10.15 am (only £2 entry on the day.

Winners prizes and mementos for all – proceeds from junior races will be donated to Sports Relief so do bring your young ones along in support)

RACE NUMBERS

Race Numbers can be collected in advance on Saturday 17th March from **Physiofixx clinic between 10.30am – 1.30pm** as well as from 8.30am at the race venue in Buxhall on race day.

Location details for advance number collection: **PhysioFixx**, Alpha 1, The Buntings, Kestrel Drive, Cedars Park, Stowmarket, Suffolk, IP14 5GZ - <http://physiofixx.co.uk/the-clinic/stowmarket/>

Please complete the emergency details on the reverse of your race number. Your chip number will be embedded into the back of your race number so please ensure that this is carefully attached to the front of your running vest with safety pins which will be provided.

WHEELCHAIR ATHLETES

Would any pre-entered wheelchair athletes please email us by return so we can organise bike support.

START LINE

The picturesque Stowmarket Half Marathon takes place on some of our most beautiful Suffolk lanes, just prior to the start it is important that we keep the roads free for traffic so please could you ensure that you gather off the road in the area designated until our Race Directors ask you to move towards the start line – thank you.

PACE RUNNERS

This year we will have pacers that you can follow and whom will offer support and encouragement throughout. They will be completing the half marathon in 1:30, sub 2 hour and 2:15, just look out for our pacers flags at the start line.

GROUP WARM UP

Please join us for a group warm up hosted by Mid Suffolk Leisure Centre just prior to the race.

POST RACE MASSAGE

We are pleased to confirm that Physiofixx will be on hand to provide post-race massages for a nominal donation of £5.00.

RACE WITHDRAWAL & TRANSFERS

If you are unable to race on the day for whatever reason, please would you let us know as we have a waiting list of enthusiastic runners. We are also happy to accommodate transfers up until 11th March. Please email us at racenews@stowmarketstriders.org.uk Regrettably we are only able to process refunds if we are able to fill your place with a transfer.

TRAVEL DIRECTIONS: From Ipswich – via A14 to A1120 junction. Turn left at the roundabout. Continue straight over the next roundabout and down the hill on the dual carriage way. Taking the right- hand lane turn right at the bottom of the hill. At the next round about/ take the 2nd exit (sign posted Combs Ford). After 400m, go straight over the mini roundabout towards the Magpie pub. Bear left in front of the pub then turn right at the next mini roundabout (sign posted Gt Finborough) onto Combs Lane. Follow this lane (40mph limit) to a T junction. Turn left onto the B115 (sign posted Gt Finborough) follow road into village, when you have passed village store on your right take the next right to Buxhall. At next junction turn left into Brettenham Road. Tomlinson Groundcare is just past the church on your right.

From Bury St Edmunds – Take the A14 towards Ipswich. Leave the A14 at junction 47A. Take the first turning on the right signposted to Buxhall. Over the A14 at the next junction turn left signposted Stowmarket and Buxhall. Continue on this road and take the second left signposted to Buxhall. Continue and take second right into Brettenham Road and Tomlinson Groundcare is just past the church on your right.

The use of audio headphones whilst competing in our race is strictly prohibited due to traffic safety reasons. Those seen will be disqualified.

CAR PARKING:	Just past Tomlinson Groundcare on your right.
CHANGING / TOILETS	At Venue but with no showers.
RESULTS:	Visit our web site at www.stowmarketstriders.org.uk .
POLICE REQUEST:	Run on the left hand side of the road unless told otherwise.
RISK ASSESSMENT:	Please refer to race folder
FIRST AID:	Essex Medics will be in attendance on the day.

FROM ALL AT STOWMARKET STRIDERS HAVE AN ENJOYABLE RUN