

ASICS Fleet Pre-London Half Marathon

21st March 2010

11:30am prompt

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As a local company we are always looking to support and work within our local community especially with local events like the ASICS Fleet Pre-London Half Marathon.

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THE NEW 5 SERIES SALOON ARRIVES AT BARONS FARNBOROUGH ON 20.03.10.

The launch of the new 5 Series Saloon will conclude an impressive period, which has seen the launch of the new X1 and 5 Gran Turismo models complement the current BMW Range. The new 5 Series Saloon will showcase BMW's brand new Park Assist technology, which allows you to reverse unaided into position by only operating the foot brake. Along with this Dakota leather and 17" alloy wheels come as standard.

To view this fantastic new model, Barons Farnborough is perfectly placed with stunning state-of-the-art premises just across the road from our former dealership. Our new facilities offer ample room to experience the joy that the BMW range brings.

To reserve your place at the launch of the new 5 Series Saloon, please contact a member of our friendly team on 0845 125 2160 or visit www.baronsfarnboroughbmw.co.uk.

BMW EfficientDynamics 
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Barons Farnborough

105 Farnborough Road, Farnborough, Hampshire GU14 6TL
0845 125 2160 www.baronsfarnboroughbmw.co.uk

Official fuel economy figures for the BMW range: Extra Urban: 26.2-72.4mpg (10.8-3.9l/100km).
Urban: 12.8-53.3mpg (22.0-5.3l/100km). Combined: 19.2-64.2mpg (14.7-4.4l/100km).
CO₂ emissions 352-118g/km.

BMW EfficientDynamics reduces BMW emissions without compromising performance developments and is standard across the model range. The new BMW 5 Series Saloon range £28,165 on the road. Price is correct at time of going to print and subject to change without notice. On the road price is based on manufacturer's recommended retail price and includes 3 year BMW Dealer Warranty, BMW emergency service, 12 months road fund licence, vehicle first registration fee, delivery, number plates and VAT.

A message from the Penny Abbott, Race Director

Welcome to the 2010 ASICS Fleet Pre-London Half Marathon, organised by Fleet & Crookham Athletic Club and supported for the 9th year by ASICS, the international sports company. The main local sponsors are Amazon Windows, Barons Farnborough BMW, Trinity Photography (Salisbury), Hart Leisure Services and The Sweatshop (Woking) – our thanks go to all for their support.

Now in our 29th year, the 2010 race is dedicated to Colin Gostelow, founder of the event who sadly died from a brain tumour on 1st July 2009. Following Colin's participation in the first London Marathon, he decided that the marathon needed a warm-up event and called in the help of friends and members of Fleet & Crookham AC to organize the race that continues today. Chris Brasher the founder of the London Marathon gave permission for the event to be called "The Fleet pre-London Half Marathon", a title that remains today.

I am back at the helm after a 5 year break as Race Director although I have remained involved in other ways during this break. My return coincides with the previous Race Director deciding to step down and a promise I made to Colin when he was ill. Colin always believed that the race should be organized "by runners, for runners" and over the years he continued to always improve the race and see every aspect from the runner's perspective. We strive to continue this ethos despite all the increasing restrictions of new health and safety rules, reduced Police support and stricter regulation around every aspect of the day.

Please take heed of the marshals around the course. Keep to the left at all times unless told otherwise. Please note that in the Elvetham Heath development and along the 11-12 mile point, traffic will be flowing on the other side of the road. In addition, "sleeping policemen" are present along Fleet Road which is early in the race in the third mile when runners are still close together so take care here. *Remember that the marshals are all volunteers so please show your appreciation.*

Please ensure you have the following in your pack: running number, ChampionChip with ankle strap, ChampionChip reply envelope, sponsorship form for Leukaemia Research Fund and bag tag. Ladies will have a coloured band through the centre of their number and an F preceding their number. If any of these are missing or if the running number or ChampionChip do not match, **please do not contact us now** but *go to the Race HQ on the day where a replacement will be issued.*

Please fill out the health and safety section and specify any medical conditions on the reverse of your race number. It is very important that this is completed.

Your number should be pinned securely to the FRONT of your vest or t-shirt with four safety-pins. Race numbers must be worn as supplied and not folded, cut or otherwise mutilated. If you are not wearing your number at the finish your position and time will not be recorded. **Remember to wear your ChampionChip on your ankle – no chip, no time!**

You must not wear anyone else's number - it is both against the rules and a dangerous practice. In particular, if you are taken ill or involved in an accident, the medical staff and organisers will have incorrect information with potential adverse effects for you and distress for your family and others.

There is no need to register on the day. Any queries you have on the day should be directed to a race official in the park, or to the race enquiries desk in The Amazon Runners Tent. Please listen to the PA announcements; they will answer many of your queries.

