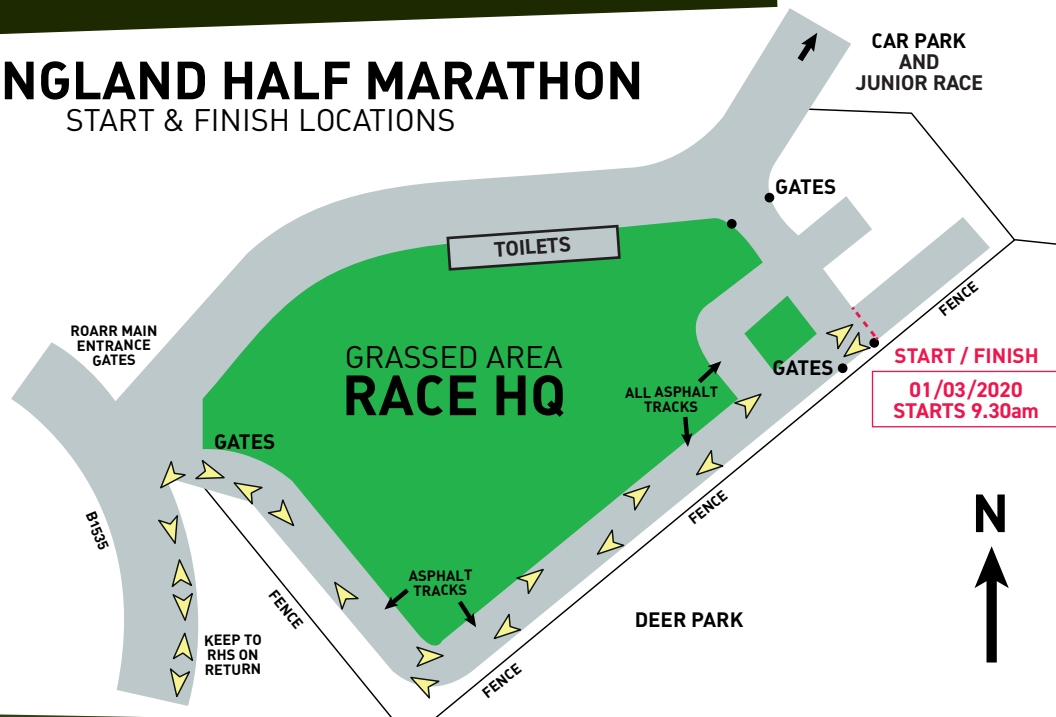


RACE INFORMATION

RINGLAND HALF MARATHON START & FINISH LOCATIONS



THE COURSE

The course has been accurately measured by a UKA course measurer and will be marked at every mile.

For your safety you will need to run on the left hand side of the road and obey Marshall instructions.

Please be courteous to other road uses on the sections where the roads are open.

RACE HQ

The race HQ will be in the overflow car park as you come into the main gates. (Not in the building where it was last year) There will be several marquees set up for number collection, baggage, refreshments etc.

CAR PARKING

There is plenty of parking at Roarr Dinosaur Park but please car share if possible.

Once you have parked your car please head down to the start/finish area where HQ is located. This will be sign posted. Please use the path and not the road.

Please do not park anywhere other than in the main Roarr Dinosaur Park car park. Please follow the parking Marshall instructions.

ROAD CLOSURES

The main Weston Hall Road outside the park will be closed from 9:30am - 12:30pm and Costessey Lane and Field Road will be closed from 9:45am - 10:45am. Traffic management will be managing the road closures and there will be diversion routes to follow.

TOILETS

There will be toilets available to use inside the park and port-a-loos in the start/finish area.

RACE NUMBERS

You will be able to collect your race numbers from Sportlink Taverham the weekend before the race. You can also collect your number on the morning of the race from 8:00am.

FIRST AID

Med-Pts will be in attendance at the start/finish locations and also out on the course.

RUNNING WITH MUSIC DEVICES

Running with music is not permitted in this race. Anyone seen wearing headphones will be disqualified and immediately pulled out of the race.

VISITING THE PARK AFTER THE RACE

There will be a discount on the gate for anyone who is part of the race and would like to visit Roarr Dinosaur Park on race day.

PRIZES

Awards will be given out at 12:45pm in the HQ area.

ANY QUESTIONS?

Any questions then please contact the race director jodie.causer@norwichroadrunners.com