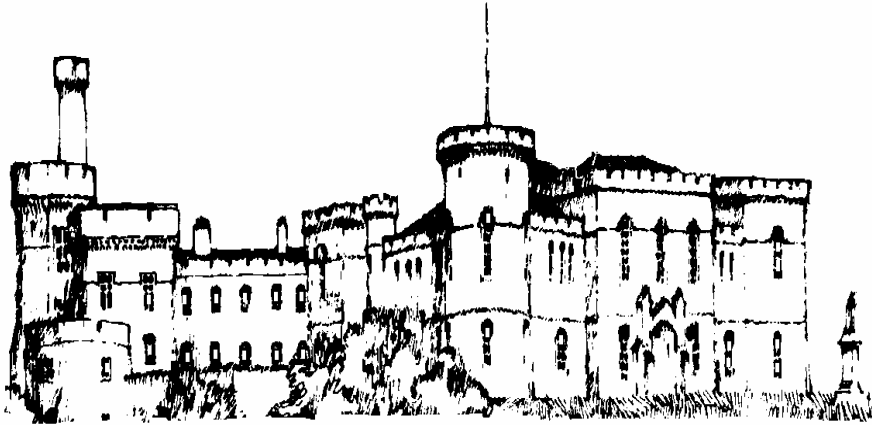


Your Running Number is:



CITY OF INVERNESS HALF MARATHON 2010

WWW.INVERNESSHALFMARATHON.CO.UK



PLUS 5km FUN RUN

SUNDAY 14th MARCH 2010 @ 1.00pm

**INVERNESS SPORTS CENTRE
Bught Park, Inverness.**

Please read this booklet carefully as it will give you all the information and contact details you will need to ensure you have an enjoyable day.

You will find much more information about our event including Photos, Results, Stats, Fun Run Information, Accommodation, Travel and Directions, on our Official Web Site at:

www.invernesshalfmarathon.co.uk

[Emails; admin@Invernesshalf.co.uk](mailto:admin@Invernesshalf.co.uk)

IMPORTANT

In the event of adverse weather conditions on the run up to the event the following telephone number should be contacted where an automated message relating to the status of the race can be heard - 07867 516624 - or alternatively go to the above website which will be regularly updated along with any other relevant information.

WELCOME TO

The City Of Inverness Half Marathon & Fun Run 2010

We hope you will find this event well organised and enjoyable. The following information is provided to ensure you have a good day and we ask that you read this carefully. Should you have any problems please contact us via our web site, email address or at the enquiries desk in the main hall on the day.

REGISTRATION (Please use the side entrance to the main sports hall to relieve pressure on the reception/entrance area)

All competitors **must** register at Inverness Sports centre, Bught Park between, 10.00am and 12.30pm at which time you will receive your running number and running chip. Your registration /running number is the number on the front of this booklet and you should bring it with you to register. Under no circumstances should the number be passed on for use by another runner. Also note that there are **ABSOLUTELY NO HALF MARATHON ENTRIES TAKEN ON THE DAY.**

RUNNING NUMBER/RUNNING CHIP

Collect your race number and running chip from registration as early as you can. Please check both numbers against the number on the front of your registration booklet. Also please check that the chip number on the packet is the same as the chip contained within and draw any discrepancy to the attention of the registration officials or the helpdesk. Your running number should be fastened to the **FRONT** of your running top and the running chip must be secured by your shoe lace to either shoe. A time will not be recorded for you if you start or finish without your chip fastened to your shoe. Also, if your running number is not displayed you may be pulled out of the race before you finish and you will not receive your medal and/or goody bag.

REFUNDS

Once your entry has been accepted there can be no refund or deferral of entry fees under any circumstances.

THE START

The Half Marathon will start at 1.00pm and the Fun Run at 1.10pm **PRECISELY** - we will not wait for ANYONE! Take care as there will be in excess of a thousand other runners. It is a long race so please be patient and try not to pass others in the first few hundred metres.

We cannot control the weather - so keep warm at the start. Please be careful when casting off old clothes or bin bags as they could well cause accidents.

ASSEMBLY AREA

New Start Point for 2010: The assembly area is at the bottom of Bught Drive (down from the Ice Rink). The start line is approximately 150 metres further down on Bught Road towards Inverness. All Half Marathon runners must be at the assembly area by 12.55 and fun runners by 13.05. **(Note: the Fun Run assembly area is outside the new Archive Building just down from the entrance to Whin Park.)**

Please be sensible where you position yourself at the start remembering the slower you are, the nearer to the back of the group you should be. If in doubt stay near the back as you can always speed up as the race progresses.

THIS AREA WILL BE TIGHTLY CONTROLLED AND FOR YOUR SAFETY YOU MUST OBEY ALL INSTRUCTIONS.

THE COURSE

Due to safety considerations we have revised the course between the 5.5 and 6.6 mile marks for 2010 and have adjusted the start accordingly so please follow all instructions and signs. The course is on good tarmac roads except at the finish where you cross grass to get onto the running track. The route is well sign posted and marshalled with accurate mile markers and directional arrows. There are water stations at approximately 3.0m, 6.0m, 9.0m and at the finish. Toilets are available at the start and on the course at approximately 3.0 and 9.0 miles. The course is predominantly flat with no testing hills (honest!). It is also registered with the SAL and BARR and is certified as accurate and has again been re-measured for this years changes.

