

The Sussex Marathon April 3rd 2011, 8:30am

Competitor Information

Please read the following information as it will ensure you have a safe and enjoyable race. REMEMBER also it is Mothers Day so lots of people out and about

The 26.2 mile course consists of a 10km loop around the lanes of Battle followed by out and back to Ashburnham which you do twice. There are tough hills on the course, but not until you reach the Ashburnham section. Pacing will be key to this race, so save your-self on the first 10k loop. We assume you are fit and healthy and ready to take on the challenge.

Race HQ. Start & Finish.

The Race HQ is based at Battle Sports Centre. North Trade Road, Battle, East Sussex, TN33 0HS, The course brings runners back through the Start/Finish area twice during the race and makes an ideal base for your family and friends.

Battle Town centre and the Battle Abbey is only 0.8 mile walk, a play park area for children is only 500m walk.

Start Time

The Marathon starts at 8:30am from Battle Sports Centre.

The Team Relay format starts 8:30am with the 1st member of each team (further relay details please see below.)

Car Parking

There is Car parking on site for roughly 120-150 cars. If the weather stays dry we will have use of the sports field and ample car parking, if it is wet there are additional public car parks in Battle Town (10 mins walk) or local roads around the area is all free parking.

Registration – Saturday & Sunday

We will be holding registration on Saturday 2nd April at 4pm-6pm and Sunday 6:30-8am at Race HQ, Battle Sports Centre. Try and collect your race pack on the Saturday it will definitely make your race morning far more relaxed. You do not need to know your race number prior to registration, only your name!

Please Note – we can only hand out race numbers and timing chips to the specific athlete, not friends or family or another athlete.

Collect your Race T-shirt.

Chip Timing & Race Number

Each athlete receives:

1. Race number; to be displayed on FRONT at all times. The numbers are pretty robust but please do not fold, tear or modify
2. Timing Chip and Velcro strap. Attach the strap and chip around the ANKLE. We have had runners put in it pocket, attach to the wrist or hold it, none of which allows the chip to detect lap or finish times

3. Timing chips will be collected in the finishers' area, please be patient with the marshals. If you do not finish the race hand your chip in at Race HQ or the nearest race Marshal. There is a fee of £25 for any unreturned or lost Chips.
4. Results will be available on the day.

Team Relay

The Team Relay format is made up of 3 athletes. The first athlete will complete the 5.8 mile loop around Battle, the 2nd athlete the first out and back section of 10 miles and the 3rd athlete the final out and back section of 10 miles. The change over is a Team Relay Area as you pass under the Start / Finish Gantry. The chip must be taken off and fastened to the following team members' ankle before they set off.

Fueling Stations

There are now additional water only Stations are 3 miles and Penshurst corner, (8miles/14/24 miles)

Please see table below for information on location of fueling stations and what will be available at each. You can view the locations on the course map on the separate competitor information.

Fuel Station	Mileage	Water	SIS PSP22 Carb Drink	Coke	Banana	Jelly Babies
1	Start 5.8 miles 16 miles Finish	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2	9 miles 12.8 miles 18.8 miles 22.5 miles	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	11 miles 21.2 miles	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

First Aid

St Johns ambulance will be on site, with an ambulance at the Race HQ, Crossing Zone, Penshurst Fuel station and at the Ashburnham Turn. The First Aid centre is the back sports hall at Race HQ. Marshals will be throughout the route and have communication with the Race HQ and St Johns if you need any assistance.

Silver Foils will be available at the end of the marathon.

Refreshments

Refreshments will be available for the runners free of charge before and after the event. Including hot drinks, soup, bacon roll, cakes etc.

Refreshments will also be available for sale to spectators in the Race HQ at Battle Sports Centre. Battle High Street is only a 10 min walk for those looking for local cafes and restaurants.

Changing, Showers & Toilets

Update – Portaloos will be on course at Penshurst Lane Corner and at the Ashburnham turn end)

Athletes will have use of the changing rooms, hot showers and toilets.

Secure Bag Drop

The Sports centre has designated room for Secure Bag drop in the First Aid Hall, manned before the race on Sunday morning. Your bag will have a label with your race number on, you must show your race number when you drop off and collect your bag, athletes only. Don't leave any unnecessary valuables in, your bag is left at your own risk.

Prize Giving

There is likely to be a big finishing time difference between athletes. For this reason, once the First 3 Male and Female athletes have finished we will look to do the Prize giving as soon as possible in the race HQ Sports Hall.

Massage

Massage will be available before and after the marathon in the Race HQ hall.

Retailer

We will have a sports retailer, Running Retreat, at the Race HQ on sat and Sunday. They will have any essentials you require for the event including clothing and any extra SIS nutrition products etc.

Litter

There are plenty of marshals and fueling stations, so please only drop your water bottles, gel wrappers and any other litter around a marshal or fueling station.

Essential Course Points

Please refer to Course Maps on separate PDF.

Read the points below, they are for your safety. The route is well marshaled and signed, however please note;

- First Loop of 5.8 miles is operating under closed roads. However stay to the left hand side of the road. (the side of the road you drive anti-clockwise)
- When coming out of Battle High Street (which maybe closed) you will then be marshaled onto the pavement on North Trade Road heading back to the Battle Sports Centre.
- On North Trade Road the pavement runs out on the corner junction with Battle Road, you will marshaled round and head up to the official crossing point, YOU MUST STOP FOR TRAFFIC
- Pay attention to Marshals who will direct you across the road at the CROSSING ZONE. You run up to Penshurst Lane against traffic, please keep single file on this 1 mile section as this part of the road is NOT CLOSED .
- Penshurst Lane and the lanes to the turn point at Ashburnham maybe closed to traffic. Please be aware in case residents drive onto the course. (it's Mothers Day!)

- If at any point during the race you cross runners coming from the other direction please stay to your left, so any passing runners should pass on your right.

Sponsors

We would like to thank all the following supporters and sponsors of the marathon.

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www.TheTriStore.com

Oasis Catering

Bexhill Runners

TL Sports Events

Team Lifestyle Health Club

We look forward to meeting you on either sat 2nd April at registration or Sunday 3rd April!