



dbwood
CENTRED AROUND YOU

Welcome to the **2023 DB Wood Newark Half Marathon**



09:00 AM START TIME

Thank you for entering the DB Wood half marathon, we hope your training has gone to plan!

Thank you to all our event supports, sponsors and volunteers – we could not hold the event without you.

A word from our headline sponsor DB Wood:

August 2022 marked the first year of DB Wood's headline sponsorship of the Newark Half Marathon, and the first Half Marathon in Newark since 2019, following a break due to the pandemic. It was a brilliant event, and the hot summer conditions of 29 degrees + didn't deter the 600 + runners completing the course.

Oliver Crampton, Financial Planner at DB Wood ran in the 2019 event, and saw firsthand the positive impact it had on the local community. He feels that what makes the Half Marathon a rare event, is that it is a not-for-profit organisation, with the committee made up completely of volunteers. Profits are redistributed to charities and local organisations following the event. In 2022 this included Childrens Bereavement Centre, Beaumont House Hospice, Reach Newark and Rumbles Café.

DB Wood are proud to sponsor a local event that not only promotes being active, but also works closely with so many local charities, with the runners also raising thousands of pounds for their chosen individual causes. Newark has strong group of running clubs of all abilities including Newark AC, Newark Striders and Notfast RC with a large level of abilities whether it be running your first 5k or running marathons in under 3 hours. As a member of Newark AC, I would highly recommend joining a club if you want to start running or to improve. You'll get fitter and enjoy the company of like-minded people!

Here are your joining instructions to make the day as enjoyable for you as possible.

If you entered before 23rd July, your number will be posted to you.

If you entered after 24th July (runner number 665 and above), please check your number [here](#) in the participants list as you will need to give your race number at the registration desk, or if you pick your number up before hand on Saturday.

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

We look forward to seeing you on the 13th and the best of luck.

The DB Wood Newark half volunteer team



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***DB Wood: Supporting our local community,
specialising in Lifestyle Financial Planning and
Commercial Insurance***

2023 DB Wood Newark Half Marathon

Final Joining Instructions

Thank you for entering the 2023 DB 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 handheld 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.

Getting There

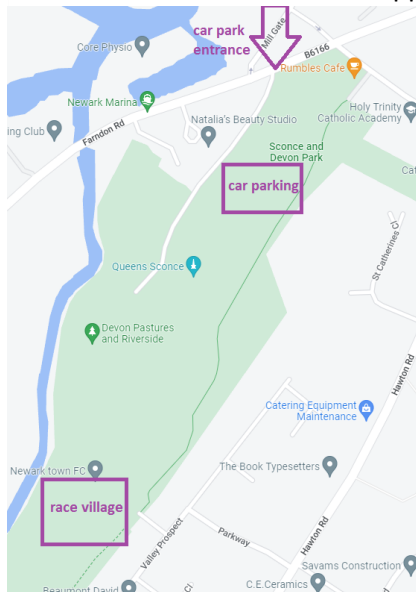
This year the race will start just outside of Newark town centre along Hawton Road.

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://w3w.co/swarm.supple.heckler)
<https://w3w.co/swarm.supple.heckler>

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 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-08:30am - car parking marshals will be in place at the parking area.

Registration

If you entered after July 23rd - 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 7:30am and we ask that you allow yourself plenty of time.

The registration desks will close at around 08:30am.

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

All participants entered before July 24th 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 may have limited on the day registrations available, please monitor Facebook for announcements. 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 08:15-08:30 you will be asked to assemble in front of the stage where there will be a brief and a warmup led by a fitness instructor from the local YMCA. Please ensure you attend the safety briefing as it will provide important information on the day.

The Start

At around 08:40 you will be asked to collect in the time boxes related to the time you estimate you will take to complete the race and then walk the short distance from the park to the start on Hawton Road. Please try to stand in your correct box as this will help everyone have a good start to the race and avoid bunching.

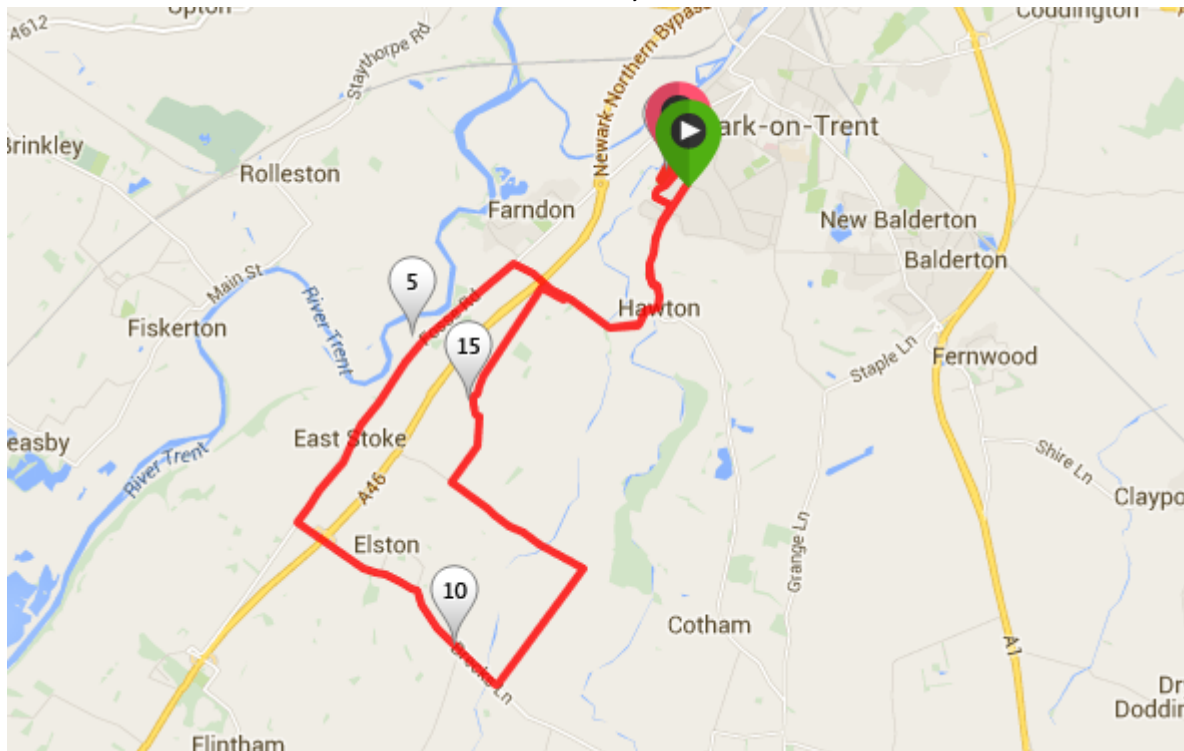
09:00 the race will be started by a representative from headline sponsor DB Wood.

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 flat(ish) 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>

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 or local Lincolnshire 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

Prizes awarded on the day at 11am:

The Breheny Challenge - The first male runner to beat our course winning male time (01:07:29) and the first female to beat winning female time (01:14:35) will receive £500 each.

Open places 1-5 supported by Rototek.

Team prize.

Local runner prize supported by Mr Bike.

Age group prize winners supported by ECL will be contacted after the event.

County Championship medals to be presented on the day.



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 24th with guaranteed t-shirt size. The other will be for those who entered after 24th 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 9.15, please gather at the fun run start sign.

Please note that the Fun Run is not timed.

We hope you have an enjoyable day, thank you for your support.



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