



THE *follettstock* GREAT WEST RUN RACE INSTRUCTIONS

Sunday 1st May 2011 | Start 9.45am | www.thegreatwestrun.co.uk

GWR Race Office | 10 Lower North Street | Exeter | EX4 3ET | 01392 493

Dear Runner,

**Thank you for your entry to
The Follett Stock Great
West Run!**

The race is in its 27th year and this is likely to be the biggest and best in its history! Please take a moment to read the enclosed information carefully which should serve to make the day go as smoothly as possible.

Finally, I hope your training is going well and, most importantly, you are enjoying it!

Yours in Running

Peter Ferlie

Race Director

Ironbridge Runner Events



Important Details

- Please go to race website to view full instructions and latest updates.
- There is NO need to pre-register for the race, everything you need for the day is within this pack.
- Your **race number this has your timing chip on it** (all you need for the day)—if not, please contact us immediately.
- Please make sure that your race number matches the race number on your address label. If you lose your race number before the event we will have to make a charge of £ 10 to replace it.
- Do NOT pass your race number on to anyone else because this will lead to major problems and errors.
- Please do not wear personal music players as you are unable to hear marshals instructions or other runners—last year the lead runner was knocked over by someone wearing a iPod!!
- After 12.30pm the roads on the route will re-open to the public, participants should then run or walk on the pavement.
- Sponsorship form available from the website, official charities - FORCE, HOSPISCARE, WONFORD AND ST PAUL'S YOUTH AND COMMUNITY PROJECT and THE ADAM STANSFIELD FOUNDATION
- There will be a fully supervised store for kit in the Isca Bowls Centre — adjacent to main Exeter Arena car park. Please use your baggage label to identify your kit, only kit that has a label will be accepted. Despite all attempts to protect your property, the organisers cannot accept responsibility for losses which may occur.

RACE START TIME—9.45AM

THIS WILL NOT BE DELAYED FOR LATE ARRIVALS!

Charity Sponsorship

Official race charities for 2011 are:



**WONFORD AND
ST PAUL'S YOUTH
AND COMMUNITY
PROJECT**

Sponsorship forms and details of the individual charities have been enclosed within this pack and via the website. If you would like further information about the charities and their work then please contact the charities directly.

The Route

FOR A MORE DETAILED ROUTE MAP GO TO
www.thegreatwestrun.co.uk

start lap>

Start is on the track at Exeter Arena and follow a loop around Beacon Heath, this section is done only once.



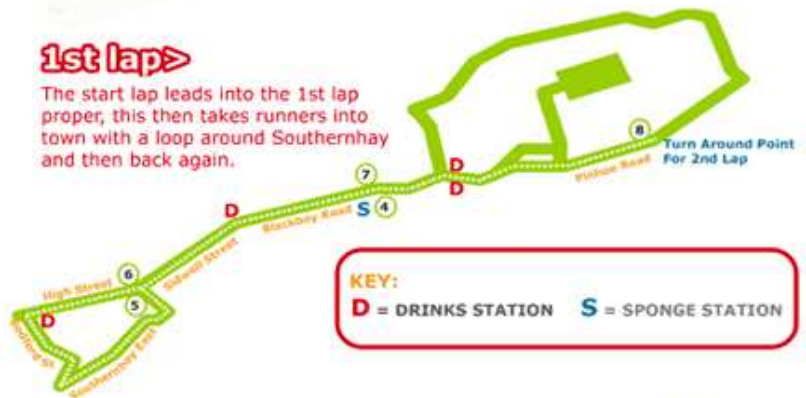
Start & Finish Area>



follett & stock

1st lap>

The start lap leads into the 1st lap proper, this then takes runners into town with a loop around Southernhay and then back again.



KEY:
D = DRINKS STATION **S** = SPONGE STATION

2nd lap>

At the end of the 1st lap runners will do a 'U' turn and complete the same loop again. Just after 12 miles runners will feed off into Whipton Village Rd and up to the finish on the track at Exeter Arena.



Sunday 1st May 2011
START TIME 9.45am

PLEASE REMEMBER TO ARRIVE EARLY ESPECIALLY IF USING RACE CAR PARK, DUE TO SHEER VOLUME OF TRAFFIC THERE WILL BE DELAYS.
 PLEASE NOTE THERE WILL BE A DROP OFF AREA BEFORE THE ENTRANCE TO CAR PARK, CARS THAT ENTER THE CAR PARK WILL NOT BE ABLE TO GET OUT UNTIL 11.00am

The course as shown above consists of a start loop through Beacon Heath to the top of Pinhoe Road, which will be run once only. From then it will follow a 2 lap course, on undulating city/suburban roads. On the 2nd lap all runners turn off into Whipton Village Road to finish on the track at Exeter Arena. There are some hills on route, but there are also some nice flat bits! The route will be on closed roads, however please obey the police and marshals at all times. Note that there are some narrow points on the course and speed bumps in the first and last half miles, so take care and respect your fellow runners. The course has been accurately measured by an officially approved course measurer. Dogs, bicycles and roller skates are not allowed on the course.

The Great West Run is held under the current laws of competition by UK Athletics and the IAAF.

Thank You to our event partners without them it would not be possible to stage the event



!!CAR PARKING NOTICE!!