We always welcome feedback so that we can continue to maintain the high standards of the event. If you enjoy the race, please take a few moments to rate us at www.runnersworld.co.uk.

Thank you from me to all my immediate organizing team who have worked very hard since the Autumn and also to the other groups involved on the day – without all of them we simply wouldn't be able to host the event.

One final big thank you goes to Colin – you started a great event and we hope we have done you proud today.

On behalf of Fleet & Crookham AC we hope you have an enjoyable run and you achieve the time you are looking for. We hope to see you again in 2011.

I wish you the very best of luck

Penny

BARR Gold certificate

We have been awarded the highest grade for our event by the British Association of Road Races (which aims to maintain & review a Code of Practice for the benefit of competitors and the efficient management of both road and multi-terrain events) and demands the very highest standards of race organisation and provision.

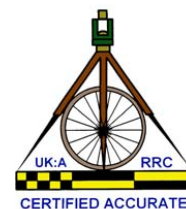


It covers: Race Management; Pre-race organisation & facilities at the Start; On-course facilities & arrangements; Drink & sponge stations, communications and medical; The Finish.

UKA Licence: 100295

Course Measurement

This symbol can only be displayed by road races which possess a Certificate of Course Accuracy following measurement by a qualified course measurer. Road races advertising a distance have to obtain the Certificate as a condition of the Permit issued by the SEAA (South of England Athletics Association)



Keeping up-to-date with the Fleet Half Marathon

Please note that any changes or additions to the Runners' Notes will be announced on our Web site at www.fleethalfmarathon.com. It will also be possible to download additional copies of these Runners' Notes and obtain additional or updated information prior to the event.

Results should be available on the Web site by the evening of 21st March 2010 or soon afterwards with photographs and more to follow over the following week.

Recent winners

Individual

Year	Male	Time	Female	Time
2009	Matthew Blunden	70.48	Victoria Gill	77.49
2008	Neil Chisholm	70.14	Helen Decker	80.43
2007	Mark Miles	66.05*	Jo Kelsey	77.53
2006	Toby Lambert	69.09	Debbie Coslett	78.44
2005	Haggi Chepkwony	66.18	Erica Sheldon	81.37
2004	Haggi Chepkwony	68.00	Amy Stiles	78.14
2003	Ronnie Adams	68.35	Louise Watson	77.16*
2002	Haggi Chepkwony	66.26	Pippa Major	86.21

*=course record

Teams

Year	Male	Female
2009	Royal Navy	Woking AC
2008	Royal Navy	Army
2007	Serpentine	South London Harriers
2006	Royal Navy	Woking AC
2005	Royal Navy	Fleet & Crookham AC

Results, Trophies/Prizes/Medals

Results will be displayed as soon as available, and also posted on the Web site - www.fleethalfmarathon.com. No printed results will be available to purchase.

Medals will be presented to all finishers in the finish area. Presentation of trophies/prizes will be at approximately 1pm. This will start with the first ten men and first six women, followed by team results. Vets and Team prizes may be presented on the day if all results are available. If not, they will be posted on.

Athletic Club and Service runners are reminded that to score in the open team race you must be wearing the relevant Club / Unit vest. Any problems see the Race Referee before the start.

Prize Rules

The first 3 places for both men and women are regardless of age category. 4th place onwards relates to your age category – e.g. if the race is won by a vet, they will qualify for the first prize overall and the first prize for their age category will be given to the next applicable finisher.

Prize categories:

<u>Male</u>		<u>Female</u>	
Senior	1-10	Senior	1-6
Vet40, Vet45	1-3	Vet35, Vet40, Vet 45	1-3
Vet50, Vet55, Vet60, Vet65	1-2	Vet50, Vet60	1-2
Vet70	1	Vet65	1
Teams	1-3	Teams	1-3

NB: Teams all require 3 people to count

First Charity team – combined sex

Barons Farnborough BMW

We would like to thank Barons Farnborough BMW for supplying the lead car for the ASICS Fleet Pre-London Half Marathon. This is the 2nd year in which they have been involved with the race having stepped in at the last moment in 2009 when our previous partner had to withdraw.

We thank them for their continued support.

There's more to Fleet than the Half Marathon

Has completing the ASICS Fleet Pre-London Half Marathon given you an appetite for running?

Join us at Fleet & Crookham AC and continue to benefit from your training.

Come along to the Peter Driver Sports Ground behind The Tweseldown pub on Tuesdays or Thursdays at 7pm or visit our Web site at:

www.fleetandcrookhamac.org.uk

ChampionChip

Please read the following instructions about ChampionChip carefully. All runners must wear the ChampionChip as directed in these instructions. The ChampionChip should be removed after the finish line and placed in the designated receptacles.

