

Water of Life 10k & Half Marathon

25th March 2012

Half marathon - 10:00am start

10k - 10:15 am start

Please remember that the clocks go forward on the 25th!

Race Venue: Both races start and finish at Bisham Abbey National Sports Centre, Off Marlow Road, Bisham, Nr Marlow, SL7 1RT

Start Time: The HM race will start at 10:00am on the grass outside the main house by the river; the 10k will start in the same place at 10:15am

Car parking: There is NO parking in the Bisham Abbey National Sports Centre. Event parking will be in the farmers field opposite Bisham Abbey (unless we have very wet weather, in which case you will be advised on arrival). Please follow the car park marshals instructions

Baggage - Sponsored by Handy Moves: There will be a baggage drop close to the start/finish area. Please look for the 'Handy Moves' van. Baggage should be clearly marked with your race number. Be prepared to show your race number in order to retrieve your bag afterwards

Race Number: Please secure your race number securely to the FRONT of your running top using four pins. If you have a medical condition that will need consideration, please mark the front of your number with a cross and write details on the back. If you have been unwell in the days before the race, please do not start. Please check with your doctor if you are unsure.

Race numbers must not be passed on to another runner

The routes: Both races take you along a mixture of road, trails and off-road footpaths, some of which go across fields that may be muddy, depending upon the weather. Trail shoes are recommended, especially during wet weather. You will follow the towpath from Marlow towards Henley, before looping back to Marlow. As a multi-terrain route, it will provide you with different challenges along the way. You will occasionally come across kissing gates, bridges and steps. The route follows a public footpath and you will meet other users, whether on foot or bicycle - please be considerate to other users. We will do all we can to warn other users in advance and to facilitate your run, but we have to share the towpath. The footpath is narrow and rutted in places - please take extra care on these stretches. Above all, enjoy the route, the countryside and all that entails.

Marshals: Marshals will be stationed along the route at strategic points - please comply with instructions given by the marshals

Miles: The 10k route will be marked with km markers in RED and the HM route marked with mile markers in BLACK

Toilets: There are toilets at the start/finish

Water: There will be water stations at approximately 3, 5, 8 & 10 miles. You will also be given water at the finish. Please dispose of your cups in the bins provided after each water station

First Aid: Medical services are provided en route; if you need help, please wait with a marshal until you can be picked up

On Site Retailer: The sports retailer Moti (Reading) will be set up near the start/finish and will have a range of shoes and clothing for sale

Refreshments: A selection of hot and cold food and beverage will be available at the start/finish

Entries on the day: There will be no entries on the day

Prizes: The presentation will take place at approx 12.15pm. Prizes will be given to 1st, 2nd, 3rd Male & Female (regardless of age) then 1st Male & Female in the following categories: V40, V50, V60+ in both the half marathon and the 10k.

Finishers Medals: Each finisher will receive a medal commemorating the event

Children Races: Bring the family along, as there will be children races once the main races are underway. Registrations will be taken on the morning before the main races commence - please look for the 'Children Races' desk

Spectators: Beautiful start/finish area beside the Thames, with refreshments, food and children races while the main race is on

Results: Results will be published on our website. Please be patient as this sometimes takes a little time, although they should be available within 24 hours

Cancellation: Please note that in the event that the race has to be cancelled due to adverse weather conditions or any other situation outside our control, we will not be able to give competitors a refund. In the event of poor weather prior to the race, runners should refer to: www.purplepatchrunning.com or call 01628 474953 / 07917 612127 for confirmation.

Our thanks go to the following sponsors for helping make the Water of Life 10k & Half Marathon such great events:

08000 380 390



www.handymoves.co.uk

