



THE GREAT WEST FAMILY FUN RUN 2011

Sunday 1st May 2011, Start 9.55am Approx

The Run

The Great West Family Fun Run takes place on Sunday 1st May 2011 at the Exeter Arena. It takes place at the same time and place as the Follet Stock Great West Run and those who take part will experience the same atmosphere and excitement as well as sense of achievement as those taking part in the main run.

It is a two mile fun run that takes place on part of the course used by the main run and starting and finishing on the track in the Arena. It is open to all members of the family regardless of age or ability and many families consisting of children, parents and grandparents take part by running or walking or a bit of each. The emphasis is on healthy enjoyment and having fun and the first 1200 who complete the course will receive a finishers medal. The course will be closed to traffic on the day and there will be marshals around the course showing runners where to go.

How to Enter

Entry forms can be downloaded from www.thegreatwestrun.co.uk

There is a limit to the number of entries so it is best to complete an application form in advance in order to be sure of a run. However, if places are still available on the day of the race late entries will be accepted. This can be done at the information desk in the Exeter Harriers Pavilion.

The Start

The main half marathon race will start at @ 9.55 am from the Exeter Arena Car Park (this is why you can't park here!). As described on the next page, the Family Fun Run will start on the running track on the opposite side to the Grandstand. This will be at approximately 9.55 am as soon as possible after the main race has departed. Announcements will be made noting the time remaining before the start. Please assemble on the bend of the track, to your left, looking from the Grandstand.

For safety reasons, small children will not be allowed to start in the front 5 rows of the Fun Run. Any pushchairs or wheelchairs are asked to start at the back - thank you.

The Course

The Start will be close to the end of the back-straight of the running track, and you will move off in a clockwise direction around the track. After about 200 metres, you will leave the Arena at the gate just before the Exeter Harriers clubhouse. Follow the road around to the right past the Arena Car Park and turn left out onto Summer Lane.

The next 400 metres is all downhill! Watch out for the speed humps. Go under the railway bridge. Please can the slower runners keep to the right hand side of the road. Run past Summerway on your left, and Woolsey Avenue on your right. Turn right at the cross roads in Whipton village. Run uphill along Whipton Village Road, watch out for parked cars and more speed humps. At the end turn sharp left into Pinhoe Road and run downhill past the shops. Turn sharp left again, where directed by marshals and back into Whipton Village.

After about 100 metres, turn right back into Summer Lane, and start the climb back up to the running track. If you are among the faster runners, please keep to the right hand side of the road, because some slower runners may still be coming down Summer Lane.

Turn right into the Arena Car Park and then left and onto the track for your moment of glory as you enter the Stadium and run 350 metres anti-clockwise around the track to the finish.

You don't have to remember all the above directions. All road junctions will have marshals to show you the way, and most runners will simply be following the runners in front of them.

A map of the route is available on the great west run website - www.thegreatwestrun.co.uk.

The Finish

The finish will be on the track in front of the Arena Grandstand, where there will be a drinks station and First Aid personnel.

The first 1200 finishers in the Family Fun Run (wearing a number) will be directed to their finish funnel and receive a medal. No times or places will be recorded (this is a FUN run). After collecting your medal, please leave the track as soon as possible to make way for other runners.

Late entries

Late entries for the FUN RUN only, will taken at Ironbridge Runner, 15 Bartholomew Street East Exeter, from Tuesday 26th April to Friday 29th April
10.00 – 17.00.

and on Saturday 30th April at the Exeter Harriers pavilion, Exeter Arena
between, 10.00 – 12.00 am 2.00 – 4.00pm.
and on Sunday 1st May from 8.00am

Changing Facilities

Changing rooms and showers are situated within the Grandstand. As well as toilets near the changing rooms, there will be portable toilets in the Arena Car Park.

Sorry, but no bags can be accepted from people taking part in the Family Fun Run.

Refreshments

Hot and cold refreshments will be available from the Exeter Harriers Clubhouse

How to get to Exeter Arena

By Car

If using the M5 (either North or Southbound) come off at Junction 30 and follow the Great West Run AA signs. Motorists using the A30, A38 and A380 should proceed onto the M5, again leaving at Junction 30. Motorists coming from the City Centre should follow signs to Pinhoe and the GWR Car Park signs. You will be directed to the GWR Car Park, which is situated at Eastern Field, Exhibition Way. Exeter Arena, is only a short walk from the Car Park. PLEASE DO NOT PARK ANYWHERE OTHER THAN EASTERN FIELD. CARS WILL NOT BE ALLOWED OUT OF THE CAR PARK UNTIL 11.00 am

ALL ENTRANTS SHOULD AIM TO ARRIVE BY 8.45 am. Traffic will be heavy and the start will not be delayed for late arrivals.

Accommodation

Anyone travelling a long distance and requiring overnight accommodation should contact Exeter's Tourist Information on 01392 265700.

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