



**MARLOW  
STRIDERS**  
HALF MARATHON  
& MARLOW 7

# RUNNERS INFORMATION PACK

6<sup>th</sup> NOV 2022



# RACE DAY INFORMATION

## RACE HQ DIRECTIONS

The RACE HQ and Village is located at Marlow Sports Club, Pound Lane, Marlow SL7 2AE

There is NO parking at Race HQ or on Pound Lane. Please allow plenty of time to park and walk to RACE HQ. From the double mini roundabout at the Marlow Bridge end of the High Street, follow Pound Lane alongside the park. Walk past Court Garden Leisure Centre on left and continue a further 200m until you find Marlow Sports Club behind high fencing also on the left.



## ROAD CLOSURES

Road closures required for the race

09:10 to 10:00:

- High Street
- West Street
- Oxford Road
- Chalkpit Lane up to Bovington Green

10:00 to 12:30:

- Pound Lane

## CAR PARKING

Allow plenty of time to park and car share where possible. There is **NO** parking at Race HQ or on Pound Lane. Public car parks are **NOT** free on Sundays, so check notice boards for parking charges.

- 1 Court Garden, Pound Lane SL7 2AE
- 2 West Street SL7 2LS
- 3 Institute Road SL7 1BJ
- 4 Marlow Central SL7 2NJ
- 5 Liston Road SL7 1BY
- 6 Dean Street SL7 3AA

Look out for marshals to direct you to the best car park, which will all be clearly signed. All are a short walk from Race HQ. Car park 1 fills up by 8:30am.

# RACE DAY INFORMATION

## RACE HQ & COMPETITOR VILLAGE

Our RACE HQ and Village is open from 7:15am, and is located at Marlow Sports Club, Pound Lane, Marlow SL7 2AE

## YOUR RACE NUMBER AND CHIP

This year all race bibs will be **allocated to runners at the registration tent**, located at Race HQ. **Race numbers are available to collect from 7:15am**. Please arrive with plenty of time. For our team to efficiently and quickly issue your number, we'll need your first name and surname used at registration.

Your race number will be in **RED** if you have entered the 7, or **BLACK** if you have entered the Half Marathon.

After receiving your number please ensure:

- You **complete the medical information and contact details** on the back of your race number
- You pin your **race number with attached timing chip to the front of your running top**. It must be visible throughout the course and as you cross the finish line.
- Once you have collected your race number, there will be a scanner at registration for you to scan your bib and check your details are correct (prior to race start)

## LATE ENTRIES

Late Entries will be available on the day only if we don't sell out beforehand! Arrive early. Late entries will be available to book from 7:15am through your smartphone at Race HQ. Please allow plenty of time as it will be busy and you will need to register on site and then collect your race number and chip. Late entry charge is £26.00 for the Marlow 7, and £32.00 for the Half Marathon.

## TRANSFERRING RACE NUMBERS

If you cannot run and wish to transfer your entry to another runner, you can do this using the self-serve link available in your original booking confirmation email. It is important to register the change of details for race administration and in case of emergencies - failure to inform us will result in disqualification.

## COVID

If you test positive for Covid-19 or have been in contact with someone who has the virus, please do not attend the Marlow Half Marathon and Marlow 7.



## SWITCHING RACES

If you need to change races, please let our team know at the time of race number collection. We will try to assist you, subject to places available. There is a charge of £10.00 to upgrade to the Half Marathon.

## ENTRANTS WITH SPECIAL REQUIREMENTS

Disabled runners or entrants with special requirements are welcome providing they can complete the race within 3 hours. If you are in this category please let us know before the day so that we can ensure appropriate arrangements are in place. The course is unsuitable for wheelchairs.



# RACE DAY INFORMATION

## EVENT SCHEDULE

Times will be adhered to. Make sure you allow enough time to register and assemble for race start.

