



Race Information 2023

Date:	19th March 2023
Start Location:	Fed into the start line from the front of the Pavilion
Finish Location:	At the front of the Pavilion
Race HQ:	The Pavilion, The Esplanade, Weymouth, Dorset DT4 8ED
Start Time:	08:00am

Welcome to the 8th Weymouth Half Marathon. To ensure you have a good event, please make sure you are familiar with the event information below.

Race HQ and The Start

The **Baggage Drop / Storage** will be located in the Ocean Room, at the Pavilion opening at 07:00 am. Please allow enough time to check your bags in and get to the start in plenty of time. You will have a baggage label attached to your race number that you will need to attach to your bag when you drop it off.

Athletes will **self-seed** based on estimated finish time - so make sure you start in the right place for your ability, ensuring both you and the other runners enjoy all aspects of the course (especially the first mile).

Notes:

1. Individual start times are taken when runners cross the startline, so each will have their own unique start time and accurate finish time.
2. No running in queuing area - all runners to walk to start line

Car Parking

Access to the Pavilion car park will be prior to 07:00 am. Please find alternate parking arrangements after this time or when it is full. **Where possible, please car share** or walk to the start area.

Due to the continued current closure of the road to the side of the Pavilion and the road closures that we will be putting in for the event, any vehicles parking in the Pavilion car park will NOT be able to leave until the event is finished and the road closures are lifted (approximately 11:15am). Therefore, we advise that all competitors find alternate parking arrangements. **Where possible, please car share.**

Race Numbers and Timing Chips

Your race number must not be folded and must be worn on the front of your vest/t-shirt. Your timing chip is on the back of your race number. All numbers will be posted out in advance of the event so there will be **no need to attend registration** to collect a timing chip. In case of an emergency please write any medical conditions you have on the back of your race number.

Race numbers will be sent out in stages in March. Should there be a problem with your number or it does not arrive there will be an information desk within the Ocean room on race day to deal with your queries.

The Course

The course will take you through the heart of Weymouth taking in the stunning views of the Jurassic coastline and the spectator friendly town centre. It is a mostly flat course mainly on roads with a very small off-road section consisting of a gravel track. There will be some road closures and also some road crossings where traffic management will be in place with a Stop/Go system to control traffic. A map of the course can be found on <https://ridewithgps.com/routes/18445648>

The race will be run under UK Athletics rules. **Headphones of any kind are not allowed to be worn for this event** for safety reasons and will lead to a disqualification.

Water Stations

We will be continuing with the feed station protocols that we put in place in 2021 and adopting the guidance that was offered by UK Athletics.

UK Athletics:

“Use of feed stations by participants should be discouraged, and participants encouraged to bring their own hydration and nutrition to the event, using bottle belts and hydration backpacks etc.”

As per the advice of UK Athletics, we recommended that all runners bring their own water for the duration of the event.

We will however, provide the following:

1. 500ml bottled water (with sports caps) at the halfway point
2. Water barrels at miles 3.5 and 11 for you to fill your own cup / bottle etc. It is really important that you have your own vessel at these water stations. If not, you will not be able to access the water.

Please note, this will not be handed out by anybody and it will need to be collected by the runner.

Also, the bottle will have to be disposed of in a normal waste bin (numerous of which can be found along the course) and must not be discarded on the floor.

Finish Line

The finish line will be streamlined to avoid runners congregating in the finish area. Medal and bottled water will be collected as runners exit this area.

Race Prizes

Prizes will be awarded to:

Top 3 male / female.

Age group winners (male / female) from 18 – 24, 25 - 29 all the way to 75 – 79 & 80+

Prizes will be given out once we have a complete set of results. Please ensure you attend the presentation as uncollected prizes will not be posted out.

Marshalling

To get involved in this years' Weymouth half marathon and to join our events team please get in touch with Alan - alan@justracinguk.com to see how you can get involved on the day.

Rehabilitation Services

We are delighted to be able to offer rehab support for runners, whether sports massage, neuro activation or corrective exercise. We are offering all runners a 50% discount on their first treatment with us at Number 9. To book in, contact alan@justracinguk.com.

We look forward to welcoming you to the Weymouth Half Marathon.

Alan and the Team