It is the responsibility of all participants to return their ChampionChip timing device as per the instructions in these Runners Notes. Non-return is chargeable.

ChampionChip Instructions

All entrants in the 2010 ASICS Fleet Pre-London Half Marathon are issued with a ChampionChip – a small timing device which is worn around the ankle – see picture. The chip can be worn against the skin as in the photograph, over your sock or under your tracksuit and on either foot – it doesn't matter choose which ever is most comfortable for you.



The ChampionChip will accurately measure your time from the moment you cross the special mat at the Start Line to the moment you cross the mat at the Finish Line.

In your race pack you will receive your RACE NUMBER and a special ENVELOPE which contains your chip and Velcro ankle strap which you can assemble as in the picture below.



When fixing the strap around your ankle please keep the SMOOTH side of the strap towards to skin.

If, for any reason, you are unable to run – please return your ChampionChip, this will avoid a £10 penalty. Use the envelope provided and ensure that your chip is returned by 1st April 2010. Also on the ChampionChip Return envelope is your runner number – please ensure this matches the race number you have received.

Please DO NOT FORGET to bring your ChampionChip with you on the day of the race as there are no facilities to issue replacement chips.

REMEMBER, NO CHIP = NO TIME

Finally, when you cross the finish line you will be directed to the area where you can take off your chip and strap. Place both items in the plastic bags being held by volunteers.

Gun or chip timing?

All runners in the race will be allocated both gun and chip times. The difference is as follows:

- Gun time – the time from the starting gun to crossing the finishing line. Your race time
- Chip time – the time from crossing the starting line to crossing the finishing line. Your actual time

Prizes will be allocated according to gun times.

How to find us

Calthorpe Park is off Reading Road North, Fleet, North Hampshire.

By road: Fleet can be reached by using junction 4a off the M3 and then following signs for Fleet.

By rail: Fleet is on the Waterloo-Basingstoke/Southampton line and the station is approx 1 mile from Calthorpe Park.

Please allow plenty of time to get to Fleet and for car parking. The start will be at 11.30am prompt.

Car Parking

Parking is available in the town centre shopping car parks - all within 10 minutes walk of the start. **NB: No parking in Calthorpe Park (except for officials holding passes). Do not part in the streets around Calthorpe Park as this causes problems for the race and inconveniences local residents.**

Please leave plenty of time to park and walk to the park. The town will be busy. Car parks in the town centre are noted on the course map.

Baggage and Changing

Baggage can be left in The Amazon Runners Tent. **THIS IS THE ONLY ATTENDED AREA FOR YOUR KIT.** Leave your bag, tagged with your number, in the bay allocated. There are no showers and no private changing areas, although you can use The Amazon Runners Tent for this purpose if required.

Calthorpe Park – site map



Large site maps will be available on the day so you will be able to find everything you need to in Calthorpe Park.

Conditions of Entry

By entering the race you agree to abide by the Conditions of Entry and any race instructions given to you by the organisers and officials of the ASICS Fleet Pre-London Half Marathon. By entering the race, you give permission for the free use of your name, voice or picture in any broadcast, telecast, advertising, promotion or other account of this event.

You are also certifying that you accept the inherent risks involved in an activity such as running that you are medically fit to compete on the day and, if in any doubt, have taken medical advice.

You are also accepting that the organisers will not be held responsible for any injuries or illness incurred during or as result of the event or for any property lost or damaged in the vicinity of the course (including Calthorpe Park), the car parks or the changing / baggage area.

In the event of the race being cancelled due to unforeseen circumstances, we will endeavour to contact all runners prior to the race day where possible, but a refund of entry fees is not possible.

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Course Safety

There will be a lead car and marshals will be strategically placed to guide you around the course. Please keep to the left hand side of the road unless instructed by a marshal or official. This is for your own safety as on some roads traffic may be flowing against you. Runners must not be accompanied by dogs or followed by others on cycles, motorbikes or cars. The course is unsuitable for wheelchairs.

Please note that failure to obey the instructions given by the race marshals could place you in danger and could lead to your disqualification.

First Aid & Medical Care

Please specify any medical conditions on the reverse of your race number, along with any special medical treatment, to assist medical staff should you encounter any difficulties. Write in a ball-point pen.

Full paramedical care is available in the park and on route. Should you experience any problems during the event, please contact any marshal or official who will be able to contact the medical staff.

If you drop out for any reason, please hand your number to any marshal or other official and tell them where you are going.

If you are unwell or injured on the day, please do not run. There will be other races - there is only one of you!

Race Countdown

09:30am - 10:15am arrival of runners and spectators
10:15am all runners should be in the park
10:45 am aerobic warm-up by Evelyn Farrell (F&C AC)
11:00am all runner's kit should be booked in
11:05am first call for the start
11:20am assemble at the start (in realistic finish time)
11:30am you're off - enjoy the race!