**7:15** Competitor village opens

**8:45** Pre-race warm up with Kirsty Keiller in the race village

**8:55** Pre-race assembly and move to Higginson Park

**9:10** Assemble on Marlow High Street (roads closed)

**9:25** Race Briefing

**9:30** Race start

**11:00** Marlow 7 prize giving

**11:30** Time limit at 8 miles (Half Marathon)

**12:00** Half Marathon prize giving

**12:30** Time limit for last finishers

**IMPORTANT:** For both races there is an enforced time limit of 3 hours to finish. And there is a 2-hour limit to reach 8 miles for the Half Marathon only.

## PRE-RACE ASSEMBLY 8:55am

Runners will be asked to move to the ASSEMBLY AREA, followed by instructions to move to Higginson Park. Runners will be spaced-out and signs will indicate where to assemble, depending on expected finishing times. Please go to the area suitable for your pace. At 9:10am, the roads will be closed to traffic and runners will be guided onto the High Street adjacent to Higginson Park.

## RACE BRIEFING 9:25am

Once in place on the High Street, there will be a briefing for your information and safety. Please pay attention.

## WEARING OF HEADPHONES

**In ear Headphones/iPods/mp3 are prohibited.**

**Bone-conducting Headphones are allowed.**

We are sorry, but our UKA race licence does not permit wearing of 'regular in ear' headphones on the course. You will be risking disqualification if you do:

"The wearing of regular headphones, or similar devices, (other than those medically prescribed or bone conducting), is not permitted in races on any single carriageway road that is not wholly closed to traffic."



## CHANGING

Please come changed and ready to run.

## RACE KIT

Weather in November can be highly variable. Dress appropriately and do not underestimate the likelihood of getting cold, especially if wet. The course is almost entirely on tarmac so road running shoes are recommended. Be aware, the steep descent from Parmoor after mile 5 can be slippery with autumn leaf litter: be careful.

## BAGGAGE AND KEY DROP

Your race number includes a tear-off strip to attach to your bag. There will be additional safety pins available to secure the ends of the strip together after looping it through your bag handle. Registration opens at 07:15am and Baggage opens at 07:30am. Please drop off your bag in good time before the race. Bags are left in our managed baggage area at your own risk. We also operate a key drop at the same location.

## TOILETS

There are ample **toilets at our Race HQ. Public toilets are in Higginson Park near the race START.** See town plan on Page 1.

Please respect local residents and our host Marlow Sports Club, and **only use designated toilets.**

We currently provide free menstrual products for participants in need of them, available at the Registration tent.



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# RACE DETAILS

## THE START - 9:30am

Both races start at the same time outside the main gates of Higginson Park next to the Causeway. Runners will be spaced-out and signs will indicate where to assemble, depending on expected finishing times. Please go to the area suitable for your pace.

A rocket will be fired to start the race. The race starts when the rocket goes BANG! And not before!



## PACE

Time allowed is 3 hours, which is generous, and both courses are considered achievable for most runners. **There is a time limit of 2 hours to get to the 8 mile point on the Half Marathon course, strictly enforced.**

Walking is viable for the 7 mile race only.

## DRINK STATIONS

Drinks stations (paper cups will be provided and will be water only) are situated at about 3.5mi, 7.5mi and 10.5mi around the Half Marathon course, about 3mi and 4.5mi for the Marlow 7. At the finish, there will be water and orange squash available. There will also be snacks available at the finish.

## COURSE SPLIT

The Half Marathon and Marlow 7 courses diverge soon after the 2 mile marker. Marshals and signage will direct you which way to go – at the junction the Marlow 7 turns left and the Half Marathon goes straight. If you have a Half Marathon number and decide at this point to switch to the Marlow 7, you must inform a marshal who will suitably mark your race number.

## EVENT PHOTOGRAPHY

We are pleased to announce that Charles Whitton Photography will be on course again this year. Photos can be found after the event [here](#).

Various Marlow Striders photographers will also be at the race village and on course to capture your race. Don't forget to smile for the camera! More details will be posted on our [Facebook page](#) post event.



