



Allerthorpe Half Marathon 2011

Allerthorpe Lakeland Park, Allerthorpe, East Yorkshire. YO42 4RL
Sunday 5th June 2011

Please Read Carefully.

If you don't understand please ask before the race.

Race start: 1.30 pm

Registration Opens: 11.30 am

Rules

This race will be held under UK Athletics rules. You should make yourself fully conversant with these.

How to get there

Allerthorpe Lakeland Park is located approx 1 mile from the A1079 York to Hull road, and about 2 miles from Pocklington. From the A1079 follow the signs for Allerthorpe. Continue through Allerthorpe village and past the Golf Club. Allerthorpe Lakeland Park is on the left about ¾ mile after the village.

What time should I arrive?

Allow yourself plenty of time to avoid rushing. Registration will be open from 11.30 am

Where can I park?

Car parking is within the Park this year. Turn into the main park drive and turn immediately left. Please park as directed by the car park marshals. **Please note that no vehicles will be able to leave the park during the race.** If you will need to leave early, inform the car park marshals, who will direct you to the overflow car park.

Registration

After parking, you should report straight away to Registration, this is at the Freebird Trailer next to the Finish Gantry in front of the main reception building.

At the Registration Desk you will receive an envelope containing:

- 1 Race Number
- 1 Freebird Timing Chip
- 4 Safety Pins

• You will also receive your Allerthorpe Half Marathon Race T Shirt. Please check all these items straight away.

Please note there will be no manned area to leave baggage, please leave bags in your vehicle. Keys can be left at the registration area, place your keys in a marked envelope (provided) and hand to the registration staff. You will need to show your race number in order to retrieve your keys after the race.

The Start

This will take place on the road outside Allerthorpe Lakeland Park. We have in place a road closure for the first 1.5 miles. We would ask that you follow the marshals instructions and do not warm up on the route. Competitors will congregate within the grounds of Allerthorpe Lakeland Park, shortly before the start you will be directed to the start (approximately 150 metres from the entrance to the Lakeland Park. Please follow all marshals instructions, this is very important as it is for your own safety as well as others.

Although we do have a road closure in place on parts of the course, please be aware there may still be other vehicles on the road that we cannot account for. Unless directed otherwise please run on the left hand side of the road.

The Run (*Run Route*)

Follow the large yellow signs marked **RUN**. The Run is a circular route totalling 13.1 miles. The course has been accurately measured and certified as being the correct distance. Drinks will be available at 2 separate points along the course. Please keep to your left hand side of the road unless directed otherwise by marshals.

When you return to the park, run under the Finish Gantry to finish. As you cross the timing mat your run time will be recorded.

Post Race

After crossing the finish line you will be able to help yourself to some refreshments. Please hand in your timing chip before you leave the finish compound.

Results

Results will be displayed at the finish area and will be on the Freebird website by Monday evening

Awards

An awards ceremony will take place at the finish line at approximately 3.30pm

Refreshments & Spectators

Spectators are most welcome, but please follow these basic rules to ensure the safety of yourself and all competitors.

- Only park in the race car park

- No spectators vehicles on the course please

- Stay within the fenced off spectator areas

- Do not cross any fences or barriers

- Follow the marshal's instructions

- If you bring your dog, please don't allow it off the lead within the Park grounds.

While at Allerthorpe Lakeland Park you may like to take a stroll around the grounds or enjoy a meal or drink from the lakeside café. There is a children's play area and an aviary next to the lake. After the race the park will remain open for your pleasure.

Our Race Sponsors

We would like to thank Udo's Choice for sponsoring this race. Please take the time to visit their stand and sample Udo's Choice for yourself.

Udo's Choice Ultimate Oil Blend is a blend of seed oils that provides athletes with all the Essential Fatty Acids their body needs to perform at its best. Providing improvements in recovery times and joint health, additional slow burn energy and stamina, Essential Fatty Acids should be an essential part of a tri-athletes diet. Udo's Choice provides these Essential Fatty Acids in a convenient form. Visit their marquee or go to www.udoschoice.co.uk

Finally

Many thanks for supporting the Allerthorpe Half Marathon. Freebird Events always aim to bring you the highest quality multi-sport events and we hope that you will enjoy your day at Allerthorpe. We always like to hear what you the competitor think of our events so please let us know by completing the Event Survey Form on our website.

If you would like to experience Freebird quality events again, our next races are:

Mud Warrior – Saturday 16th July. 6 miles of challenging off road adventure. Plenty of water, mud, obstacles and challenges designed to test your Warrior status. Marbury Park, Cheshire. Including the Mini Mud Warrior for the 11 to 15 year olds, over a shorter course. Live music, great food and drink plus on site camping.

Beverley Triathlon - Sunday 7th August. Based at Beverley Leisure Centre. 400m pool swim, 20km cycle and 5km run. A fast course with a picturesque run past Beverley Minster.

Allerthorpe Classic Triathlon - Sunday 14th August. This is a 1500m open water swim, 40km cycle, 10 km run Triathlon again at Allerthorpe Lakeland Park. Very flat, very fast, with new all tarmac run course.

Marbury Park Tri Festival – 20th - 21st August. A full weekend of activities: Sprint Distance open water Triathlon. Classic Distance open water Triathlon. Junior Duathlon. 10km Run and Challenge Swims of 1 mile or the classic “Ironman” distance of 2.4 miles
Chose just one event or do the lot. Make a weekend of it with overnight camping, live music and great food and drink. Marbury Park, Cheshire.

For more information on any of these events please check the Freebird website
www.freebirdevents.co.uk

GOOD LUCK

NB – Keep checking the Freebird website for any race updates

Udo's Choice

www.udoschoice.co.uk

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Events

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