The Course

The 2010 race will be run over the same course as in 2009.

You'll start the race in Leawood Road and complete a short loop, going past the entrance to Calthorpe Park, returning to cross the start line again. You then turn left again and, at the Oatsheaf crossroads, go straight on into Fleet Road and continue on your way around the course. There is a slight road layout change between 11 and 12 miles. The race finishes within Calthorpe Park.

The course map shows full details of the route.

Drink Stations

Water will be available at four drink stations along the route - at approximately 3, 5.5, 9 and 11 miles. There will be a portaloos at the 6-mile and 9-mile water stations should you need a quick visit!



Refreshments and Sale of Goods

Hot and cold refreshments will be on sale in Calthorpe Park during and after the race, and commemorative t-shirts and sweatshirts will be on sale. Sports kit will be available from the stand operated by The Sweatshop.

2010 Fleet ½ Marathon on-site Sports & Remedial Massage (SRM)

- **What?** Pre and post-race SRM will be available at the event
- **Where?** The massage area will be in The Amazon Runners Tent
- **Why?** Ease any pre-event tension, stiffness, or niggle... and/or enhance recovery and relieve post-exertion muscle ache and soreness.
- **How? (A) Pre-race massage:** the SRM service will be available on an ad hoc basis from TWO HOURS prior to the race start time. Payment must be made before leaving the massage area after treatment.
(B) Post-race massage: competitors are advised to pre-book their massage session prior to the race, to avoid queuing and/or disappointment (please allow finishing time + 30 mins to estimate your massage start time for warm-down, change of clothing, rehydration, etc.). All pre-bookings should be made on the day at the SRM desk at the massage area, and **MUST** include payment (cash or cheque only, thank you). We regret that we are unable to accept card payments or advance bookings prior to the day.
- **How much? Treatments will cost £10 per 20 minute session.** Timings will be on an ad hoc basis subject to demand pre-race, while post-race treatments will be available on the hour, at 20 min. past, and 20 min. to the hour.

Who is providing on site SRM, and to what quality standard?

- The SRM service will be provided by fully qualified ISRM (Institute of Sport & Remedial Massage) accredited SRM therapists. ISRM accreditation can only be achieved on successful completion of NVQ Level 4 or Level 5 training from an approved provider, such as the London School of Sports Massage (LSSM) and Pulse Training Solutions (PTS) among others. All ISRM members have therefore attained the highest training standards of professional SRM available in the country, and are required to continue to develop their knowledge and skills through CPD courses as a condition of their ongoing membership following graduation.

For further information about SRM, to find a therapist in your area, or to find a SRM course, visit www.theism.com.





Go 'Bananas' to beat blood cancers

Good luck to everyone taking part in the 2010 Fleet Half Marathon.

Please contact us today if

- you would like to join our BANANA ARMY at Fleet
- or you have a guaranteed place for the Virgin London Marathon.

2010 is our charity's 50th anniversary. We have a wide range of activities planned, so there's something for everyone!

www.banana-army.com
020 7269 9001
running@llresearch.org.uk

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Registered charity 216032 (England & Wales)
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Thank-You!

The organisers would like to thank: all sponsors (ASICS, Leukaemia Research Fund, Amazon Windows, Barons Farnborough BMW, Hart District Council, The Sweatshop Woking and Trinity Photography), Hampshire Police and Hart Safety Council (for pre-event advice) RAYNET, St.Johns Ambulance, doctors and staff of The Event Medicine Company, Running Imp, all race officials, local Scouts and Guide groups, ATC, all volunteer marshals and drink station organisers, Hart Leisure Services, Hart Direct Services, members of Fleet & Crookham AC, and most of all, the runners, without whom the race would not go ahead.

The race is organised by runners for runners. In order that Fleet and Crookham AC can maintain the highest possible standard for future races we welcome any comments you have (good or bad). Please send them to The Race Director, Fleet Half Marathon, PO Box 1, Fleet, Hampshire. GU52 8GU or e-mail racedirector@fleethalfmarathon.com.

Thank you for supporting this race and Good Luck!



I'm a step ahead

Every little advantage helps give you the edge over the competition. The GEL-DS TRAINER 14 features wet grip rubber to channel water and dirt away from the mid sole and create more grip. The newly improved outsole provides extra cushioning right where your feet meet the street - softening the point of impact to keep you a step ahead of the rest.

*Very comfortable lightweight racing shoe...
Featuring wet grip rubber sponge for excellent grip...
Improved outsole better cushioning...
New mesh material: superb breathability...
Enlarged rearfoot GEL unit: more shock absorption...
Asymmetric Lacing System: natural fit...
Discrete heel unit: better shock attenuation...*

GEL-DS TRAINER 14

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