



Droitwich Athletic Club

# Half Marathon and 10k+ races

# Participant Guide

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**Role:** Race Director

## Introduction and Participation

Welcome to all participants!

The purpose of this event, like our previous events is to increase participation in athletics, and enable all participants and supporters to have a safe and enjoyable event.

Overall, the 10k+ route - actually 10.6k has just 115m of elevation, but this is made up of a few challenging hills. The Half Marathon has 211m of elevation and has some additional hilly challenges... did someone mention Jacobs Ladder?

In addition to our usual routes around the beautiful country lanes around Droitwich, Salwarpe, Ladywood and Hadley this year we are also running through a new residential estate. We are hoping that there will be support from local residents along the route, but please note these road will be in use and local residents should be shown due consideration.

Our maximum time for the event is **3.0 hours**, based on our tail-runners expected time for the Half Marathon. We have applied this time limit recognising the time and effort our volunteers will be putting in over this period. If you feel this will be difficult for you please contact the race director through the contact form on the website (see below), or speak to one of our marshals on the day.

<https://www.droitwichac.co.uk/get-in-touch>

## Marshals

Please pay attention to the marshals. They are primarily there for your safety, and while you may be chasing a course or personal best, there may be times when they will prioritise your safety over your pace – please be kind and follow their instructions. This is most crucial at road crossings or where there are blind corners. All of our marshals are volunteers, giving up their time to make this event happen. Give them a shout out when you can!

## Lead Cyclists

The race leaders will be guided by a team of lead cyclists provided by the Amazing **Women on Wheels** cycling club. They will lead the front of the race pack and follow the route. There is one section, at the start of a public footpath that links Firlands Close to Suffolk Way where team 1 will stop, and team 2 will pick up at the end of the footpath on Suffolk Way.

## Parking for the event

Churchfields have kindly offered their venue parking free to participants and supporters on the day. Gates will be open from 07:30 am.

Post Code for satnav: WR9 0AH

<https://churchfields.farm/>

The address is:

Churchfields Farm Shop,  
Ladywood,  
Salwarpe,  
Droitwich  
WR9 0AH

Please note there is limited parking at Churchfields for an event of his size. To help with the ease of parking at the venue and be environmentally conscious, please car share where possible.

Where necessary, those arriving with 4 wheel drive vehicles may be asked to park in the overflow carpark, which can get muddy and cause 2 wheel drive vehicles to become stuck.

## Registration / Toilets / Event Briefing

We will be open for registration near the Churchfields cafe 08:00am.

There are toilets available at the start, open from 8am.

On the start line we will give you a very short briefing, reinforcing information in this guide and providing any updates relevant to the day.

### Event Schedule

7:30am Parking opens at Churchfields

08:15 – 09:00am: Registration near Churchfields cafe

09:15am: **Half Marathon** Race Starts

09:30am: **10k+** Race Starts.

Please note: Your number will have your timing chip attached. Please do not damage this or your start/finish may not be recorded.

A bag drop will be available in the registration tent, but will not be manned.

**Please do not leave valuables in the tent. Anything left in the tent will be at the owners risk. DAC or Churchfields cannot take responsibility for any losses from the bag drop.**

Toilets will be available at the start, and next to the water station that is passed multiple times (see below).

## Water Station

Water will be at one location on Porters Mill Lane. At this point on the route runners on the 10k+ route will pass at 5.5 km

Runners on the HM route will pass at 3 miles, 7 miles and 9.7 miles.

We will be using bio-degradable cups, and our marshals will be doing a litter pick after the event, but please help them by dropping cups by the roadside at the drop points (lack dustbins).

## Voluntary or Mandatory Retirement

If you decide to retire of your own accord, then you must do so by informing a marshal, who will let the race team know, and help you find the most direct and safest route back to race HQ at the start and finish point. If you leave the course and do not notify us, then this could result in the Police services being notified unnecessarily. Yes, you read that correctly.

If you do not make the cut-off time for the finish, you could also be retired from the event. The cut-off's are generous but are enforced to be fair to our volunteers.

If one of the marshals or medical team decides if it is not safe for you to continue, due to a concern for your wellbeing, then you could be asked to retire.

If you are injured or you see a runner - or member of the public - injured, then please inform the nearest marshal who will contact our event medical team MW MEDICS West Mids), and if necessary call emergency services.

## On the Race Route

### Signage

The Half marathon race will have distance markers in miles around their

course. The 10k+ race will have distance signs in kilometres around their course. The two courses overlap in various places so you will see some signs for the other race!

Signs have also been in place to caution other road users that a race is happening and runners will be on the road.

