

Hamsterley Forest Marathon

Sunday 1 July 2012, 9.30 am start

Organised by -North East Marathon Club

Venue :- Hamsterley Forest Visitor Centre
County Durham
DL13 3NL

FAQ

Getting There

1 How do I get there?

<http://www.forestry.gov.uk/website/Recreation.nsf/LUWebDocsByKey/EnglandDurhamCountyNoForestHamsterley>

This website will tell you all you need to know about finding Hamsterley Forest. It is just off the A68 near Witton-le-Wear. The nearest town is Bishop Auckland, home of the Bishop of Durham.

2 How about accommodation in the area?

Let the following be your guide

<http://www.thisisdurham.com/accommodation>

And once I have arrived ?

3 What is parking like?

Parking is £3 per car, from a pay & display machine. Please bring change. Minibuses and coaches welcome, and they cost more to park. We will have a marked area designated for our own use. If this is full, please use the main car park, signposted from the entrance to the forest.

4 What about, ahem, facilities?

There is a toilet block adjacent to the main car park.

We do not have any changing facilities available, so please come prepared. Equally we have no baggage storage arrangements.

There is also a café and forestry commission shop by the car park.

There will be water and squash available at the start/finish and also at both drinks stations on the lap.

5. Is there anything to keep non-runners amused?

Yes, there is a café and shop. There is also a cycle hire facility, and numerous marked walking trails and cycle paths for all standards.

How do I go about entering it ?

6. How do I enter?

Our preferred method is online at www.madeyarun.com as we emerge blinking into the 21st century. You can of course enter by post if you prefer, details on the entry form. Latest entry is 2 weeks before the race date, or earlier if the limit is reached.

7. Do I need to register?

Yes, you do. Numbers will not be sent out in advance, so you will pick them up when you arrive, that way we will also know who is out on the course.

8. Can I enter on the day?

No, sorry, entries in advance only.

9. What is the entry limit?

100

10. What happens if I enter and can't do the race for some reason, injury or illness perhaps ?

Something that I am sure has happened to us all. There are no refunds and no deferments. There is also no number swap/transfer. It is your number and only you can run with it.

11. Is there a time limit?

Yes, in that medical support and drinks station will be removed at 3pm.

12. Is there an age limit?

The lower age limit is 18. If Fauja Singh can run the Toronto marathon at 100 years of age, who are we to set an upper age limit. Just make sure that you are up to it, and you have checked with your GP if in doubt. This is your responsibility.

OK, I've arrived and registered

13. What sort of shoes should I wear?

I can't make recommendations, however it is very good surface and I shall be wearing road shoes.

14. Is there any medical support?

Yes, provided by St John Ambulance. Please write any medical conditions on the back of your number.

15. Can I bring my own drinks?

Yes, if you take them to the drinks station at The Grove by 9am, labelled accordingly.

16. What is the course like?

Please see map for details.

Entirely within the Forest, the course consists of a 1.8 mile outward section on tarmac, 3 laps each of 7.6 miles, and a return along the same 1.8 mile tarmac section.

All of the course is shared with cyclists and walkers but tends to be very quiet and the trails are all wide enough for a vehicle.

The tarmac section is used by vehicles gaining access to the car parks.

Drink stations are at the beginning of the lap (The Grove) and 2 miles further on (Blackling Hole car park). This means that there is a maximum of 5.5 miles between drinks stations, owing to accessibility.

The lap is all on very good quality forest roads/tracks, suitable for road shoes. The first section from The Grove to Blackling Hole is very flat and runs alongside a beck.

Shortly after Blackling Hole is the only real hill on the course and it lasts for over a third of a mile. After this, and at the first junction, take the left hand path. This will have both a red cycle path sign on a wooden post and an A4 sign with an arrow on.

Gently uphill for another half mile where you turn left, Red cycle route sign and A4 sign, and marshal.

After another half mile on slightly rougher road, turn right at T-Junction, A4 sign, and take note that the red cycle route sign here indicates left. Do not follow it.

Quarter of a mile to a crossroads. Turn left. A4 sign and marshal. Additionally, as you start on the trail, on your left will be a large rock with a brown arrow containing the letter U (No, I've no idea why)

Straight and down for another third of a mile, turn right at A4 sign and also another rock with brown arrow (Do not follow the arrow in this case)

Follow path for over 2.5 miles with Euden Beck way down to your left and lovely views around you.

At junction, turn left, Blue cycle route sign and A4 sign.

After quarter mile, right at junction, blue cycle route sign and A4 sign.

This brings you around to the front of Grove House where you will have finished one lap and be at the drinks station.

Do 2 more laps and then head back to the start/finish the way you came.

17. Can I use my MP3 player?

We would prefer it if you didn't; and anyway, why would you want such a thing in beautiful surroundings like this?

18. How accurate is the course distance?

Garmin measured at 26.4 miles.

19. Can I run with my dog?

Hamsterley Forest is a very dog friendly location, so if your dog is up to it, then please do so, whilst maintaining control over your dog at all times. The forest may be dog friendly, but not all people are.

After I've finished

20. Do I get a goody bag?

You get a memento. Goody bags are great, but you pay for them in your entry fee, which is how our races are cheaper than most others.

21. There are awards though ?

Indeed there are. There are awards to the first male and female and also to the first male and female in each five year age category. These will be presented in the finish area at around 2.30pm to 3pm. Only one award per person and you have to be there to receive it. Awards will not be posted out afterwards.

22. Do the North East Marathon Club have any other races?

Oh yes. Starting in 2012 we are having a "Tour of Northumbria", consisting of 4 marathons. If you do all four, you get a special award. These are Druridge Bay on 20th May, Hamsterley Forest on 1st July, Northumberland Coast on 19th August and Newcastle Town Moor (a NEVAC event) on 28th October.

You can do any number of these that you wish. We also have a members only event in March. For details of all of these events, please see the club website

www.northeastmarathonclub.co.uk

If you have any questions not answered above, please contact me on

ian@gosfortherunner.co.uk

Ian Richardson