



**FINAL INSTRUCTIONS FOR THE KENILWORTH HALF MARATHON & 5K 8TH SEPTEMBER 2024**

**KENILWORTH RUNNERS** are pleased to welcome this years runners to our Half Marathon and 5K. Both races start on the Warwick Road B4103. **THE 5K RACE** starts at 9am. **THE HALF MARATHON RACE** starts at 9:03am.

EVENT SCHEDULE	
7:15am	Bag drop opens in the Holiday Inn, Abbey End, CV8 1ED
7:30am-8:30am	Race number collection from the Start and Finish area on Warwick Road B4103. what3words ///silly.socket.flood
9am	5k Race Starts
9:03am	Half Marathon Starts

**RACE NUMBERS AND TIMING CHIPS**

**ENTRIES BEFORE 09.08.24 WILL HAVE RECIEVED THEIR RACE NUMBERS AND TIMING CHIPS**

**ENTRIES MADE AFTER 09.08.24 NEED TO COLLECT THEM ON RACE DAY AT THE START AND FINISH AREA FROM 7:30AM - 8:30AM**

Race numbers and timing chips for entries made online before the 9th of August have been posted out. If you entered the event after the 9th of August you will need to collect your race number and timing chip on race day from the Start and Finish area on Warwick Road B4103 from 7:30am-8:30am.

Start and Finish area what3words: ///silly.socket.flood

- Race numbers should be pinned to the front of your vest and chip timing band fixed to your shoelaces.
- Runners should arrive ready to run as there are no changing facilities or showers.

**BAGGAGE DROP**

Baggage drop is available at the Kenilworth Holiday Inn Abbey End 212, Kenilworth, CV8 1ED in the room behind the hotel reception on the Sunday from 7:15am.

**RACE RESULTS AND PRIZE ALLOCATION**

Race results and prize allocation will be based on chip timing this year which was adopted to give people the choice of spreading out at the start for safe distancing due to COVID.

**RACE INFO**

**HALF MARATHON RUNNERS** should go to one of the 8 start zones clearly marked in 10 minute intervals, based on estimated finish times. These will be along Warwick Road at **8.50am for a 9.03am start**. Marshals will be in place to help runners in this area.

Fast runners (sub 1:30) should go into the second start zone area. There will be no advantage standing in a start zone that is quicker than your estimated finish time as all finish positions and category prizes will be based on chip times.

The 5k will start before the half marathon, once the 5k has departed the half marathon runners will be moved up to prepare for their race start.

**5K RUNNERS** should go into the first start zone labelled 5k Start Area on Warwick Road.

**The 5k will start at 9.00am.** If a 5k runner wishes to run alongside a half marathon runner they should move into the half marathon start area, however any 5k runners doing so will then be ineligible for any potential prizes.



### RACE INFO CONT'D

The route is available on the website and is common for both races for roughly 2 miles/3km. At this point the 5k will turn off to the left at Percy Crescent while the half marathon continues straight on along Rounds Hill.

There will be signage and marshals in this area to help you follow the correct path.

**A one way system will be in place on Fishponds and Rounds Hill to facilitate the returning 5k runners.**

**PLEASE RUN ON THE RIGHT HAND SIDE OF THE ROAD IN THIS AREA. Signage and marshals will be in place to remind you.**

**RACE RULES:**

- Please follow instructions from marshals at all times
- Bone conduction sports headphones are the only headphones that are approved for use in all road races under the UK Athletics Rules of Competition
- Please do not swap your race numbers with other individuals
- Please do not litter on the course except near the water station at the start/finish area where bags/ bins will be available
- Please use the public toilets and portaloos that have been provided

**WATER STATIONS AND TOILETS**

**Public toilets and additional portable toilets will be available in Abbey End in Kenilworth.**

**Toilets on the route** can be found on Rouncil Lane just after mile 3 and before mile 11 near Goodrest Farm.

**There are 3 Water Stations on the route.** The Half Marathon runners pass W1 and W2 twice so there are **5 water stops available to runners.**

**Where non plastic cups are being used. Please throw used cups into the bags provided.**

**Water Station 1 (W1)** - on Rounds Hill.  
what3words: ///impaired.intrigues.topples

**Water Station 2 (W2)** - at Mile 5 and just before Mile 9. what3words: ///loans.front.petal

**Water Station 3 (W3)** - between Mile 7 and 8.  
what3words: ///safety.clinic.loved

### FINISH LINE MENTIONS

If you'd like a special mention from our announcer as you cross the line, then send us an email before Thursday 5th September: [kenilworthraces@gmail.com](mailto:kenilworthraces@gmail.com)

### POST-RACE

Please collect your medal and other items provided by our sponsors from the finish area.

### T-SHIRTS

If you have ordered a t-shirt these will also be available to collect from the finish area. **Please show your race number to collect your t-shirt.**

### PHOTOS

Photos will be available Sun/Mon from:  
<http://www.yourraceday.co.uk/>

### FURTHER DETAILS

Further details such as where to park, route etc. are available on our website:  
[www.kenilworthhalfmarathon.co.uk](http://www.kenilworthhalfmarathon.co.uk)

or please e-mail [kenilworthraces@gmail.com](mailto:kenilworthraces@gmail.com) with any questions not covered.

**KENILWORTH RUNNERS look forward to seeing you at the Kenilworth Half Marathon and 5k on Sunday 8th September 2024.**

