Race Day FAQs 2019

What time does the race start?
9:30 am
Sunday 15th September 2019

Where does the race start?
On Windgate Hill Lane, near Wistow. The postcode for your SatNav is YO8 3QZ.

NOTE for returners; this is a different location from previous years.

Where do I park?
All entrants MUST park on the designated car park on Windgate Hill Lane. Marshals will be there to direct you.

Please consider car sharing if you can so that we can ensure that everyone can get parked in good time before the race starts. The car park will be open from 7:15am.

IF YOU ARE BEING DROPPED OFF, BUT NOT PARKING, do not enter the Car Park. The car park access is one way (IN ONLY) until 10:30. If your driver doesn’t wish to remain, he/she should drop you off at the junction of Broad Lane and Windgate Hill Lane, 400 metres from Race HQ.

If you are driving from/via Wistow, please note that Long Lane/Windgate Hill Lane will close to all vehicles at 09:00.

How do I get my race number?
Race numbers are NOT being sent out in advance. Your personal race number (which contains your timing chip) will be available for collection on the day at Race HQ (see diagram below). Race HQ will be open from 7:30am and will be signposted from the car park.

You will not need specific ID to collect your race number; numbers will be distributed alphabetically by surname. To collect your number you will be asked to confirm your name and your date of birth.

Please arrive in good time. Remember the race starts at 9:30am.

Don’t forget to bring safety pins (although we will have a supply if you do!).

Wear your race number on the front of your running vest or shirt. Do not give your number to anyone else. Write your contact details on the back of your number in case of emergency.

What’s at Race HQ?
- Number collection
- Toilets
- Baggage store
- Food and drink on sale
- Sports massage
- There are no changing facilities

evenSplits
What’s the route?
The race is being held on an accurately measured 13.1 mile course (see below). An interactive route map is also available here.

The race starts and finishes on Windgate Hill Lane/Long Lane, from where you will proceed towards Wistow and turn right on Station Road, then right onto Broad Lane, left on Long Lane and left onto Bishopdyke Road (B1222). After a mile or so on Bishopdyke Road, you turn left onto Scalm Lane, right on Broad Lane/Hospital Lane, left on Greenlands Lane/Flaxley Road before heading back via Second Common Lane, Sherburn Road, Broad Lane and Station Road; finishing on Windgate Hill Lane/Long Lane, where you started.

Will there be water?
There will be 3 water stations providing bottled water on the course at approximately 3½ miles, 7½ miles and 11 miles. There will also be water at the finish.

Please do not take more than one bottle of water from each water station; think of the runner behind you. If you feel you might need more than three bottles of water during the race, please consider carrying extra with you.

Please dispose of your bottle and any other rubbish responsibly (bins will be provided approximately 100 metres after the water stations and marshals will have bin bags too). The race is being held in a rural area and thoughtless littering may impact upon our ability to stage the race again in future. Anyone seen deliberately littering will be disqualified from the race.
Can I wear headphones?
We’d encourage you not to; it really is better to hear your fellow runners, listen to your breathing, take in the atmosphere. But if you feel you just can’t run without them, headphones may be worn as long as you take responsibility for the volume to be low enough for you to hear all marshal instructions and the words of those around you. We recommend that you wear your earphone in one ear only. The race is run on closed roads, but that doesn’t mean that emergency vehicles or access vehicles won’t be present.

Is there a cut-off time?
Not as such, but the roads will re-open to traffic at 1pm, 3½ hours after the race is due to start. In 2017, the last finisher’s time was 3:33:51.
If you have not reached the Long Lane/Station Road junction (approximately 12.2 miles) when the roads re-open, we will require that you are picked up by the sweep vehicle. If you are on Long Lane, we will allow you to continue only if we consider it safe to do so.

Can I run with a buggy?
You may run with a buggy on the understanding that:
1. You run with a single (not a double width buggy) only.
2. You start at the back of the field, which whilst this would affect gun time it would not affect chip time.
3. You ensure that you only overtake other runners when there is clear and safe space to do so. Most of the course is quite wide, but the start is relatively narrow, so for the first half mile or you may need to hold back.
4. You take full responsibility for the safety of yourself and your child and you are liable for any incident that arises from your use of a buggy during the event.
This policy is kept under review and will remain in place for as long as the participation of runners with buggies does not have any detrimental impact on any other aspect of the race.

Can I run with a dog?
No. Our races are licensed by UK Athletics and under UKA rules, dogs (apart from medical assistance dogs) are not allowed in licensed competitions.

Will there be toilets?
There are toilets at Race HQ, including disabled facilities. There are no toilets on the course.

Where can I find photographs?
This year’s race photographs are available for you to download free of charge, to share with your friends and family. Our official photographer, Wildman Media, will be positioned in various locations around the course, so make sure you give a big smile when you see the camera!
Images will be tagged with your race number and name a day or two after the event at https://www.awoladventure.com/events/evensplits/valeofyorkhalf2019.
Feel free to share your own photos too in the Facebook event.

**What will be in the goody “bag”?**

In previous years, we’ve put your goodies in a single use plastic bag. This year to reduce waste, we’re trialling *no bags*.

Don’t worry, you will still get a high quality, unique technical t-shirt AND a bespoke race day medal. And some post-race nutrition (i.e. chocolate) too! You just won’t get a plastic bag to carry them in.

**What are the prizes?**

Prizes (and a trophy for the male and female winners) will be awarded in the following categories for men and women:

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The prizes for the first 3 Male and Female finishers will be presented at 11:30am at Race HQ.

All other category winner prizes will be in the form of sportsshoes.com vouchers ([www.sportsshoes.com](http://www.sportsshoes.com)) and will be sent within 14 days of the event.

There will also be a cash prize of **£100** for breaking the men’s and ladies course records, set in 2015.

- Dominic Shaw, New Marske Harriers AC, 01:07:45
- Susan Partridge, Leeds City AC, 01:16:01

**Where will I be able to see the results?**

The results will be published at [https://racebest.com/results/voyhm](https://racebest.com/results/voyhm) as soon as possible after the race.