Please obey all instructions and signs at all times to ensure that the safety of runners is not compromised.

THE FINISH

Once over the line, you will be guided down the finishing chutes. While the running chips this year are “disposable” we do ask that you remove it and place it in one of the receptacles at the finish as we get a refund for returned chips which in turn keeps our costs (and your entry fees) down. **(Please do not stop in the finish funnel to remove the chip—wait until you get to the designated area)** where you will then receive your mementos and goody bag - as usual look out for the spot prizes that may be inside.

Please note; in the interests of safety and to return traffic flows to normal as soon as possible the organisers advise the course will start closing after 2½ hours although Marshall's will remain in place until the last runner passes. Competitors still on the course after this time will be responsible for their own safety and you should use the footpaths wherever possible - but don't worry, we will wait for you to finish and present you with your medal and goody bag!

THE FUN RUN

Due to previous problems with fun run entries we will only take entries for the Fun Run on the day up until 12 noon. **Strictly no Fun Run entries will be taken after this time.**

CAR PARKING

Car parking is available at the Sports Centre, the nearby Rugby Club and at Whin Park. Please **do not** park at the ice rink as it is private property; or the streets around the Sports Centre as they form part of the route—in both cases cars parked illegally may be removed. **Please follow the instructions of the Security Personnel for parking areas.**

BAGGAGE

Baggage labels will be available if required. There will be areas set aside for your bag in the sports centre. While we will be providing security, please do not leave anything of value in your baggage, as the organisers cannot accept responsibility for any items lost, damaged or stolen, howsoever caused. Personal effects are left at your own risk.

TOILETS, SHOWERS AND CHANGING

There are ample male and female changing, shower and toilet facilities at the sports centre which you are welcome to use, but please remember there will be other non-runners using the facility and you are asked to consider them also. Portable toilets will also be available within the vicinity of the Start line and out on the course at approximately 3.0 and 9.0 miles.

PRIZE PRESENTATION

The presentation of prizes will take place at 3pm, or as soon as possible thereafter in the main sports hall, and will cover the following categories:

1st 10 Males + 1st, 2nd, 3rd Vet (O/40) plus 1st O/45, O/50, O/55, O/60
1st 10 Females + 1st, 2nd, 3rd Vet (O/35) plus 1st O/40, O/45, O/50, O/55 O/60
1st 3 Male Teams
1st 2 Female Teams

Runners finishing in the top ten male or female places can win both a place prize and a category prize (vets can only win **one** age category prize)

Remember there is an additional prize of £1000 if either race record is broken - Men's record 64m 32s: Women's record 73m 21s.

RESULTS

Results will be made available and posted in the main hall as soon as they are compiled, however, should you wish to have a full copy sent to you, please advise at registration and leave £1 to cover costs, and they will be sent as soon as possible after the event. The **FULL results** listing will be obtainable via a link from our **Official Web Site within a few hours of the race—go to:**
www.invernesshalfmarathon.co.uk

We will also text your result to you if you have given us your mobile telephone number on your entry form. (This cannot be done retrospectively)

CONTACT US

If you have any questions or queries, you can contact us by e-mail :
admin@invernesshalf.co.uk

We would like to thank the following companies and groups for providing such invaluable support and services



**www.run4it.com Shops @ Inverness & Aberdeen
Inverness Harriers (For All Officials) - Inverness Sports & Leisure Centre
Mailboxes Etc - H & S Sports (chipping)
Highland Council - Run & Become
Fionnar Water - Bikes/Fitness of Inverness
Northsport Photography**

*AND NOT LEAST, TO THE INVERNESS HALF MARATHON COMMITTEE
AND TO THE HUNDRED OR SO VOLUNTEERS WHO GIVE
FREELY OF THEIR TIME, AND WITHOUT WHOM, THIS EVENT
COULD NOT BE STAGED.*



Run and Become Become and Run



66 Dalry Road, Haymarket, Edinburgh EH11 2AY Telephone: 0131 313 5300 Fax: 0131 337 3133

Edinburgh's Specialist Running Shop

- Clothing for all weathers •
- Trainers, racers, spikes, fell shoes ... probably the largest selection in Scotland •
- All the accessories you'd expect to find at a specialist running shop •
- Ongoing Special Offers on shoes and clothes •
 - Mail order service throughout Scotland •
 - Expert advice from experienced runners •
- 10% discount to all club athletes on production of valid club card •
- Phone for our latest Price List •

'How to find us'

Ideally situated close to Haymarket Station for trains from Fife, Stirling and Glasgow
10 minutes walk (5 minutes run) from Princes Street

Parking Opportunities

1 hour FREE parking at Somerfield Supermarket 300 yards down Dalry Road
FREE 30 minute parking in dedicated parking bays within yards from our door, 9.30am - 4pm
Long stay car park available in Morrison Street, 2 minutes walk away

