

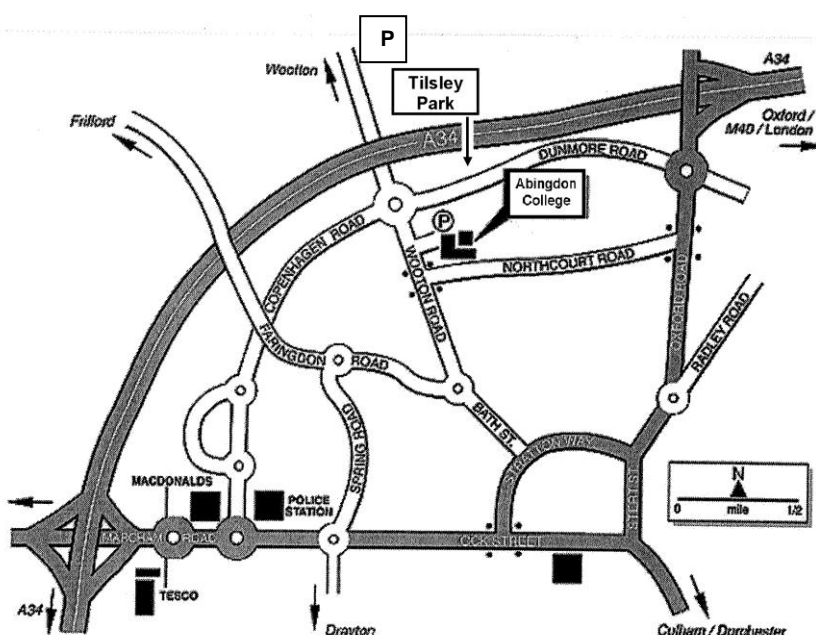
Abingdon Marathon – Sunday 18th October 2009 at 9 am Race Day Instructions and Information – PLEASE READ THROUGH TO THE END!

Your race number is enclosed. Please fix it to the **front** of your vest, pinned at all four corners, without folding or writing on it. Mutilation of the race number, or failure to wear the official number on your front may cause you to be disqualified. **Please write your name, emergency contact number and details of any relevant medical conditions on the rear of your number. Do not give your number to anyone else.**

Your timing chip is enclosed. Please attach it to your shoe following the instructions provided. If you do not wear the chip your finishing time will not be recorded. **If you do not race please return the chip in the envelope provided or to the race organisers.**

Location of Tilsley Park, Abingdon OX14 1PU

Tilsley Park is situated on Dunmore Road a mile north of the centre of Abingdon, and runs between the A4183 (accessed from the Abingdon north exit of the A34 southbound) and the B4017 (Abingdon to Wootton). Tilsley Park is clearly signed from all main roads approaching Abingdon. Local buses run from Oxford (about every 15 minutes) and some of the other main towns in Oxfordshire, although services are limited on Sundays.



Car Parking is available from 7.00 am at Abingdon and Witney College, on the junction of Northcourt Road and Wootton Road, Abingdon, and at Dunmore Court, next to the Golf Store and Fit2Run. Both are just a 10-15 minute walk away (a good warm up for the race). See map for locations (P). **There will be no parking for runners at Tilsley Park on race day.** Please use the other car parks, and arrive early enough to give yourself time to prepare for the race. All the car parks are closed at night. Vehicles are parked at the owners' risk, and the car park owners accept no responsibility. There may be space in the roads leading off Dunmore Road, but do not park on Dunmore Road itself. It is part of the race course, and is a busy through road.

Don't be late! Expect to be called to the start line 15 minutes before the race starts. The Police will close the approaches to Tilsley Park on Dunmore Road thirty minutes before the start of the race.

Bag storage will be available. Your race pack will include a label printed with your race number. Please tie this to your bag so it can be seen easily. There are also 120 lockers. Come early and bag them (a returnable deposit of 20p locks them).

The Course is RRC measured. It is mainly flat and any inclines are very gentle. Start and finish are on Tilsley Park athletics track (see map). A map of the course can be seen on our website www.abingdonmarathon.co.uk. Run on the left hand side of the road and follow instructions from the marshals and/or police at all times. Part of the course is narrow and runners should take extra care in this area. In the interests of your own safety and that of your fellow runners you will not be allowed to run if wearing an Ipod or similar item. The roads will not be closed and you will not be fully aware of traffic around you. Neither will you hear instructions from marshals or the police.

Course support is for 5 hours only and will not be available after 14:00 hrs. If you have not reached mile 20 by 13:20 hrs you will be asked to leave the race and return to Tilsley Park in the sweep vehicle.

Spectators must not follow the race by bicycle or car since this is unfair to the runners and can be dangerous. The best place to see the runners is along Preston Road and Wilsham Road, since they pass along here twice. Do not drive through the town centre since this increases traffic and consequently danger for the runners. Instead drive around the ring road, turn left at the police station (see map) and take the A415 and B4017 (Drayton Road).

Water stations are located approximately every three miles. There will be orange squash, biscuits and other goodies at some of the later water stations and Lucozade Sport at miles 12 and 21.

Marshals – We always need more, so if you know of any willing volunteers who could give us their help for one or two hours and cheer you on at the same time please get them to contact abingdon.marshals@btinternet.com

Photography is courtesy of Sussex Sport Photography and photos can be viewed and purchased by contacting them at www.SussexSportPhotography.com

If you cannot complete the course keep your race number on until you report to a marshal, feed station or first-aid point. Vehicles will be on the course to collect you and take you to the finish. A medical recovery team will be on hand at the finish should you require assistance. Please feel free to ask for help at any time. Please hand in your timing chip to a marshal or other official.

At the end of the race there will be free hot and cold drinks to revive you after your marathon. These are for runners and will be close to the finish. You will receive a medal, a t-shirt (size is indicated on your race number) and a goody bag. Souvenir T-shirts, sweatshirts and other clothing will be on sale at the back of the grandstand.

Refreshments (rolls, burgers, hot dogs, cakes and hot and cold drinks) will be on sale outside the main building, courtesy of 2nd Abingdon Scout Group.

Hot showers will be available. Do make use of them and change into warm clothes as soon as possible.

Post-race massage will be available adjacent to the changing rooms, provided by Sarah Mead and colleagues of Pro-Motion Sports Therapies.

First aid and emergency cover is provided by Alpha Care who will be stationed at strategic points along the route of the marathon. There will also be staff on duty at the First-Aid point near the finish.

After the event – tell us about your experiences by contacting us through our website at www.abingdonmarathon.co.uk or communicate with other competitors by logging on the Runners World website.

Race Day Timetable and Results

07.00	Marathon car parks open
07.30	Baggage reception open (but lockers available beforehand)
08.45	Runners to Race Start
09.00	Start of Abingdon Marathon
11.20	Approximate time for winning runner to finish
12.30	Presentation of trophies to overall winners
13.30	Presentation of trophies to other category winners if results in
13.30	Presentation of championship and team prizes
14.00	Race finish

Further information on trophies and prizes, race officials, acknowledgements, entertainment for your supporters and accommodation in Abingdon can be found on our website www.abingdonmarathon.co.uk

Results will be available shortly after the race on www.theresults.co.uk and subsequently on our website. Result queries should be forwarded to results@hssports.co.uk

If you have any problems on the course, tell a marshal who will immediately contact the medical support team. Have a great day!