

KENILWORTH HALF MARATHON 2019

Location

The race starts and finishes in Warwick Road, Kenilworth, starting opposite the HSBC Bank and finishing at the Clock Tower on Sunday 1st September 2019 at 9am. Please be in car parks by 7:45am and at the start area by 8.30am.

There are toilets available at the start and finish and a baggage drop in the Holiday Inn, however there are no changing facilities or showers. Runners should arrive ready to run.

Parking Map

There is free car parking in most town Centre car parks on the day. Please arrive early to be in car parks by 7:45am before the route road closures are in place (note the road marked mauve will be closed from 6am). Course road closures will start at 8:15. Car park spaces are limited so please car share where possible.

The town Centre car parks are a few minutes' walk away from the start. Please use these car parks and allow yourself time to walk to the start. If you choose to park on-road, please do so in a considerate manner and not on the course.



If you are travelling from the North and Coventry your best car park is A, C or the station car park. From the south it would be car park B or station. Do NOT park in the catholic church car park in Warwick Rd.

Race Numbers & Timing Chip

We do not post race numbers out in advance. If you wish to collect your race number & timing chip before race day, you can do so from The Holiday Inn, Abbey End, Kenilworth, CV8 1ED, on Saturday 31st August between 12 and 6pm. The Holiday Inn will be offering discounted pasta meals in their Restaurant for runners and their family during these times.

If you can't collect on the Saturday, numbers and chips can be collected from the Holiday Inn from 07:15 on race day. Please allow plenty of time and do not leave it until the last moment. You don't need the stress!

Please complete any relevant medical information on the rear of your race number and make sure that your number is clearly visible on the front of your top. The timing chip should be attached through the laces of your shoe and is disposable so will not be collected after the event. We will have a demonstration shoe available at chip collection, for you to see how it should look.

Do not forget your chip on the day – no chip, no time.

Baggage

There will be supervised baggage storage in the Holiday Inn

Race Cut-Off Time

Please note that there is a Cut-Off time for the race of 3 hours. If you are out on the course longer than this, Marshals may well have been stood down and roads will be open to traffic, so you will be responsible for your own safety on the remainder of the route. This will be communicated to any runners affected by this and they will be encouraged to accept a lift back to the Race HQ.

Marshals

There will be marshals at regular intervals around the course, to direct runners, help with traffic control, assist with any problems and encourage you! Please follow any instructions that they may give you.

Headphones

The use of headphones during the race is prohibited apart from bone conductive headphones. The race is run on partially open roads and you must be able to hear instructions from marshals in the event of an emergency. Ignoring this rule risks disqualification.

Water

Water stations are available at approximately 2 mile intervals. From an environmental perspective all water cups at water stations are plastic free (made of corn starch) and should be disposed of in or near the blue Fortress containers provided. If you require energy products or additional fluid, please make arrangements to carry your own. At the finish runners will be given a re-usable water bottle courtesy of Leaders Letting Agency that will be full of water. No cups will be available here.

Severn Trent Water are assisting with the supply of water to our water stations (refill project).

First Aid

First Aid will be provided by St John Ambulance, with cyclist support along the route with two ambulances and paramedics on the course and control Centre at the start finish area. Please ask a marshal if you or any other runner needs assistance.

Goody bags and Medals

Finishers' Long Sleeved Shirts and plastic-free goody bags will be handed out at the end of the run, containing your medal and other goodies.

Prizes

There will be CASH prizes for 1st, 2nd and 3rd place Male and Female and also for 1st M35 M45 M55 and M65 F35 F45, F55 and F65. Only one prize will be awarded per runner. In the event of a veteran taking 1st 2nd or 3rd place,

the second runner in that age group will then receive the category prize. There will also be team prizes with the first four men and first four women to count. Places for the ladies will be from the overall race, so if the 4th placed lady is 20th in the race overall, she scores 20 rather than 4. Prizes will be given to winners as soon as possible after they finish.