### Your safety

It is also necessary for all runners to be equally cautious and careful. Please remember that you are running on open, public highways and while car users have a greater responsibility to protect more vulnerable road users, the **responsibility for safety is on everyone.**

Please run on the right hand edge of roads unless on a bend when you should run on the outside of the bend. Please follow all instructions given by our team of volunteer marshals and WOW cyclists, as your safety (and theirs) is their primary concern.

Lastly, please remember the UKA ruling on the use of Headphones:

*"The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic."*

Sections of the 10k+ and Half Marathon routes are open to traffic, and the roads are narrow and winding, with junctions monitored - but not controlled - by our volunteer marshals. If you chose to wear headphones that do not comply with UKA guidelines you will put yourself and others at risk, and as such you may be disqualified.

## 10k+ Route

A route map and an fly-by of the event route can be found on our website here.

<https://www.droitwichac.co.uk/copy-of-dac-home-hm>

The route comprises a single lap, starting from Churchfields farm, running towards Fernhill Heath, then turning right on Firlands Close, joining Suffolk way and continuing in the direction of Claines, running down Jacobs Ladder, and following Dilmore Lane to the canal bridge. The route will then head towards Hadley, past the Hadley Bowling Green pub and loop back to Lock Cottage, over the canal, up the hill and turning left to head back to Churchfields Farm. The total distance for this route is **10.6K**.

Please stay on the route unless there is a reasonable reason for deviating. Please report to a marshal first if you need to leave the race route - giving them your name and race number. They will help you with the quickest way back or contact our first aid provider as needed.

## Half Marathon Route

A route map and an fly-by of the event route can be found on our website here.

<https://www.droitwichac.co.uk/copy-of-test-home-new-kit-and-half>

The route comprises two 'lollipop' sections. The first lollipop starts from Churchfields farm, running towards Hadley, turning right on Ladywood Road and running towards the Hadley Bowling Green pub, taking the first left after the pub and following this road to the junction of Porters Mill Lane where runners will turn left and follow the road. The next right turn will lead over the canal bridge past Lock Cottage and up a hill, at the top of which, runners will turn right and head towards Fernhill Heath. This is where the second Lollipop starts. Runners will follow

Station Road and eventually turn right on to Firlands Close and, using a footpath, join Suffolk Way and continue in the direction of Claines, running down Jacobs Ladder, following Dilmore Lane to the canal bridge. The route will then head towards Hadley, past the Hadley Bowling Green pub and loop back to Lock Cottage, turning right onto Porters Mill Lane, left onto Dilmore Lane and right UP Jacobs Ladder. At the T-junction at the top of Jacobs ladder runners will turn left onto Danes Green, then left onto Dilmore Lane and right onto Suffolk Way, using the footpath again to join Firlands Close, and turning left onto Station road, following this to Ladywood and back to Churchfields Farm.

Please stay on the route unless there is a reasonable reason for deviating. Please report to a marshal first if you need to leave the race route - giving them your name and race number. They will help you with the quickest way back or contact our first aid provider as needed.

## Risks

The main risk of the race are cars and other road users, especially where the route takes right turns and passes through residential areas where there are several turnings and people pulling into and out of driveways. Marshals are posted at key road junctions to ensure the safety of the runners and members of the public.

We are providing a rolling road closure for approximately the first 1.5 miles of each race. After this point cycling marshals will be guiding the lead runners.

If the weather leading up the event is wet there is likely to be standing water in a number of sections, mostly like on Jacobs Ladder, and between Porters Mill Lane and Ladywood Road.

If the weather is extremely cold (we have had to cancel due to heavy snow in the past) then there is a risk of snow, hail and ice that runners will need to be prepared for.

Runners may also be injured during the event. Marshals posted at regular intervals have the contact details of the Race Director or the Medical team.

You are welcome to have your own supporters or friends and family cheer you on en-route if you wish. Supporters are welcome anywhere, but if they park on any part of the route please ensure they are not blocking access for runners or members of the public, and they do not create a danger to other road users.

A copy of our latest events risk assessment can be downloaded from our website.

## Awards

All those who complete the event in the allotted time will receive a medal and special gift at the finish.

The 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place male and female prizes for each race are as follows:

1<sup>st</sup> place - £20 Amazon voucher

2<sup>nd</sup> place - £15 Amazon voucher

3<sup>rd</sup> place - £10 Amazon voucher

## Medical Support

Medical support for the event will be provided by MW MEDICS West Mids.

They will provide car/mobile first aiders, and will be present at the start and finish line. Please report any incident or injury to the nearest marshal so that they can contact the first aid team.

Please use the contact form on the Droitwich AC website to get in touch if you have any questions.

<https://www.droitwichac.co.uk/get-in-touch>