

# Great North West Half Marathon



## Race Day Schedule

### Sunday 18th February 2024

8.00am	Bib Collection opens
8.30am	Baggage area opens
9.00am	Refreshments available
10.45am	Bib Collection closes
10.50am	Start line safety briefing
<b>11.00am</b>	<b>RACE START</b>
3.00pm	Results published

### Bib Numbers

Once you have collected your bib number, it is important that you fill out the information on the back. This is for your safety. When complete, it needs to be securely attached the **FRONT** of your running top. It needs to be visible at all times, especially the silver timing tag. If you cannot clearly see the tag, neither will the timing equipment and you won't get a finishers result. The chip timing tag is pre-attached so make sure you don't fold, cut, deface or damage in any way or you will not get a finishing time. Pins to attach your bib number are supplied if you need them.

You must not use someone else's bib number, nor let someone else use yours. Bib number swapping is strictly prohibited for several reasons, the most important of which is the danger and confusion it can cause in the event of an incident on the course. It also causes issues with the results and you could cheat someone out of a prize.

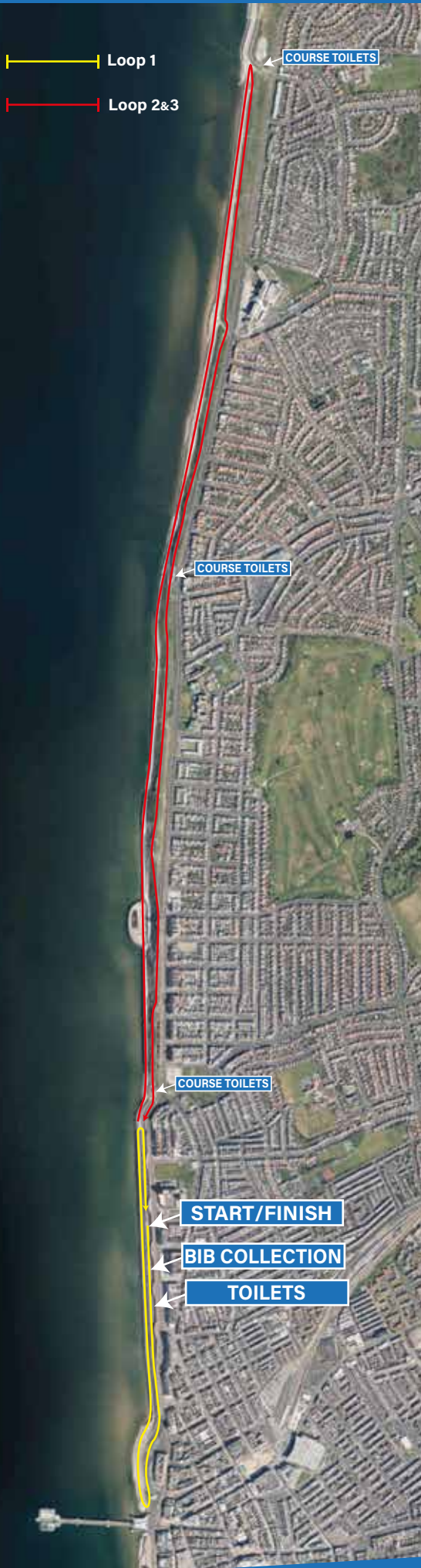
## Baggage Area & Key Drop

There is an 'un-manned' baggage drop area located next to the registration area for small bags, jackets etc. Do not leave any valuables in the baggage area, just essentials needed after your run. We also have a key drop for your car keys. This is located at the bib collection desks. Place your keys into your race pack envelope and hand over to the staff for safe keeping during the event.

## Toilets

Portable toilets are exclusively designated for participants in the race. These facilities can be found adjacent to both the starting and finishing points. It's advisable not to delay your toilet visit until the eleventh hour, as they tend to experience high demand just prior to the race commencement. To minimise stress and avoid any potential regrets, it's crucial to plan your toilet break thoughtfully. Rest assured, there will be an ample number of toilets available, following the recommended guideline of one toilet per 50 competitors as advised by UK Athletics. Consider yourself duly informed!





## The Route

The route comprises a combination of one small loop and two larger loops, all located on the outer promenade walkways, which are free of traffic. When you're on the course, please make an effort to stay on the left side whenever possible, allowing room for other runners to pass you on the loops. The course is well-marked with signs and staffed by marshals for guidance. It is imperative that you review the route map specific to your run. Although there will be marshals and numerous signs to assist you, ultimately, it is your responsibility to ensure you follow the correct path.

