



The Doynton **HARD HALF** *Marathon*

20 January 2019

Emersons Green Running Club



It's nearly DHHM time

The race is full, the transfer window is closed, the race bibs have been printed and we're ready, well nearly ready anyway; we haven't bought the Frazzles for the water stations yet and we have a few nasty looking twigs to cut down this coming weekend.

The event schedule can be found here: <https://bit.ly/2D0D7qN>

What to do on race day

There's a web page dedicated to what you need to do on race day at www.doyntonhardhalfmarathon.co.uk/race-day but to cut a long and rambling story short, get yourself to the race car park (see below) and let us look after you from there. You'll need to be at the start line at race HQ in your sprint-start position by 11am and before that you need to have picked up your race number, dropped off your bags at the bag store and listened to a safety briefing – all at race HQ. Please give yourself plenty of time to do this.

Car Parking (BS30 5SJ) and car sharing

The biggest topic of excitement for the race team this year has been car parking. As a re (re, re, re)minder, car parking for race participants is ONLY at Wick Quarry (BS30 5SJ), just off the A420 at the top of the hill on Wick High Street. There are no parking facilities at Doynton village and we politely (bit also rather firmly) ask you to respect this.

The race car park opens at 8:15am.

We haven't tried parking 250 cars at a quarry before and while we have enough spaces, an excellent plan, some very clever volunteers and an overflow car park, the fewer cars arriving at the quarry the better so please car share if you are able to.

Wheels on the bus

We'll provide free mini-buses to get you to Doynton village from the car park. It's exactly one mile away and is a 3 minute bus ride (or about a 10 minute jog, or a 17 minute walk). It's not bad as walks go: one straight road with leafy views in all directions but it is a *road* so take the usual precautions that you would normally take when walking on a road – looking, listening etc. The mini buses will run continuously from 8:15am and there is no timetable; when a bus is full or there are no runners waiting, the bus will depart.

A map showing the car park and village can be found here: <https://bit.ly/2A7pvrV>.

Race HQ

Race HQ is at Doynton Cricket Club, about 200m further along Toghill Lane than the village hall that many of you have visited in previous years. Everything you need is at race HQ: toilets, race number and timing chip collection, hot drinks, hand wash facilities, cakes, bag store, the start and finish line etc. There are small *separate* male and female changing rooms and a basic *shared* showering facility. We have no suggestions about how the showers might be shared and don't intend to offer an opinion about this (though there is a curtain providing some measure of privacy). Drinking water is provided from 12 noon at *The Rovers Return* which is adjacent to the finishing straight and beer and snacks will also be available to purchase here (cash only). A massage tent with a handful of masseurs (real ones rather than just random hairy men) will be there for you to enjoy after the race without charge, just turn up and look like you might like to be kneaded.

You're hot!

The first 3 miles undulate slightly and you may get hot. A laundry basket will be at the first water station at about the 3 mile mark and any clothes left there will be hung on the washing line at race HQ for you to collect when you return. We of course can't accept responsibility for the loss of any items of clothing but you all seem a decent lot and we haven't had anything go missing in previous years.

What do I do again?

Turn up at the car park (BS30 5SJ) on race day, park your car, and make your way to race HQ by bus or foot ready for an 11am start. You will need to pick up your race number / chip and drop off your bags at the bag store in time for a race briefing & warm up session. *Please arrive in plenty of time!*

Do you like us?

The race web site is up to date with 2019 race details (www.doyntonhardhalfmarathon.co.uk) and the race Facebook page (www.facebook.com/doyntonhardhalfmarathon) is updated regularly with news, pictures and other information/nonsense. We aim to promptly reply to all messages that we receive on the Facebook page and the race email address (dhhm@emersonsgreenrunningclub.co.uk).

If you'd go as far as to say that you like what we do then a 'like' on our Facebook page is much appreciated. It makes conversations with our race sponsors easier, possible even.

Contacting us

Our web site and Facebook pages are updated regularly with news, pictures and other race details and you're always welcome to get in touch with us there. We'll shortly post this letter on the Facebook page and any questions you ask there will be answered promptly.

Just once more... what do I need to do?

Turn up at the car park (BS30 5SJ) on race day, park your car, and make your way to race HQ by bus or foot ready for an 11am start. *Please arrive in plenty of time!*

All the best, see you 20th!

The DHHM Race Team
Emersons Green Running Club
dhhm@emersonsgreenrunningclub.co.uk