

### Hadrian's Wall World Heritage Site.

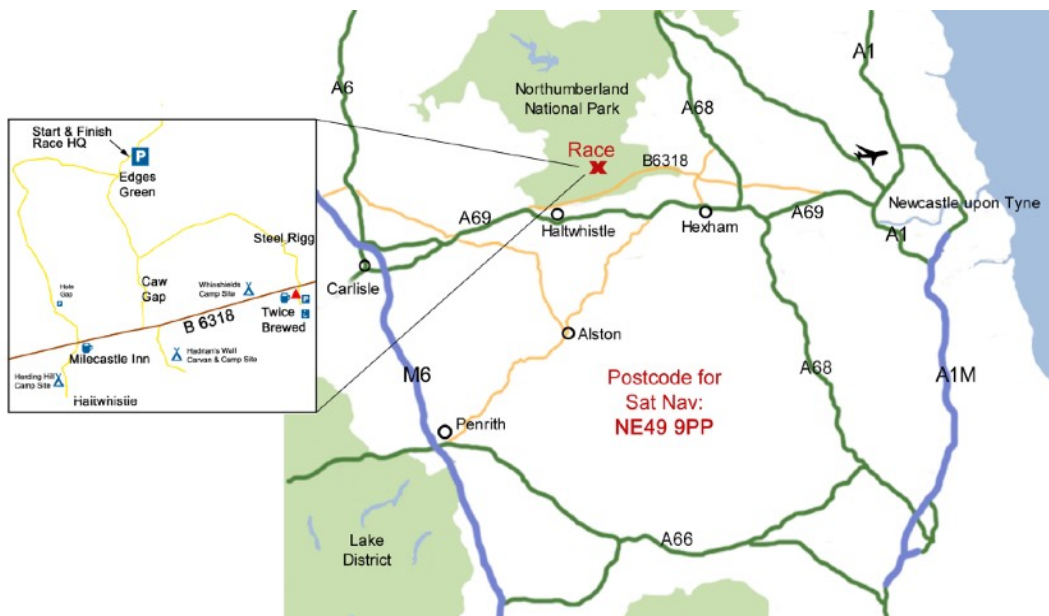
This race can only take place with the kind permission of the National Trust, Northumberland National Park, Forestry Commission, and local land owners. You will be running in an area of outstanding natural beauty, history and a World Heritage Site. Please can you respect the environment and follow the country code at all times. The water stations have designated litter points, please use them. It is very important for future runners that we leave the environment as we found it. Please enjoy the race in what is a unique setting.

### Pre Race Day

- Please check the website [www.hadrianhalf.co.uk](http://www.hadrianhalf.co.uk) before travelling for any latest info and also a map of the race route.

### Getting Here

- The race HQ is just north of Edges Green, see below. If using satnav, the postcode: NE49 9PP will get you close, just carry on heading north.
- If travelling from Newcastle upon Tyne use the A69 to Hexham then follow the signs for Hadrian's Wall. Once you pass Twice Brewed take the next right turn, approximately 1.5 miles, sign posted for Edges Green. Stay on the road, the parking is just north of Edges Green.
- If travelling from Carlisle follow the signs for the A69. At Greenhead join the B6318 and follow the road. After the Milecastle Inn take the next left turn, approximately 3/4 mile, sign posted for Edges Green. Stay on the road, the parking is just north of Edges Green.



### Race Day

- Please arrive in plenty of time to prepare for the race. Parking is at the Start / Finish. Bags etc. can be left at the race HQ during the race.
- Race number is to be picked up from the race HQ, situated next to the Start.
- Before starting please ensure that you are fit enough to finish. For guidance please see: [www.runnersmedicalresource.com/en/fit-compete/](http://www.runnersmedicalresource.com/en/fit-compete/)

### During the Race

- Music Player. Please use your own judgement. On the **ROAD** sections please remove your headphones.
- Water Stations. Bio-degradable cups filled with bottled still water is available at each of the 3 water stations. Individual bottles are not being used as the race is taking place in a National Park.
- Mile markers. There will be mile markers in place around the course except for between the first and second water stations.
- The section of the race over the fields and along the Pennine Way follows a defined path which is marked by sign posts and way markers consisting of green stakes with orange paint/ barrier tape at the top. If you do become disorientated either head south towards Hadrian's Wall, or West towards the finish. The route is on the race web site.
- Please do not leave any litter along the route. Any runner seen littering (except for the designated collection points) will be disqualified.
- From 9:30am first aid will be available at the race HQ and around the course once the race starts. If you get into difficulty notify the nearest marshal or if unable to move ask a fellow runner to pass a message to the nearest marshal.

# Hadrian's Wall Half Marathon - Race Information

## Sunday 24<sup>th</sup> June 2018 Start 10am


- Retirement. Please notify the first marshal you see and also report back to the race HQ. Marshals will be present at key points along the route.

### Post race

- Results. These will be posted on the race website within 24hrs.
- Prize Giving. This will take place next to the finish at approximately 12:15pm.
- Refreshments. There will be a mobile catering van on site offering a range of hot & cold snacks/meals. For more info see [www.twitter.com/karnivarious](http://www.twitter.com/karnivarious) and the menu below.
- Local Refreshments. The Twice Brewed Inn, Milecastle Inn, National Park Visitor Centre (Once Brewed) and Housesteads all have a range of food/snacks available.

Enjoy the race.

Ian



**Grilled BBQ Chicken**  
Marinated with Greek herbs & spices, Served with Greek Salad topped with a choice of homemade sauces on a large Flatbread.

Also with a Vegetarian option.

**Breakfast**  
Bacon, Sausages, Egg Barmes

**Hot & cold Beverages**  
Tea, Coffee, Hot Chocolate

*The race is a runbritain licensed event and therefore your time is included in calculating your free runbritain handicap score. More than 50,000 runners of all standards have now claimed their runbritain handicap score. As well as giving you a current score, between scratch and 36, your free personalised running biog page includes your current national ranking, your position on the national ladder, your progress graph, your strongest distance, a head-to-head comparison with other runners and downloadable training schedules to improve your score next time you race. Your handicap score also updates automatically every time you complete a licensed event. To claim your score now, click on [www.runbritainrankings.com/user/claimhandicap.aspx](http://www.runbritainrankings.com/user/claimhandicap.aspx)*