Photography

Professional photographers yourraceday will be covering the event. You will be able to see and purchase your photos shortly after the race by logging on to www.yourraceday.co.uk

Kids Run Free

On race day, local charity Kids Run Free will be offering free children's races for ages 3 to 16 years at 11:30 in the Finish area, whilst the final parts of the main race is underway. To pre-enter your child, follow the link

<https://www.riderhq.com/events/86127/kids-fun-run--kenilworth-half-marathon-sunday-1st-september-2019>

Route & Route Map

The route will be marked with mile markers and has a road closure for 3 hours only. Unless instructed otherwise, please stay on the side of the road as directed by the marshals. It should be noted that some roads will only be closed to traffic in one direction. A copy of the map will also be available to view inside the Holiday Inn.

The route is a 2-lap course with a shorter second lap as Kenilworth Castle is only visited on the first lap.

Route Plan

MAP 1 of 2 - lap 1



Start HSBC Bank, left at clock tower roundabout, left into Barrowfield Lane, right into Greville Rd, right into Brookside Ave, left into Borrowwell Lane, through ford to Castle, into Castle opposite Queen and Castle out along Tiltyard, right along Castle Hill, right into Brookside Ave, right into Fishponds Rd, John O Gaunt Rd and Rounds Hill, right into Rouncil Lane, turn around cone by footpath gate, right into Woodcote Lane, left into Warwick Road, left into Rouncil Lane, right into Rounds Hill, right into Siddeley Ave, left into Randall Rd left into Warwick Rd to start point.

MAP 2 of 2 – lap2



left at clock tower roundabout, left into Brookside Ave, right into Fishponds Rd, John O Gaunt Rd and Rounds Hill, right into Rouncil Lane, turn around cone by footpath gate, right into Woodcote Lane, left into Warwick Road, left into Rouncil Lane, right into Rounds Hill, right into Siddeley Ave, left into Randall Rd left into Warwick Rd to Finish at Clock Tower.

Pacers

Again in 2019 we have pacers for the following finish times: 1:30, 1:45, 2:00, 2:15 and 2:30. Our pacers will all be wearing green pacer flags or yellow pacer vests. Line up in the start funnel near to the pacers.



Entrant Offers

Tudor Physiotherapy

Tudor Physiotherapy, will be offering massage and injury-prevention advice before and after the race in the Holiday Inn. For more information on their services and clinic locations please visit www.tudorphysiotherapy.com

If you are unfortunate enough to pick up an injury, Tudor Physiotherapy will offer a very generous 50% discount from your first appointment, until the end of October 2019. You will need to produce your race number to claim this discount.

Holiday Inn

The Holiday Inn in Abbey End, Kenilworth is offering discounted pasta meals and a drink on the Saturday before the race between 12 noon and 6pm to runners and their families (just show your race number) in their Restaurant.

Thanks

Kenilworth Runners would like to express their sincere thanks to all event sponsors and supporters including:

Wasps Rugby Club



Tudor Physiotherapy (www.tudorphysiotherapy.com)



LEADERS Estate Agents



Holiday Inn, Kenilworth (www.holidayinn.com/hotels/gb/en/kenilworth/)



Rybrook Warwick



**RYBROOK
WARWICK**

Message from Kenilworth Runners

We've worked hard to put this race on for you & we hope you achieve your own targets, whatever they may be.

If you are not a member of a running club and would like to join a supportive, yet competitive club, we'd love to hear from you www.kenilworthrunners.co.uk. We are proud to offer an environment in which to enjoy your running so runners of all abilities feel valued, whether you want to enter races or just run for enjoyment.

In the meantime, you can follow the club on twitter [@greenarmy1986](https://twitter.com/greenarmy1986) or <https://www.facebook.com/KenilworthRunners> or at www.facebook.com/KenilworthHalfMarathon. If you take any photos at the event, why not share them there?

We hope you have a great day and a great race