IF YOU INTEND TO USE THE RACE CAR PARK PLEASE ALLOW PLENTY OF TIME TO GET IN AND GET PARKED UP!! AS THE SHEER VOLUME OF TRAFFIC WILL CAUSE DELAYS AND THE START WILL NOT BE DELAYED (THIS WILL ALSO REDUCE YOUR STRESS BEFORE THE RACE!).

Exeter Arena - Directions (SAT NAV - EX4 8HX)

If using the M5 (either North or South bound) 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.

On race day you should follow signs to the GWR car park, which is situated at Eastern Field, Exhibition Way. The Exeter Arena, Start and Finish areas are only a short walk from the car park. Please do not park anywhere other than Eastern Fields. Cars will not be allowed out of the car park until 11.00am. If you are planning to travel by coach or have a disabled sticker, please apply in writing for a special pass to gain access to parking at the Exeter Arena.

All entrants must aim to arrive by 8.30am. Traffic will be heavy and the start will not be delayed to accommodate late arrivals.

See race website (www.thegreatwestrun.co.uk) for further details and latest updates.

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

The Start & Finish

- **BOTH THE START AND FINISH WILL BE ON THE TRACK AT EXETER ARENA.**
- Runners will be called to the start line 10 minutes before the start, announcements will be made noting time remaining until the start and a hooter will be used to start the race.
- The Great West Run will start at 9.45am and will not be delayed for late arrivals.
- Please line up in the appropriate time zone for your ability. There is no advantage in lining up closer to the front because your time will be taken from when you cross the start line. If people line up in inappropriate time zones it increases the chances of slower runners being jostled, so please be patient and allow faster runners to get away first.
- The first finisher from The Great West Run should finish soon after 10.45am.
- All finishers will finish under the gantry where a clock will display the time from the sounding of the starting hooter. You will then be marshaled into a finishing funnel, please keep moving in the funnel. There will be a final drinks station just after the finish and medical personnel will be present.
- All Great West Run finishers will receive a medal, t-shirt and goody bag.
- Kit may be reclaimed from the kit store at Isca Bowls Centre, but please be careful when crossing the road as there may still be runners on the course.

Kit Storage

There will be a fully supervised store for kit in the Isca Bowls Centre — adjacent to main Exeter Arena car park. Please use your baggage label to identify your kit, only kit that has a label will be accepted. Despite all attempts to protect your property, the organisers cannot accept responsibility for losses which may occur.

Results

Results from the race will be produced as soon as possible using the information from your computer timing chips. We hope to print updated results sheets every half hour or so after the first runner finishes. We aim to publish a full set of results on our Website by 6pm on race day and this will be published in the Express and Echo. Prizes and trophies for winners will be presented in the Exeter Arena Grandstand at approximately 11.45am. The only prizes which will be awarded on the day will be to the First 10 overall Men and Women respectively.

The following individual prizes will be posted to winners the week following the race:

First 3 U20 Men and Women

First 3 Veteran Men in each 5 year age group from 40 upwards.

First 3 Veteran Women in each 5 year age groups from 35 upwards.

Athletic Club teams results will be based on the aggregate of finishing places - 4 to score for men and 3 to score for women. There will be spot prizes for some lucky runners. Vouchers will be handed out at the finishing line, and these can be exchanged for goods from the Ironbridge Runner stall trading at the event.

PERFORMANCE STANDARDS

	MEN	WOMEN
ELITE STANDARD	Under 1hr15mins	Under 1hr20mins
GOLD STANDARD	Under 1hr30mins	Under 1hr35mins
SILVER STANDARD	Under 1hr45mins	Under 1hr50mins
BRONZE STANDARD	Under 2hr00mins	Under 2hr05mins

No awards will be given for achieving standards.
It's just for bragging rights!

Medical Information

In addition to these instructions, we enclose a Medical Form, please read this very carefully. If you suffer from any medical conditions, you are requested to fill in your details and return it to the address indicated, all information will be treated confidentially.

If you have a relevant medical condition e.g. epilepsy, diabetes etc - please mark the front of your race number with red cross and fill in your details and medical history on the back of your race number. In the event of an emergency this information may prove invaluable to medical personnel in attendance. There will be two paramedic trained personnel at the finish plus St John Ambulance. St John Ambulance will also be present at the 4 drinks stations around the course.

Photos, Physio and Running in Exeter

Free Treatment from EXETER PHYSIO for aches and pains will be available at the start and finish. A contribution to the charity would be welcomed.

If you enjoyed the event and would like to run and train with like-minded people, then Exeter has 3 Affiliated Athletics Clubs.

- Exeter Harriers meet on Tuesdays and Thursdays at 7pm at Exeter Arena - www.exeterharriers.co.uk
- South West Road Runners - who meet on Wednesday at 7pm at Exeter Arena - www.swrr.co.uk
- The Women's Running Network organise running groups across the country for beginners upwards - www.womensrunningnetwork.co.uk
- Run In England Training Groups - groups across the country for beginners upwards - <http://www.runinengland.co.uk/>

Event Timetable for Race Day

	Start Time	Start Position
THE GREAT WEST RUN	9.45am	Track - Exeter Arena
THE GREAT WEST FAMILY FUN RUN	9.50am	Track - Exeter Arena
THE GREAT WEST 5K	9.00am	Bedford Street - City Centre

Training schedules for the race are available at www.thegreatwestrun.co.uk