



**ZAKIA** PROPERTY SOLUTIONS LTD.

## ZAKIA FATHERS DAY HALF MARATHON – GUERNSEY

21<sup>st</sup> June 2009 : Start at 9:00am Imperial Hotel, Pleinmont

# INFORMATION FOR COMPETITORS

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### RACE NUMBERS

Athletes entering before the end of 10<sup>th</sup> of June 2009 will be sent their race numbers. All other entrants will need to collect race numbers from the organisers at the race start. No check-in is required for those in possession of a number.

Number collection will end at 8:30am.

Numbers should be pinned securely at the four corners on the front of your race wear. Race belts are acceptable but numbers should not be cut or folded.

### TRANSPORT

Buses are provided from the finish area at Bulwer Avenue to the start, departing 7:30am and 7:45am. Kit will be transported from the start to the end. Please use a sealable & labelled bag for your kit. No responsibility for belongings is carried by the organisers.

### PARKING AT THE START

The start area is a closed roads and no car parking is available in the immediate area.

### RACE START

The race shall start at 9:00am.

### COURSE

Runners follow the main coastal road north for 9 miles before turning east across the top of the island then south to finish at Bulwer Avenue, just one mile or so outside the main town of St Peter Port. The start area is closed road, and Bulwer Avenue is a closed road. **Runners at all times should stay to the left hand side of the road.** Runners crossing the white centre line are liable to be disqualified, as well as outing themselves in danger of accident.

There will be a lead car and marshals at significant junctions. Follow the instructions of the marshals.

The wearing of personal music players is discouraged as this makes the athlete less aware of marshals instructions or the proximity of traffic.

### AID STATIONS

Drink Stations are provided at 2, 4, 6, 8, and 10miles and Finish area (water only).

### FINISHING & RESULTS

Your time will be taken as you cross the line, results will be available on-line as soon as is practical after event at [www.guernseyathletics.org.gg](http://www.guernseyathletics.org.gg)

A medal will be awarded to all finishers

### PRIZE GIVING

A brief prize giving will take place once all of the prize winners have been identified. If you are a prize winner please stay to receive your prize.

Prizes to be awarded are as follows:

1st Guernsey runner - Healthspan Trophy  
1st, 2nd, 3rd Man  
1st, 2nd & 3rd Veteran Man (over 40)  
1st & 2nd Super Veteran Man (over 50)

1st, 2nd, 3rd Woman  
1st & 2nd Veteran Woman (over 40)  
1st & 2nd Super Veteran Woman (over 50)

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## ADVICE FOR RUNNING IN WARM WEATHER CONDITIONS

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**All athletes are advised to seek professional medical advice if they have any health concerns regarding their participation in the race.**

General guidance and advice :

### HYDRATION

Ensure that you are well hydrated before you get to the start line. Drink plenty of fluids during the day prior to competition and on the morning of the race from waking until the start. Sip little and often. Pale or straw coloured urine is a good indication of proper hydration.

Be careful not to over drink as this can also have serious consequences and consider using an electrolyte drink in place of water to ensure that your essential salts are maintained as these are lost in sweating and if you over drink on plain water.

Particularly in warm conditions, but a good rule in any case, is to take water offered at the early aid stations – do not wait until you feel thirsty as then it is too late. Continue to take drinks throughout the race.

### CLOTHING

Your body needs to be able to cool effectively and this is best achieved where sweat can evaporate from the skin, helped by air flowing over your body.

Wear a singlet (vest) as this enable air to freely circulate around the tops of the arms, arm pits, shoulders.

Avoid dark coloured clothes that will absorb the heat of the sun, choose light coloured clothes that will reflect the suns rays.

Choose clothing made for running especially with specific technical fabrics which aid breathability and evaporation. ( See local stockists such as Fletcher Sports and InterSport both of whom stock running specific clothing.)

Avoid heavy cottons which get soaked with sweat and inhibit cooling. Also these materials can rub and cause sores.

The following document published by the Australian Government provides further guidance.

[http://www.sma.org.au/pdfdocuments/Beat\\_the\\_heat2.pdf](http://www.sma.org.au/pdfdocuments/Beat_the_heat2.pdf)

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