

NSPCC

Runners' information

Important race day information

Please take the time to read this important information before the race:

Don't forget to bring:

- Your race number (which incorporates your timing chip)
- Your luggage label with your race number on it (if you have personal belonging to leave in the baggage area)

Medical disclosure

For your own safety, you must complete the medical information form on the reverse of your race number.

During the online registration process, you must advise us of any known medical conditions and medication being taken, in case of emergency.

Race preparation

For lots of really good pre-race advice, visit [Medical Resources](#). Please come prepared for the weather on the day. As we know it is difficult to predict so please do adapt your race plan to suit the prevailing conditions.

Parking

Just a reminder that there is absolutely no parking at the Race HQ (The Webber Independent School) and no access for cars at all to Soskin Drive. If you are being dropped off or collected after the race, please consult the [parking map](#) and arrange a suitable place to meet. Allow at least 10 minutes to reach the race start from your parking place.

Other useful information

Race timetable

[View the race day timetable](#)

Race location and parking

The race start and finish is The Webber Independent School, Stantonbury, MK14

6DP where ample changing and toilet facilities are available. No car parking is available at the race site (except for disabled drivers) or in Soskin Drive (the road leading from the A422, Monks Way, to the entrance of the School).

Ample car parking is available at Stantonbury Campus Leisure Centre and at two separate sites in Linford Wood on the opposite side of Monks Way. There will be no access to Soskin Drive for vehicles to pick up runners until ALL runners have completed the course, generally after 1.30pm/2pm. Please use the car parking areas, or other safe environments, whilst waiting to collect runners.

Please be aware it is a 10 minute walk from the car parks to the start/finish line. Ensure you have all you need from your vehicle. Please do not use the facilities at Stantonbury Campus Leisure Centre other than for car parking. See the [parking map](#) for more information.

Race pack

Entries made before 26 June will be posted to you from 30 June 2015.

If your entry is made after 26 June, then arrangements will be made for you to collect your pack on or before the race day.

Your race pack will include the following:

- **Race number/timing chip** – Your race number with the **race timing chip** built into it, will be included in your race pack. You must complete the personal, contact and health details on the reverse and carefully secure your race number to the front of your vest with four safety pins. It is your responsibility to ensure that you arrive at the finish with your number intact – remember that no number means no official finish time.

Please note that race timings for all prizes and race positions will be based on the start / finish clock not the race timing chips.

If you have somebody else's number on without informing us in advance of the race, results will be affected and you will be disqualified – so help us to help you and let us know any changes before the start.

- **Baggage tag** - Please write your race number as large as you can on the baggage tag and tie it to your bag before handing it in at the baggage area. Please deposit your bag early to ensure that you make the start line for 9.50am. The baggage area opens at 8.45am. Remember, your race number is used as identification so no number means no way of retrieving your bag.

Team events

Further details of the Woodfines Team Challenge and the Half Marathon Relay, sponsored by Results Base, can be found under [frequently asked questions](#).

Course support and facilities

- [Map of the course](#)
- **Medical support** will be available at the race site and along the course.
- **Water stations** - There are four water stations along the course. We will be providing bottled water at the water stations and at the race finish.
- **Toilets** - Please note there are toilets at the start site but not out on the course.
- **Information desk** - Staff at this desk will be able to help you with any queries you might have on the race day.
- **Massage facilities** - will be available both before (from 9am) and after the race for all athletes taking part. We ask for a donation of £1 for this service.
- **Changing and shower facilities** - There are changing rooms and showers at the Sports Hall at the start site accessed by the outside steps at the rear of the sports hall.
- **Refreshments** will be available throughout the day at the race site.

Warm up

Don't miss the group warm up at 9.30am.

Running vests

NSPCC running vests will be available via the online registration process and on race day.

Safety and training

Your personal safety and that of your fellow runners, spectators and helpers must take absolute priority. Always follow the directions of marshals and the police. Visit www.runnersmedicalresource.com for advice on training and note the following:

- You must be of sufficient fitness to complete the course in three and a half hours and have no known medical conditions.
- If you're in any doubt consult your doctor before competing.
- Do not run with a cold or flu - this can be extremely dangerous. If you are unwell then stop and seek help and if you see another runner in serious distress stop and help and notify the next marshal or first aider.

- Eat well and avoid alcohol the night before the event. Eat something light and drink plenty of water throughout the morning of the race.
- Please ensure that you have read, understood and are able to fully comply with the race rules and conditions of entry.

After the race

- **Race prizes** - Find out details of [prizes for participants](#).
- **Results** - Full results will be available from this website and at [Results Base](#) as soon as possible following completion of the event.
- **Photography** - Official photographs from the event will be available on-line from [Your Race Day](#)
- **Medals** - will be given to all runners
- **Engraving service** - we expect to have the facility on the day where your medal can be engraved with name, date and race time for £4.
- All runners will receive a banana, energy bar and bottled water at the finish line

If you have any queries, please consult [frequently asked questions](#).

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