



Newton's Fraction Half Marathon

Sunday 8th September 2019 10.30am



Race Information

1. Race Venue

- Race HQ is The Gingerbread at South Kesteven Sports Stadium, Trent Road, Grantham, NG31 7XQ.
- Race Director, Phil Garner 07803 713757
- Newton's Fraction Half Marathon starts and finishes on the track inside the South Kesteven Sports Stadium.

2. Car Parking

- Parking onsite at the Stadium and also extra spaces at the far end of Buzz Bingo opposite. - see local signage on the day.
- **Traffic Management Services(TMS) will close Trent Road at 10.20 am ready for the start.**

3. Race Number/Chip Collection

- Please go to the collection desks in the Gingerbread (Race HQ) located on the upper floor of the main building.
- Collection desks with race numbers and timing chips are **arranged by surname open from 8:30am**

4. Facilities

- Toilets are located at either ends of the grandstands and in the main building.
- Please use the toilets located in the grandstands to avoid queues in the main building.
- Changing and showers are available in the main building.
- There is also a small baggage store. Luggage labels will be issued. Please attach label to the bag.
NOTE: The organisers do not accept responsibility for the contents of the bag.
- The Lincolnshire Runner will have a trade stall.
- Pre/post race sports massage will be available on site - £5 donation in aid of a Grantham junior parkrun.

5. Race Number

- Please complete details on the back of the number and secure it to the front of your running vest or top.
- **If you have a medical condition please give details on the back of the number.**
- **If you feel unwell before the race, or have not been well for a few days prior to the event, please do not start, remember there is always another year.**

6. Chip Timing

- Please fix your timing chip securely to your shoelaces using the wire tie and pull tight to secure.
- To ensure you have threaded the wire tie the correct way, pull the chip and see if it comes away from the shoelace.
- Please can runners line up in order of expected finish time at the start, your timing will start as soon as you cross the line.



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7. Start

- The race will commence at precisely 10.30 am.
- Please race on the left hand side of the road unless otherwise instructed by Traffic Management Services Ltd (TMS), Police or course marshals.
- **Please take care when running by the water and when passing under the bridges**
- **The wearing of headphones during the race is not permitted with the exception of bone conducting such as Aftershokz that are approved by England Athletics.**

8. Drink Stations

- Water stations en route will be at approximately 3¾, 5¾, 8 and 10¾ miles and also at the finish.

9. Medical

- Singleton Event Services will provide medical support on the course and at the Stadium.
- In hot weather conditions make sure you are well hydrated, wear sunscreen and suitable clothing
- If you feel unable to complete the course, please wait with a marshal.

10. Finish

- On entering the stadium run around the track to the finish gantry.
- Please move along the funnel, return your timing chip and then collect your goody bag and t/shirt.

11. Chip Collection

- There will be a team helping to remove chips at the finish. If you do not finish please hand your chip to the nearest marshal or post it back to us.

12. Prizes

- 1st Male and Female – A pair of Adidas Running Shoes (Value - c.£100+) *
- 2nd Male and Female - £60 Lincolnshire Runner voucher*
- 3rd Male and Female - £40 Lincolnshire Runner voucher*
*Supplied by and redeemable at Lincolnshire Runner.
- 1st Male over 35,40,45,50,55,60,65,70 1st Female over 35,40,45,50,55,60,65
- Male and Female Team Trophies - 3 to count
- Prizes will be awarded based on gun times except team.
- One prize per individual except team awards.
- Prizes will be presented from about 12:30 pm



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13. Results

- Results will be posted on www.chiptiminguk.co.uk and on page as soon as possible after the race.

14. Fun Run

- For younger ones and those not so energetic The Little Apple 3K Fun Run starting at **10:40am**.
- Enter on the day - £4. Adults and children.
- For details see <http://granthamac.com/little-apple-fun-run/>
- Registration upstairs in the Gingerbread (Race HQ) located on the upper floor main building

15. Local Support

- **For 2019 we are making a donation to enable the launch of a Junior Parkrun in Grantham**

16. Refreshments

- Refreshments will be available throughout the day with a licensed bar open from 12 noon.

17. Cancellation

- In the event of adverse weather conditions under which it is deemed unsafe to run the race, the event will be cancelled. Race Director's decision is final.

18. Sponsors/Supporters

The Newton's Fraction Team and Grantham AC would like to thank the following for their support

The Lincolnshire Runner – www.lincolnshirerunner.co.uk

Adidas - www.adidas.co.uk/

Brewster's Brewery – www.brewstersbrewery.com

EatNatural - www.eatnatural.co.uk

The Canal and River Trust - www.canalrivertrust.org.uk

David McKee at Living Health, Grantham – www.livinghealth.co.uk

Sophie Hunt at Zeroknots - <https://www.facebook.com/zeroknots/>

Buzz Bingo – www.buzzbingo.com

- **All the marshals, helpers, families and friends who make the Fraction what it is. Thank you!**

19. Anything Else!

The Lincolnshire Runner will also be offering a 15% discount on full priced items to all Newton's Fraction Half Marathon runners for the two weeks after the race (to 21st September) - just take your number along to the shop. Minimum spend £20

If you have any problems on the day please find a marshal or go to the Race HQ and we will try our best to help.

For any issues before the race, please email: Keith - tesh.measures@btinternet.com



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