

Thank you for entering the 2018 Worthing Half Marathon on Sunday 11th February. I hope you have a great day out! **Please fill in the reverse of your race number with the required information. Please attach your race number to the FRONT of your top for the duration of the event.**

Arrival, Venue & Parking

The race start is Marine Drive, adjacent to New Street. Postcode is BN11 3BT. Worthing has many [long stay council car parks](#) all within 5 minutes walk to the start. I highly recommend using these car parks as they cap the Sunday prices regardless of how long you stay. Please see [website for other information such as toilets and spectator info](#). The nearest railway station is Worthing, a 15-minute walk. Please 'GO GREEN' and consider the environment - car share, cycle or use public transport. Thank you if you do!

Baggage and Changing Facilities – Pavilion Theatre along the seafront around 300 metres from the start line.

All are welcome to the Pavilion Theatre, including those not running. We have baggage and changing gazebos along with Denton café adjacent to the pier serving hot drinks for family/friends. The organisers can not accept responsibility for any losses and advise that competitors do not leave valuables in their bags but use our secure envelope desk to the side of the baggage flag. Please respect these venues and kindly keep them clean and tidy!

The Start: Mass Start 09.00. No set waves. NO BIG FANCY DRESS AT FRONT OF START LINE.

Competitors should allow time for parking, warming up, toilet stop and lining up. Your race chip is built into your race bib. Make sure that your race bib is displayed vertically and not folded when finishing. Please pay attention to the pre-race instructions. This advice is for your own safety and that of other road users such as emergency services. Your race bib will time you from the moment YOU cross the start line. Senior prizes will be based on gun time. All age group winners will be based on chip-to-chip timing.

The Course

The course has been accurately measured and will be marked every mile with signs. The course is a flat one-lap course over closed roads. Runners run around 7 miles in the town, return near to the starting point then head west along the coastal road before turning and heading back towards the finish. The last 800m are along the seafront esplanade. All road crossings will be marshalled. No dogs, accompanying vehicles or cycles are allowed on the course. We regret the course is not suitable for wheelchairs, prams or pushchairs. Sussex Sport Photography will be taking photographs of all runners on the course. Photographs will be available for purchase from www.sussexsportphotography.com

Water Stations, SOS Rehydrate and Toilets.

Water and SOS Rehydrate stations will be provided around 3.1, 6.6, 8.6 and 11.2 miles. SOS Rehydrate tables will be at the end of each water station with a sign saying 'SOS HERE'. Public Toilets can be found at 9.3 miles and 10.9 miles at Sea Lane Café carpark. (Please be aware of oncoming runners). **Please drop any cups/gel packs/bottles/rubbish etc. into our bins at the water stations or drop near our mile signs.**

First Aid & Medical Conditions

Paramedics will provide medical support on the course if necessary and at the finish. If you have a medical condition that will need consideration should you be taken ill, please write the details on the back of your 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 and another race. We have a sweep car if required to bring you back to the finish outside of emergency first aid. Ask a marshal or traffic steward. Please DO NOT run under another persons' number. It is essential the person running be the person registered on our system and the first aid system.

The Finish Area & Timing

The finish is alongside the lido on the seafront esplanade. Your race bib will be detected as you cross the finish line. Your time and race number will be recorded automatically. Please keep moving once you have crossed the finish line. You can get your medal engraved back in the Pavilion.

Rules, Race Discipline and The Use of Headphones

Runners who do not have a properly displayed number or are identified as running under the wrong name will be disqualified. The wearing of headphones is not recommended but allowed. Please use bone-conducting models only. Please be aware we have several blind and deaf runners in the event and they require you to be aware of them at all times.

The route runs on closed roads. Take care when overtaking and make way for faster runners. If you need to stop or walk please move to the side so as not to impede other runners. Instructions issued by traffic management, police or race marshals, who will be wearing fluorescent yellow bibs, MUST be obeyed. They will advise you of any hazards. Any athlete not complying with this rule is liable to disqualification. The Race Referee's decision is final at all times.

Results & Prizes – see website for breakdown

All competitors who finish the race will receive a Finishers' medal.

Individual prize winners will qualify for one prize only. Seniors results will be based on gun time. All other results will be based on chip-to-chip timing. Only senior prizes will be awarded on the day from the Pavilion Theatre. **All age group prizes will be sent out following final result confirmation.** All results and information will be posted on the web site www.worthinghalf.co.uk
