

MARRIOTT'S WAY MARATHON AND HALF MARATHON RACE BRIEF

Marathon:

Registration 0730 to 0830: Pavilion Sloughbottom Park, 33 Valpy Avenue, Norwich, NR3 2EN

Race start: 0900 - Sloughbottom Park

Registration will take place at the Pavilion building in Sloughbottom Park.

Parking: There is free parking at Sloughbottom Park, cars are left at owner's risk. There is also parking on nearby streets. It is a short 2-3 minute walk from the car park to the pavilion.

Photo ID will be needed for registration.

There are basic toilet facilities at the Pavilion and cover from the elements if it is raining.

If you would like a bag transporting to the finish there will be an area marked out for these to be dropped off. Please ensure these are well marked and please don't leave any valuables in the bags.

The start is in Sloughbottom Park so you can stay under cover til the last minute.

The route does a lap and a half of the park then turns right onto the Marriott's way all the way with an extra loop just before the end at Aylsham (this will be well marked).

There will be marshals on the route to guide you but as long as you follow the Marriott's way signs it is hard to get lost. Please be courteous to the marshals as they are all volunteers and most are from EAAA (East Anglian Air Ambulance) as this race traditionally raises money for EAAA and Boghopper Races are continuing with this commitment.

There will be 3 evenly spaced feedstations. One at Fir Covert Lane, One at Whitwell station and one at Reepham. These will have water and basic

snacks. Please note we are a CUPLESS race company so bring your own cups.

The finish is at Aylsham Town Hall, **Market Place, NR11 6EL**

The timing mat will be just inside the door so please don't trip up the steps in your lunge for the line!

Half Marathon:

Registration 0830-1000 (and start) Whitwell station, NR10 4GA

Race start 1030

The start and registration will be at Whitwell station.

There is car parking here (we will ask for a charitable donation to park)
Please car share if possible.

There are public toilet facilities, a cafe and cover from the elements here.

Photo ID will be needed for registration

If you would like a bag transporting to the finish there will be an area marked out for these to be dropped off. Please ensure these are well marked and please don't leave any valuables in the bags.

There is a feedstation here, please don't raid the supplies as this is the midpoint of the marathon and the supplies are for the runners in that race.

There are marshals on the route, please be polite as they are giving up their time for us.

There will be one feedstation at the halfway point at Reepham, this will have water and basic snacks. Please note we are a CUPLESS race company so please bring a collapsible cup if possible. Don't worry if you forget we will have a few cups available but please try and help us in this respect.

The finish is at Aylsham Town Hall as above, please do not trip up the steps!

AWARDS

There will be medals for every finisher, don't forget to collect yours from the table in the hall before you head home.

There will be awards for 1st place male and female in both races.

FOOD AND REFRESHMENTS

There will be a choice of hot food and drinks at the end of the race, this will be prepared for you by our fantastic volunteers.

RESULTS

The race will be chip timed, we will aim to get results out within 48 hrs of race finish.

MEDICAL

We will have 2 medics from Challenge Running (a reputable company that we use for all our races) on call for the day. Their contact numbers will be available to input into your phone if you are carrying one. All marshals will have these details too.

Please fill out the back of your bib number as this helps us to know if you have any special medical needs, allergies and who to call in the case of an emergency.

VOLUNTEERS

None of our races can take place without volunteers. If you fancy helping keep the vibrant Norfolk trail scene alive then please join our crew. We have over 70 volunteers that we call upon and we would love to add to that number. It's a great way to give back to the race community and fun as well. Get in touch with us through our website and we will do our best to accommodate you.

FEEDBACK

Lastly, we are a small race company and we put our heart and soul into trying to provide you with a fun, safe race experience. Your feedback is extremely

helpful in trying to grow our race community. So if you've had a good day and want to let other people know about it then please leave your reviews on Racecheck (www.racecheck.com).

BOGHOPPER RACES GRAND SLAM

Marriott's Way Marathon is one of the 3 races required to complete the Boghopper Races Grand Slam. (you need a marathon, a 50k and a 50 mile race in the same year to earn one of our tankards).