



CHICHESTER HALF MARATHON - 10 MILER - HALF MARATHON RELAY

SUNDAY 3 OCTOBER 2021 – 9.00AM, CHICHESTER COLLEGE

RACE INSTRUCTIONS

Dear Runner,

Thank you for signing up to the 2021 Chichester Half Marathon Event. These instructions cover taking part in the Race and what to do on Race Day. For further queries please email chichestersports@everyoneactive.com

The Chichester Half Marathon Event Management Team

Race Day Timetable

The Race starts and finishes at Chichester College, Westgate Fields, Chichester, PO19 1SB

7.30 a.m. Chichester College Car Park opens

7.45 a.m. Race Village opens - Race Pack pick up

8.00 a.m. Relay Team registration and briefing

8.52 a.m. Final Runner briefing

8.58 a.m. Runners led to start point on Westgate

9.00 a.m. All Races start

Runners should arrive at the Race Village by 8.15am.

Relay Team runners should arrive for registration and a short briefing at 8.00am.

Getting There

Limited parking is available on site in the College Car Park. Please note using the postcode in your Sat Nav will take you to the wrong entrance. Search for "Chichester College Car Park" in Google Maps. Alternative pay and display parking is in the multi-story car park on Avenue des Chartres. Bicycles can be left in racks in the Chichester College car park (bring a good quality lock). Chichester train station and Bus station are a 10 minute walk from the Race Village.



Race Packs

Your Race Pack includes your race number which will have on it a timing chip. Please fill in medical information and emergency contact details on the reverse of your number.

If you **registered for the race before 26 September** your Race Pack will be posted to you. If your Pack does not arrive before 30 September, please **email us** and we will arrange for you to collect a replacement Race Pack in person on the day.

If you have your Race Pack you **do not** need to register on the day. Just arrive at the Race Village, Chichester College in plenty of time for the start of the Race at 9.00am.

All Runners

You **must not under any circumstances run in someone else's number**. In case of an emergency, we need accurate information of next of kin contact details. We allocate timings and prizes according to age and gender. Switching race numbers risks the safety of runners and accuracy of the race results. Fill in **medical information and emergency contact details** on the reverse of your race number.

Attach **race number** to the **front** of your running vest / t-shirt with four safety pins. Failure to display your number may result in disqualification. **Bring your own safety pins**. Your **timing chip** is already attached to your race number.

Please note that there is **no** bag drop facility within the Race Village. **Toilets** are in the Race Village. Please leave plenty of time to use the toilet before the race.

Pay attention to **runner announcements** for any last minute course changes. These will be communicated in the final briefing at 8.52am. **Assemble** in the Race Village.



The Race

These guidelines cover competitor conduct and rules governing racing on the highway. The route is multi-terrain, including roads, footpaths and bridleways. There are five water stations along the course and First Aid support at key locations.

Yellow directional arrows mark the race route. The Half Marathon Route has **Yellow mile markers** and The Ten Miler has **Pink mile markers**.

You must comply with instructions given by the police, race officials and marshals. Marshals are not legally permitted to stop the traffic and will not do so, they will give direction only and not instruction.

Half Marathon, Ten Miler, and Half Marathon Relay route maps can be downloaded from the race website.

On the highway, keep close to the left of the road. You are responsible for deciding if it is safe to cross a road or not. If in doubt - stop. On open roads observe the rules of the road. Do not cut corners and exercise caution when passing parked vehicles. The course uses residential areas, highways and paths used by people who may not be aware of the event. Please treat road users, pedestrians, marshals, competitors, event officials and staff with respect. Headphones should not be worn for the road parts of the course. The Routes & Race Village close at 12.00pm. A sweeper bike will follow the last competitors. If you expect to take over 3 hours be aware there will be no race support, marshals on the route or at the finish.



Race Village

Friends and family are welcome in the Race Village as they wait for you to cross the line. Refreshments will be available and there will also be a post-race physio service available.

Results

Results will be available early evening on the race website

Spectators' Guide

Spectators are very welcome to support you, and their encouragement can make all the difference during the toughest parts of the course! Here are the best spots to view and cheer on runners, and a rough estimate of when runners will be at each location:

0 miles	9am Race Start - Westgate PO19 3EZ
0.6 miles	9.00 - 9.05am West Street and East Street PO19 1HS
1 miles	9.00 - 9.15am North Walls and Jubilee Gardens PO19 7SA
1.6 miles	9.07 - 9.21am Chichester Rugby Club – off Wellington Road PO19 6BB
3.4 miles	9.16 - 9.45am East Lavant Village – Lower Road, Shop Lane PO18 0BA
3.6 miles	9.25 - 10.00am Bottom of Chalk Pit Lane PO18 0AX please be careful parking in this area.
5/6.3 miles	9.25 - 10.30am The Trundle (Seven Ways) PO18 0SP prime viewing spot as the runners will pass by twice
7.4 miles	9.35 - 10.40am West Dean – bank of the River Lavant PO18 0QY
9.8 miles	9:45 - 11:15am Churchmead Close, Mid Lavant PO18 0AY
11.5 miles	9:50 - 11:45am Brandy Hole Lane PO19 5RL
12.9 miles	9.55 - 12.00pm Centurion Way PO19 3ES numerous access points for cyclists and pedestrians
FINISH	10am - 12:15pm Chichester College, rear car park PO19 1SB



Half Marathon Relay Instructions

Runners should meet for registration and briefing in the Race Village at 8am on Race Day. Your team should have three registered runners, one of whom is the Team Leader. You will also need a driver with a car to help transport your team to the change-over points. It is expected that all members will wear a vest or t-shirt of the same design or colour. Your Team Leader needs to complete a Race declaration form confirming which runners will take each leg. You can complete the form in advance (the form can be found on the next page) and bring it with you. The first runner will run with bib 'A', the second with bib 'B' and the third with bib 'C'.

The Relay Race and Route Change over points are staffed by race marshals - check in with marshals when you arrive. Stay in the handover box, marked with parallel lines, until the baton is firmly in hand. To qualify as a finishing team all runners must cover the full distance of their leg and at the finish the baton should be handed to a race steward. Medals can be collected for all runners at the finish line. When arriving at the finish line, runners two and three should remove their race number as it can affect the chip timing. Please share this page with your driver. Your driver is responsible for parking as directed by marshals and for obeying the rules of the road.

HALF MARATHON RELAY CHANGEOVER POINTS

LEG ONE Approximately 3.6 miles

Start: Chichester College

Change over point: Lower Road, East Lavant, PO18 0AG

Notes for your driver: Parking available at Pook Lane or Sheepwash Lane

LEG TWO Approximately 3.8 miles

Start: Lower Road, East Lavant

Runner 2 should arrive at Lower Road by 9:15am

Change over point: Church Lane, West Dean, PO18 0FG

Notes for your driver: Parking available along Church Lane

LEG THREE Approximately 5.9 miles

Start: Church Lane, West Dean, PO18 0FG

Runner 3 should arrive at Church Lane around 9:40am - 10:15am

Finish: Chichester College Car Park, Chichester



HALF MARATHON RELAY DECLARATION FORM 2021

Please complete at Relay Registration confirming which runners will run each leg.
You can complete in advance, print and bring with you on the morning of the race.

TEAM NAME _____

RUNNER LEG 1 Forename _____ Surname _____

RUNNER LEG 2 Forename _____ Surname _____

RUNNER LEG 3 Forename _____ Surname _____

TEAM LEADER _____ (Signature)

FOR OFFICE USE ONLY

Everyone Active

The Chichester Half Marathon Event Management Team

chichestersports@everyoneactive.com