## ROAD SAFETY

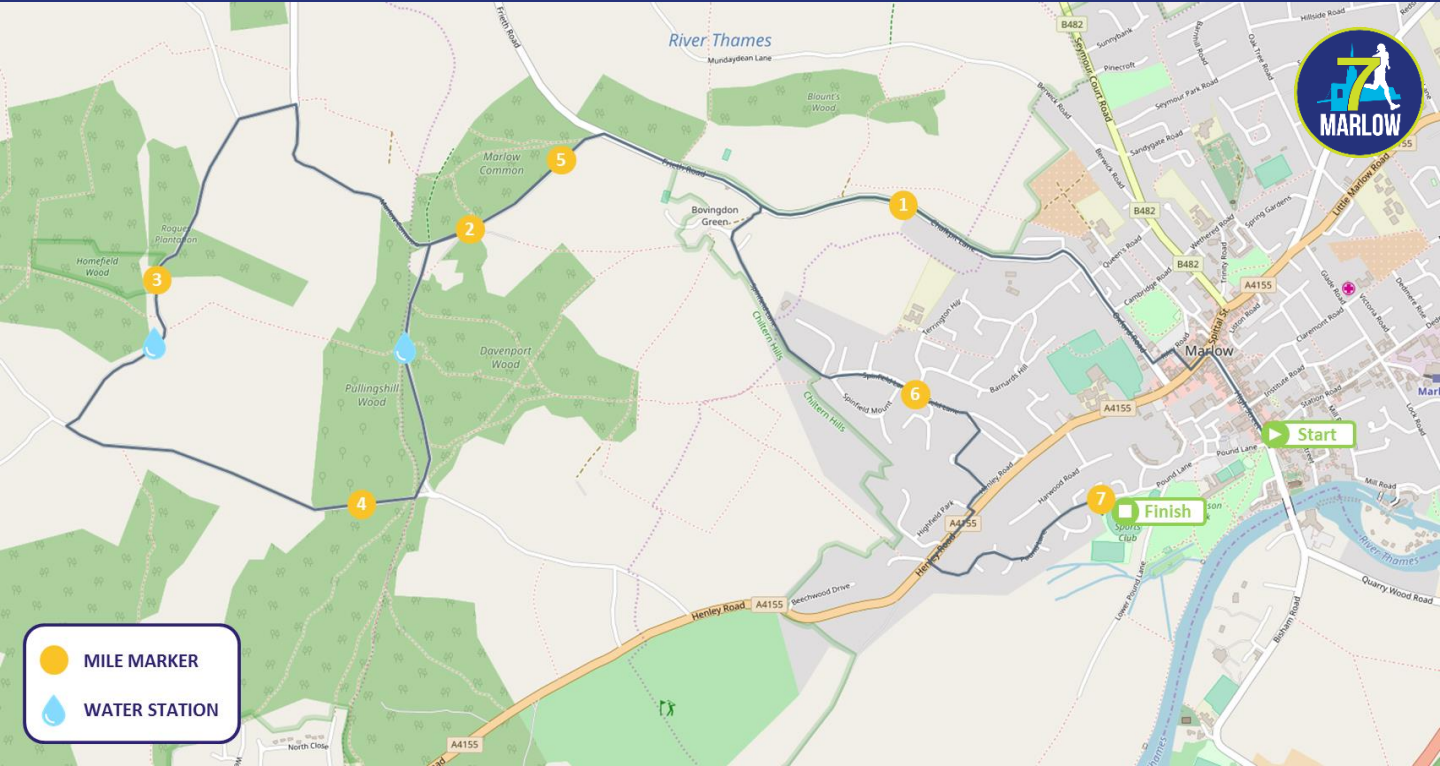
Parts of the course are open to traffic. Runners must keep to the left hand side of the road except where directed onto the right. This happens about two thirds of a mile after the final drinks station. **IMPORTANT: Runners must comply with police and marshals' instructions at all times.**

Within half a mile of the finish, the course crosses the A4155 Henley Road into Pound Lane. **This is a busy road.** We have both a professional Traffic Management company (using STOP/GO signs to manage traffic) and highly experienced marshals in place managing the crossing. Please follow marshal instructions given at the crossing and **ONLY use the official crossing point.** Failure to do this, will result in you being **disqualified from the race.**

