



Welcome to the **2022 DB Wood Newark Half Marathon**

Thank you for entering this years event, we hope your training has gone to plan!

If you entered before **24<sup>th</sup> July**, your number will be posted to you.

If you entered after **25<sup>th</sup> July** – race number 686 and above, please check your number [here](#) in the participants list as you will need to give your race number at the registration desk on the day to collect your bib

If you are local, you can collect your race number from the Tom Mann Pavilion between 10:30-12:30 on Saturday 13<sup>th</sup>

For any other information you require please visit the [Race Info](#) page.

We look forward to seeing you on the 14th and the best of luck.

***The DB Wood Newark half volunteer team***

## **2022 DB Wood Newark Half Marathon**

### Final Joining Instructions

Thank you for entering the 2022 DW Wood Newark Half Marathon.

### **Warm Weather Advice**

It is possible that we may encounter warm weather on the day, here are some useful tips on dealing with hot weather during the race:

- **Dress appropriately** – light colours, loose, sweat wicking materials.
- **Hat/visor** – protects your skin from the sun and keeps your face shaded.
- **Hydrate** – ensure you drink plenty of water the day before and morning of the run. Also consider taking on hydration salts the day before as well as water.
- **Carry water** – we have 5 water stations but consider carrying a hand held water bottle/ hydration vest.
- **Sun cream** - Use plenty of sunscreen and start slower than you normally would, you will more than make up this time if you feel like it at the end.
- **Medical attention** - If you start to feel, lightheaded, dizzy or start to get cramps stop running, walk and find the nearest marshal or alert another runner to tell a marshal.

### **Covid-19**

If you don't feel well or show any [symptoms of COVID-19](#), please stay home.

### **Getting There**

This year the race will start just outside of Newark town centre along Hawton Road.

You will need to visit the race village which is situated at the finish area near Tom Mann Pavilion at Sconce and Devon Park.

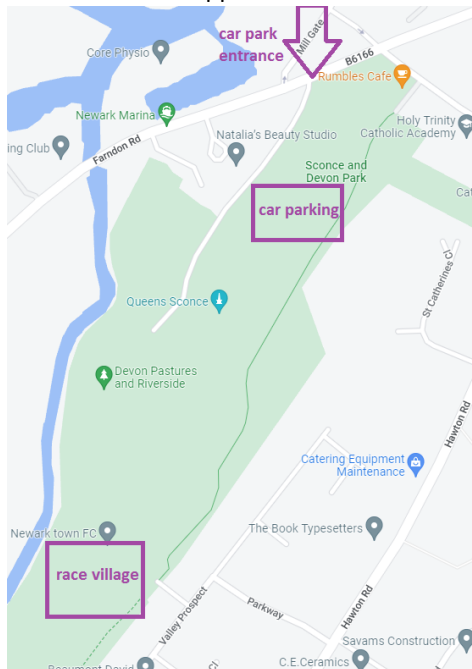
There will be limited car parking at the park.

Please enter the park from Farndon Road – what3words [///swarm.supple.heckler](https://www.what3words.com/swarm.supple.heckler)

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The parking will be operated by volunteer marshals and a donation to local charity Children's Bereavement Centre would be appreciated.



Please do not park along Valley Prospect as this is the race route and you will not be able to leave until the run has finished.

The main parking area will be on Sconce Park (in the dip), accessed from Farndon Road. This is a grassed area and marshals will be in place to direct traffic and monitor pedestrians.

#### Bad weather

In the event of bad weather leading up to the event or on the day. Parking will be cancelled from the proposed area. This will be communicated to all participants by email and on all media channels.

We do not want to cause damage to the area if the site is to become waterlogged.

7:00am-09:00am - car parking open. Please follow marshal directions.

#### Registration

If you entered after July 24<sup>th</sup> - On arrival at the park head for the Tom Mann Pavilion where you will see the registration desks.

Please check your race number on the participants page beforehand and go to the correct table for your allocated number.

You will be asked to confirm your name and email address.

Safety pins will be available.

The registration desks will be open from 8am and we ask that you allow yourself plenty of time. The registration desks will close at around 9:00.

If you are local, you can collect your race number from the Tom Mann Pavilion between 10:30-12:30 on Saturday 13<sup>th</sup> (if you entered after 25<sup>th</sup> July)



All participants entered before July 24<sup>th</sup> will have received numbers in the post. If there are any issues, please come to registration on Sunday and we can sort these for you.

We will have limited on the day registrations available. The cost for on the day entry will be £30.00 cash only. Entrants on the day will not be eligible for prizes.

### Warm up and Race Safety Briefing

At 9:00 you will be asked to assemble in front of the stage where there will be a brief warm up. Please ensure you attend the safety briefing as it will provide important information on the day.

