

## Newcastle Racecourse Marathon 2013

**Date and time of start:** 8 December 2013, at 09:30

**Venue:** Newcastle Racecourse  
High Gosforth Park  
Newcastle upon Tyne  
NE3 5HP

### Is it really just a marathon?

No, there is also a half marathon and a 50k.

### How much is it to enter?

|               | NEMC member | Attached | Non-attached |
|---------------|-------------|----------|--------------|
| Half marathon | £13         | £15      | £17          |
| Full marathon | £18         | £20      | £22          |
| 50k           | £20         | £22      | £24          |

### How do I enter?

Our preferred method is online at [www.madeyarun.com](http://www.madeyarun.com) as we emerge blinking into the 21<sup>st</sup> century. You can of course enter by post if you prefer, details on the entry form. Latest entry is 1 week before the race date, or earlier if the limit is reached.

**How do I get there?** <http://www.newcastle-racecourse.co.uk/about-us/find-us.php>

### Anywhere to stay in the area?

For the deep of pockets, there is the Newcastle Marriott Gosforth Park

<http://www.marriott.co.uk/hotels/travel/nclgf-newcastle-marriott-hotel-gosforth-park/>

For those of more modest means, there is the Newcastle Gosforth Travelodge

<http://www.travelodge.co.uk/hotels/470/Newcastle-Gosforth-hotel>

Both are about a 10-15 minute walk from the start/finish.

### Facilities:

Registration and number pick up is at the Pavilion Restaurant, next to the car park. This has space for changing and non secure bag storage. It also has male and female toilets and is less than 50 yards from the course.

### **Where is the car park?**

If approaching from the west, i.e. the A1, about 400 yards into Gosforth Park, you will see a large board with “Car Park” and a right pointing arrow. That’s it.

If you are coming from the east, i.e. the A19, drive through Gosforth park, past the Racecourse buildings and Border Minstrel pub and the big sign with “car park” and a left pointing arrow is less than 100 yards after the pub.

### **How do I get my number?**

Numbers are issued on the morning of the event, between 08:30 and 09:15, from the Pavilion Restaurant.

### **Can I enter on the day?**

No, advance entries only

### **Entry Limit**

100 in total

### **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.

### **Time Limit**

Five and a half hours, i.e. 3p.m.

### **I’ve entered the 50k but haven’t reached the distance before being timed out.**

As long as you have completed the marathon distance, i.e. 16 laps, you will be credited with a marathon finish.

### **Age Limit**

Lower limit is 18 years. 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.

**What sort of shoes should I wear?**

The surface is smooth tarmac and I shall be wearing road shoes.

**Is there any medical support?**

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

**What is the course like?**

It is the ambulance track inside the race track. Surface is tarmac and mostly flat.

The lap has been Garmin measured at 1.65 miles, so this means 8 laps for the half marathon, 16 laps for the full marathon and 19 laps for the 50K.

**Can I use my MP3 player?**

As there will be a lot of overtaking during the event, given its lap nature, we would prefer it if you didn't.

If you must, please keep the volume such that you are aware of other runners and do not find yourself obstructing faster runners.

**Can I run with my dog?**

Not on this occasion.

**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.

**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 Pavilion Restaurant as soon as possible after the finish. Only one award per person and you have to be there to receive it. Awards will not be posted out afterwards.

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

[ian@gosforthrunner.co.uk](mailto:ian@gosforthrunner.co.uk)

Ian Richardson