You can access a digital version of the route map on the event page at [www.fyldecoastrunners.com](http://www.fyldecoastrunners.com). Additionally, you have the option to download .gpx files from the map page for your convenience.

## Hydration Stations

Bottled water will be provided to all participants along the route at the following distances: 3.3 miles, 5.9 miles, 8.1 miles, and 10.8 miles. Additionally, water will be available for all finishers. Adjacent to each water station, you will find a sizable container designated for used bottles. We kindly request that you utilize this bin for discarding your empty bottles. Please refrain from littering or disposing of your bottle on the ground, as it could have adverse environmental consequences, potentially harming our coastline and, ultimately, the sea. Let's all be responsible and avoid bottle tossing!

## Weather!

In the heart of February, Blackpool's weather can be quite unpredictable. It might greet you with warm rays of bright sunshine, or it could plunge you into a bone-chilling experience with winds and rain that rival a biblical storm. Regardless of the weather's mood on the day, rest assured that the event will proceed as scheduled. We strongly recommend checking the weather forecast before embarking on your journey and dressing and packing accordingly. Fail to prepare, prepare to fail!

## Event Medical

The expert team from Remote Medical Services will be on-hand should any medical issues arise. They will be patrolling the course on their response bikes and located at the finish line. Make sure you complete the contact and medical form on the back of your bib number before competing.



## Travel to the event

Getting to Blackpool, is relatively straightforward, with both train and road options available. If you prefer traveling by train, you can catch a direct train to Blackpool from major cities like Manchester, Liverpool, and London. The Blackpool North train station is well-connected and offer convenient access to the town. Alternatively, if you're driving, you can reach Blackpool by road via the M55 motorway, which connects to the M6, making it accessible from various parts of the UK. Once in Blackpool, the event is located just North of Blackpool's North Pier on the walkway adjacent to the main road, opposite the Grand and Imperial Hotels.

### Location Help

Nearest Postcode: **FY1 2JQ**

What 3 Words: **quiet.gear.cliff**

## Car Parking

Parking your car in Blackpool is a straightforward experience with a bit of planning. There are numerous options available, including on-street parking, dedicated car parks, and private spaces. On-street parking is available throughout the town, but be sure to check the parking signs for restrictions and charges. For longer stays, consider using one of the many car parks in and around the town centre. These are well-signposted and offer competitive rates for both short and long-term parking. It's advisable to arrive early to secure a spot and to use **Parkopedia** or the **Blackpool Council website** to find the best parking spots and up-to-date information on tariffs and space availability.

## Results, Awards & Prizes

Results, giving your official gun-time and personal chip-time will be published on the events website at [www.fyldecoastrunners.com](http://www.fyldecoastrunners.com).

**All finishers in the event will receive an awesome blingtastic medal at the finish line along with an event branded Tech T-Shirt. Individual prizes will be awarded to the 1st 3 Male & Female finishers and the 1st in all veteran categories.**

## Headphones

As the event is traffic free, the use of headphones is permitted. We ask that you do not use them at the start though, so you can hear the all important safety briefing.

## Can't Run? Don't despair!

You can defer your entry, or change to another event up to 24 hours before the start of the event. Simply go to [www.fyldecoastrunners.com](http://www.fyldecoastrunners.com) and click '**deferrals**'.



**England Athletics Licensed Event**  
**Number 2024-47155**



**Certified accurate distance**  
**Certificate Number 19/030**



# Race Day Checklist

## Morning Preparation

- ☐ Eat your pre-planned breakfast.
- ☐ Hydrate well, but avoid overdrinking right before the start.
- ☐ Apply anti-chafe balm to prevent blisters and chafing.
- ☐ Use the toilet before heading to the event.

## Race Kit

- ☐ Know where you're going.
- ☐ Running shoes and your chosen outfit.
- ☐ Hydration pack or belt, if you plan to carry your own fluids
- ☐ Energy gels or chews, if you use them.
- ☐ A lightweight, disposable layer for use at the start line if it's cold.

## Post-Race

- ☐ Plan for nutrition and hydration immediately after the race.
- ☐ Have a change of warm clothes and comfortable shoes.
- ☐ Know where to meet family/friends after the race.

## Post-Race Recovery

- ☐ Stretch and cool down properly.
- ☐ Consume a recovery meal or shake within 30 minutes of finishing.
- ☐ Rehydrate with water or an electrolyte drink.

# Have an amazing run with us in Blackpool!

If you have any questions or queries then reach out to us at  
**[admin@fyldecoastrunners.com](mailto:admin@fyldecoastrunners.com)**