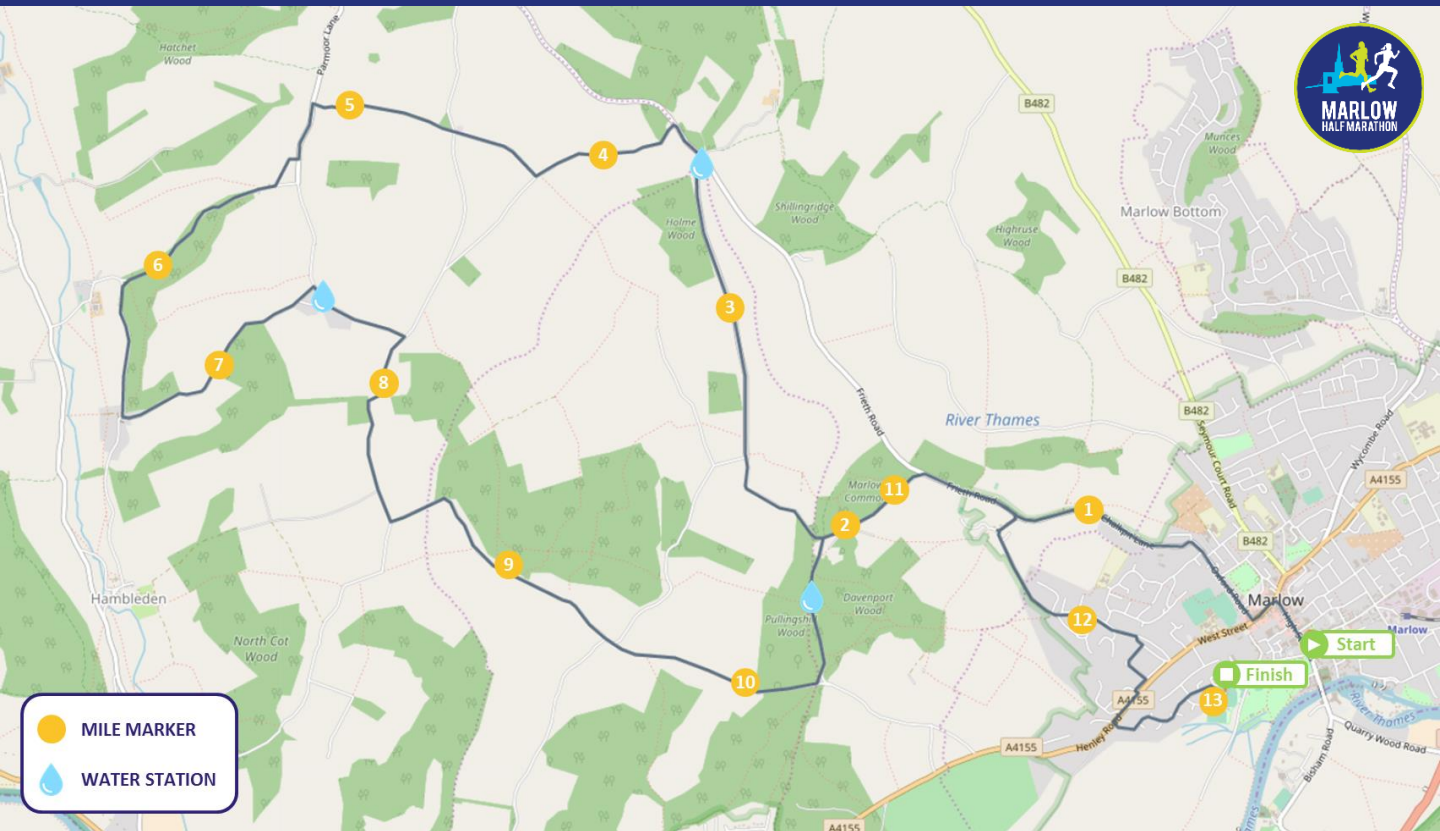


# THE COURSES

## MARLOW 7



## MARLOW HALF



# RACE DETAILS

## THE FINISH

The FINISH line is situated at Marlow Sports Club, Race HQ. Marlow Half runners should verge left and Marlow 7 finishers should verge right at the finish mat. There will be signs and Marshalls to direct you. Make sure your race number is visible on your front as you cross the line so that we can make a fuss of you. All finishers are awarded a commemorative medal and some post-race goodies.

