



**Sunday 12 May 2024**

Race starts at 8.45am in Bond Square,  
The Lexicon, RG12 1RQ

**Race Day Timetable**

**07.15 Onwards** Runners arrive at Bond Square

**07.15** Information desk opens

**08.30** Call for all runners to assemble at the start line

**08.35** Road Closures come into effect

**08.40** Official welcome

**08.45** Start of Race

**10.00 (approx.)** First Finishers arrive back at Union Square

**10.15 (approx.)** Presentation of awards to first three females and first three males

**12 noon** Official end of race

***At 12.15 all race services will be removed. Runners still on the course may continue at their own risk***



### ***Competitors Notes***

#### **1. Time and Place**

The Lexicon Bracknell Half Marathon takes place on Sunday 12 May 2024 and starts from Bond Square, in Bracknell Town Centre. It will start promptly at 8.45am.

#### **2. Transport**

Bond Square is on the north west side of The Lexicon, 5 minutes walk from the Bus and Train stations.

#### **3. Car Parking**

Allocated car parking is being provided free of charge in the Braccan Walk car park, which is sign posted from the edge of the town centre. On arrival at the barrier between 07.00 am and 8.30am simply produce your payment e-mail and you will be issued with a ticket that will allow you to park free of charge up until midnight on 12 May. If you arrive at any other time or choose to park in any of the other town centre car parks normal fees will apply.

#### **4. Changing Facilities**

There are no changing facilities in the Race Village. There will be a bag store – see point 7) below. All baggage is left at owners risk.

#### **5. Valuables**

The Organisers cannot accept any responsibility for your valuables. Please leave them with friends or relatives.

#### **6. Registration**

Race packs will be allocated on the day from the Race Information Desk for those runners that have not picked up their packs in advance. The pack includes your race number and timing chip. Your pack also includes four safety pins to fasten your race number securely to your vest.

#### **7. Baggage Tent**

The baggage tent is located near the start line area. Your race number has a tear off strip on the bottom. If you wish to leave a bag containing your belongings in the baggage tent, please tear off the strip and attach it to your bag. You can simply drop the bag (with the number strip attached) and head off to the start line. You will need to return to the baggage tent at the end of the event to collect your bag. The event organisers will ensure that the baggage tent is staffed throughout the duration of the event.



#### **8. Toilets**

These are located on the ground floor of the Avenue car park, The Avenue, The Lexicon, RG12 1AP. These are a short walk (less than 100m) from the race village area.

#### **9. The Start**

The Start will be marked with large feather flags. You will be called to assemble near the start at 8.30 am. The race will start at 8.45 prompt.

#### **10. The Course**

The Course will consist of one lap run on a mixture of footpaths, cycleways and closed roads. There are very short sections run on grass. The race will be led by a lead cycle, marshals will be strategically placed around the course and the route will be marked with arrows.

#### **11. Stewards and Marshals**

The course will be marshalled from start to finish, with a designated Traffic Management company controlling major crossings. Please listen carefully to their instructions.

#### **12. Timekeeping**

A digital clock will display times at the finish. Mile Markers will be placed on the course.

#### **13. Pacers**

Runners looking to run a specific time should look out for the Pacers in their distinctive T shirts.

#### **14. Water Stations**

There will be water/sponge stations at regular intervals around the course.

#### **15. Dropping Out**

If you need to pull out of the race for any reason, please report to the nearest Marshal so arrangements can be made to return you to the Race Village.

#### **16. The Finish**

Your time will be recorded as you pass across the mat under the finish arch. Please then pass through the finish funnel to collect your medal and a drink.

#### **17. Results**

A full set of results will be published on the race website following the race.



### **18. Presentations / Prizes**

On the day presentations for the first three male / females will be made at approximately 10.15 am in the race finish area. All other age category winners will receive their prizes after the event. (Mens Veteran 40+, Womens Veteran 35+, Mens Veteran 50+, Womens Veteran 45+, Mens Veteran 60+, Womens Veteran 55+.)

### **19. Catering**

There is a wide variety of catering outlets within The Lexicon. Some will be open before the race and most if not all open by the time the race finishes. If you are considering having breakfast or a meal afterwards you are advised to book in advance.

### **20. Event Photography**

The event organisers have arranged for an event photographer to take promotional photos. The photographer will be taking photos before, during and after the event. If you do not wish for your image to be used within any future promotional activities please indicate this

### **21. Safety Advisory Notice**

Although the course is almost entirely off road there are short stretches on the road and areas where the route crosses side streets. Every effort will be made to ensure a clear run, but there will be members of the public not connected to the race going about their normal business. Please be courteous and for your own safety obey the Highway Code. The course has been designed to keep runners out of the road. Runners choosing to run in the road may be disqualified. Participants are advised that the course is not suitable for wheelchairs, prams/buggies or dogs on leads.

### **22. Use of Headphones**

The Organisers of the Bracknell Half Marathon are aware that a number of participants in the race may choose to run wearing headphones, Ipods, MP3 players and other audio equipment Whilst not banning this practice the Organisers of the race strongly advise against the wearing of Headphones. Any participant choosing to ignore this advice will be running entirely at their own risk. In the event of any incident/accident involving a runner wearing headphones it is possible that their race insurance is invalid.

### **23. Covid-19 Precautions**

In the first instance, all runners are reminded not to attend if they are displaying signs of Covid-19 as outlined by the NHS. Hand sanitising stations will be located throughout the race village area and we would encourage all runners and spectators to sanitise hands pre and post race.



#### **24. Pacing notes for slower participants.**

As well as looking after our event participants we have responsibilities towards our race contractors, marshal/water station volunteers and The Lexicon Management Team. We are required to take down all town centre infrastructure by 12.15pm. Similarly we only have Traffic Management (road closure) agreements in place for specified times and are conscious as to how long marshals are required to remain in position.

With an 8.45am start time we allow all participants 3.5hrs to complete the 13.1 mile course with all infrastructure in place. We also ensure that a “tail runner” and a “tail cyclist” are provided at the rear of the field to accompany slower participants and to signal to volunteers and contractors out on the course when they can stand down from their duties.

The time we allow for slower participants equates to someone covering each mile in around 16 minutes or 3.75 miles every hour. **Please note that is quicker than a fast walk for most people.**

We will have two locations out on the course (one at 6 miles and a second at 8 miles) where any participants who reach those points at a time that is slower than the above will be advised that the “tail cyclist/runner” will now move ahead of them and start advising marshals and contractors on the course that they may stand down from their duties. You may of course continue onwards if you so wish but please be advised that you will need to follow course route signage/arrows, may not have access to any further water stations and will need to cross any road junctions at your own risk. When you reach the finish area, whilst there will not be an actual finish line in place we will ensure that you receive a finisher’s medal.

Should you decide to leave the course early at either the 6 or the 8 mile marker points our marshals will be on hand to help you identify the short exit routes back to the town centre where your baggage, transport or supporting friends and family are most likely located.

In view of all of the above please be mindful of your own capabilities when entering the event. We would also suggest that you carry a mobile phone and a bottle of water if you feel you may struggle to manage 16 minutes every mile. Thank you.

#### **INFORMATION DESK**

**If you have any queries on the day of the race please go to the information desk in the Race Village.**