### The Start

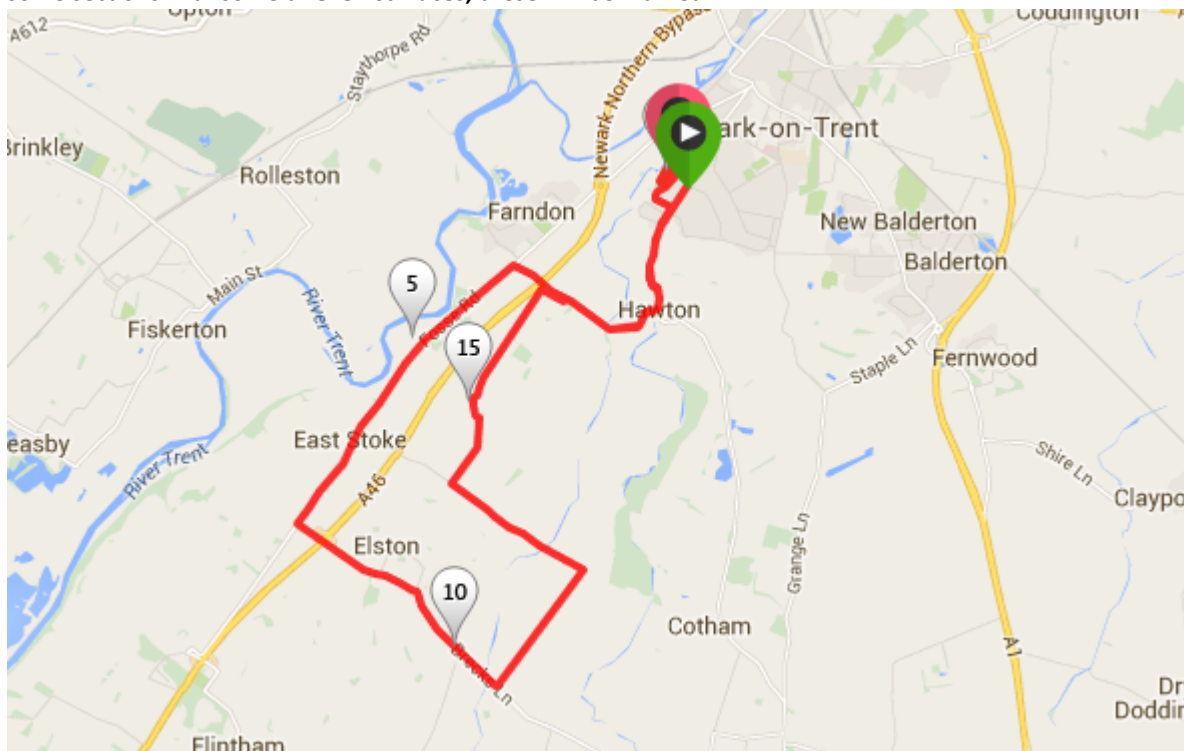
At around 9:15 you will be asked to walk the short distance from the park to the start on Hawton Road. Once you are on Hawton Road you will see the time boxes related to the time you estimate you will take to complete the distance. Please try to stand in your correct box as this will help everyone have a good start to the race and avoid bunching.

### Bag Drop

There will be a bag drop facility managed by local charity Children's Bereavement Centre'. CBC will give you a label which you will need to add your race number too. Donations to this wonderful charity will be appreciated.

### The Course

The route is a single loop mostly flattish course. The route is run on partially closed country lanes. There are some sections with some **uneven surfaces**, these will be marked.



<https://connect.garmin.com/modern/course/10280686>



<https://www.strava.com/activities/1766760608>

There will be a sweeper vehicle on the course, and we have a 3hour 15 minute cut off. If you do fall behind the vehicle, you will be classed as an unsupported participant.

### **Water Station**

The course has 5 water stations situated at 2, 5, 7. 9 and 11 miles.

The stations will have 500ml bottled water (screw cap) and containers to fill up personal bottles.

If you wish to collect and open your own bottles, please go to the front of the water station.

All water station water has been provided by our local COOP stores.

We understand that bottled water is not the best option environmentally but as a duty of care to runners on a (possible) hot summers day, we feel this is the best option to keep participants safe.

Bottles provided support the One Foundation –more information can be found

here: <https://www.lincolnshire.coop/funding-clean-water-projects>

All water bottles will be collected and taken to be recycled. This will be done by local company Greenzone -

<https://www.greenzoneuk.com/>

### **Headphones**

The use of bone conductor style headphones will be permitted in line with UKA rules and safety reasons.

### **Prizes**

Most of the prizes will be sent out after the race, you will be contacted if this is the case.

We will be awarding some of the top prizes on the day:

The Mr Bike Challenge - The first male runner to beat 2019's winning male time (01:07:31) and the first female to beat 2019's winning female time (01:16:28) will receive £500 each

Position Prizes - 1st £80, 2nd £60, 3rd £40 (both for male and female).

### **The finish**

Once finished you will be given a bottle of water. Make your way to the t-shirt collection point at the side of the field. There will be two distribution points. One for those who entered before xxx with guaranteed t-shirt size. The other will be for those who entered after xxx and we cannot guarantee your size - but we will do our best!

### **Fun Run**

This 2km run is for all the family, young and old. It will be free to enter, but donations to the local charities would be welcomed.

The Fun Run will start at 9.45, please gather at the fun run start sign.

Please note that the Fun Run is not timed.

**We hope you have an enjoyable day.**