## RESULTS

Our chip timing displays your race time as you cross the finish line. If you have given us your mobile number, we will text you your finish time soon after you cross the Line. The live results will also be available on our website as runners cross the finish line and can be found at <https://my.raceresult.com/191701/live> and full results can be found here <https://my.raceresult.com/191701/results>

## RACE MESSAGE

Horizon Rehabilitation are based at Marlow Sports Club and are proud to be supporting the Marlow Half & 7 this year by providing post-event massage services. These will be available on the day for £10 (15 mins).

## PRIZES

Prizes for both the Marlow Half Marathon and the Marlow 7 to be awarded as follows:

- 1<sup>st</sup> Male and Female
- 2<sup>nd</sup> Male and Female
- 3<sup>rd</sup> Male and Female

Prizes also to the 1st male and female in each veteran category: Vets 40, 50, 60 and 70.

**Competitors can only win one prize.**

Team prizes will be awarded for both the Marlow 7 and the Half Marathon: The top 4 overall runners will count irrespective of gender.

## MEDICAL FACILITIES

Medical cover will be provided on the course and at the race village



## T-SHIRTS

If you have pre-ordered a T-Shirt, these will be available to **collect after the race** from the same location where Registration was.

To minimise the environmental impact of this year's event, we are not including a T-shirt as standard, thus enabling us to significantly reduce our race entry fee. However, recognising that many of our runners would like a commemorative T-Shirt we do have limited-edition T-Shirts available, which were designed during the pandemic and first marketed at our event in 2021. These are high quality, long-sleeved and show the course profiles of both our Half Marathon and the Marlow 7; they're perfect for winter running.

There will be some T-Shirts for sale on race day (size 'Medium' only, subject to availability) from the Registration tent. Or, to avoid disappointment, **you can pre-order a T-Shirt using the self-service link in your confirmation email.** If you need a copy of the self-service link, or experiencing any issues with making the additional purchase, please email us at [MarlowStridersHalf@hotmail.com](mailto:MarlowStridersHalf@hotmail.com)



# RACE VILLAGE

THIS YEAR WE ARE PLEASED TO WELCOME SOME GREAT BRANDS TO OUR RACE VILLAGE.

## REFRESHMENTS

A great selection of hot and cold food and drinks are on sale throughout the event in our REFRESHMENTS marquee. Remember to bring some money.

We also have some great food trucks this year to provide a variety of snacks



## RACE VILLAGE STALLS



## 2022 CHARITIES

Each year we choose deserving local charitable concerns to benefit from the proceeds of our events. This year we are pleased to support:





# THANK YOU TO ALL OUR SPONSORS



## DISCLAIMER

The organisers of the Marlow Half Marathon and Marlow 7 can accept **NO** responsibility for injury, loss or damage, however caused.

## CANCELLATION

In the event of the Race Referee deciding that the event cannot take place, no entrant will be entitled to a refund. **IN THE EVENT OF ANY DISPUTE, THE DECISION OF THE RACE REFEREE IS FINAL.**



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Simone Passeri  
Sports Therapist

# HORIZON

Sports Rehabilitation

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Marlow Sports Club,  
Pound Lane, SL7 2AE

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[www.horizonsportsrehab.co.uk](http://www.horizonsportsrehab.co.uk)

\*Must be purchased in conjunction with a supported event and used within 12 weeks. Not redeemable on event day



Tamara Hogenbirk  
MSK Physio



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For more information email  
[MarlowStridersHalf@hotmail.com](mailto:MarlowStridersHalf@hotmail.com)  
Or telephone 07519 064644



[www.marlowhalfmarathon.co.uk](http://www.marlowhalfmarathon.co.uk)

