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# HULL MARATHON 2019

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# RUNNERS' GUIDE



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I am delighted to welcome you to the 5th running of the Hull Marathon & Relays, Powered by Eon Visual Media and Brainworks. 2019 sees a new point to point route which enables runners a unique chance to begin on the deck of the Humber Bridge, thanks to the Humber Bridge Board. Along the route you'll pass art installations made from recycled rubbish, entertained by our growing line up of local musicians and cheer points and cheered on by the residents of Hessle and Kingston upon Hull. BBC Radio Humberside will be there to start you off and see you through the finish.



With added culture to tour for 2019, the route includes a return to the centre of neighbouring Hessle along with additional features including passing the Arctic Corsair in Albert Dock, Boulevard Fountain, the Three Ships Mural and Siemens 'Blade' and sculpture trail.

My thanks to the team that helps deliver this event, the army of volunteers and our event partners who help enable the race to take place. Wishing you the best of luck.

*Lucas Meagor, Race Director*

## A MESSAGE FROM OUR HEADLINE SPONSORS

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As Headline Sponsors, Eon Visual Media & Brainworks are delighted to welcome participants to the Hull Marathon & Relays 2019! We're delighted to be a part of such a great event for the cultural city of Hull - a place we're proud to run our organisations from.

**Eon:** We'll be cheering on, taking part in and of course filming all of the action on race day. Some of our Eon team members will also be pulling on their running trainers and taking part, raising money for our nominated charity, Nurture a Child.

**Brainworks:** Our bars are full of natural, nutritious ingredients to aid both the physical and mental challenges you need to overcome a marathon. We're delighted to be sponsoring this fantastic event in our home city and we wish everyone the best of luck!

[www.Brainworkswell.co.uk](http://www.Brainworkswell.co.uk) - visit our website today to find out more and get your Brainworks products.



# DELIVERING THE HULL MARATHON

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**Registration & Expo Saturday 21 September**

Registration and Expo will be hosted at Malet Lambert School, James Reckitt Avenue, Kingston upon Hull HU8 0JD where you will collect your race pack. (No ID required). Opening times are 10am-5pm Saturday 21 September\*. Free car & bicycle parking is available or use the Number 9 bus service from the City Interchange. If you prefer, a friend or family member can collect on your behalf. Only one member of a relay team needs to collect the race pack. See page 24 for details about what's going on at the Expo on the Saturday.

*\*Also open Sunday morning from 6:30am, see below*

**Race day**

The Race Village will be in East Park from 6:30am, accessed from Holderness Road by car/bus with additional access from Summergangs Rd or James Reckitt Avenue by foot and bicycle – see this page for more details of stalls.

The city is easily accessible by car, train, coach or bicycle. Where possible, we encourage you to use sustainable means of transport. If you're unable to collect your race pack on Saturday, registration will be open from 6:30am on race day, Sunday 22 September at Malet Lambert School.

**By cycle**

View the Hull Cycle Map on [www.hullcc.gov.uk](http://www.hullcc.gov.uk) for details of the cycle routes into Hull. There is cycle parking around East Park & at Malet Lambert- see the map on page 6.

**By coach/bus**

Hull is well connected by coach across the UK. For details of local bus services see Stagecoach ([www.stagecoachbus.com](http://www.stagecoachbus.com)) or East Yorkshire Motor Services ([www.eyms.co.uk](http://www.eyms.co.uk)). Some services will be affected by road closures for the marathon. The main bus station (Paragon Interchange) is approximately 3 miles from East Park accessible by several bus services on Holderness Road. We are providing event shuttle buses free of charge for runners on race day and £3 for all day travel around the route for spectators. See page 11 for more details.

**By train**

Hull has direct services from Manchester, Sheffield, Leeds, York and London with the station approximately 3 miles from East Park. Shuttle buses will link the station on race day to the start and finish. See page 11 for more details.

**By car**

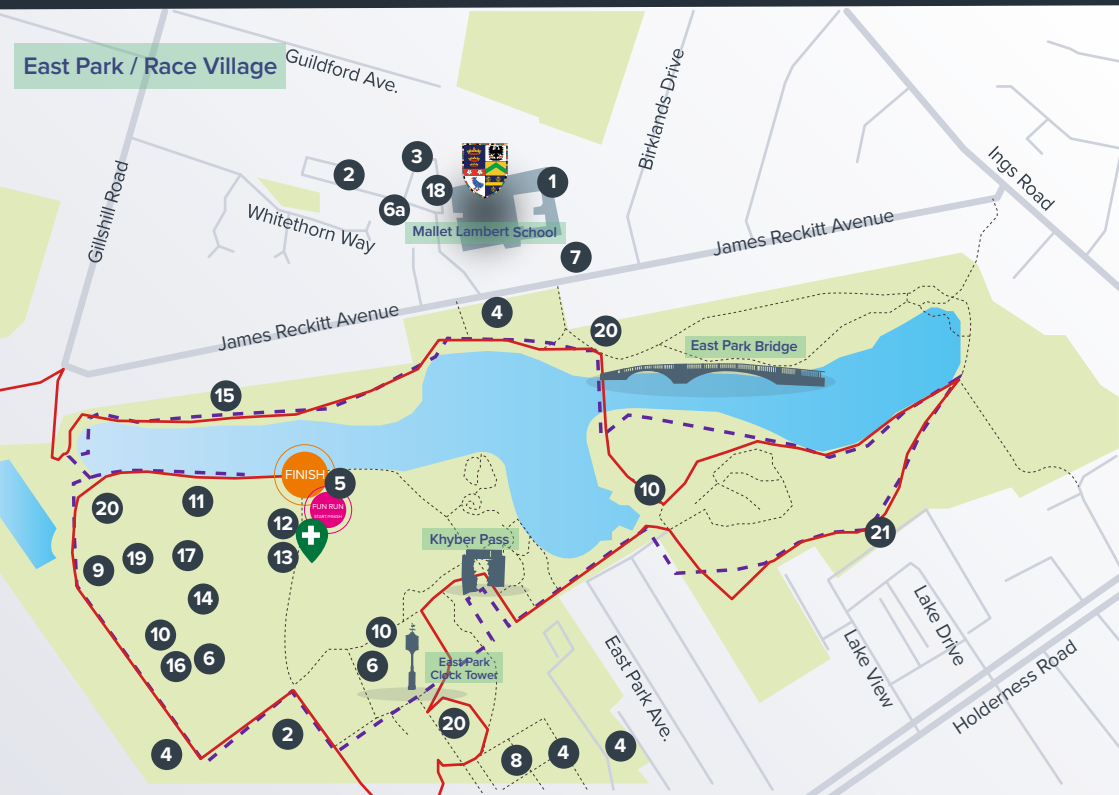
East Park is 10 minutes from the A63 and city centre. We are fortunate to have access to free parking at Malet Lambert School and within East Park. Note parking at the starting area will be at Hessle High School until 10:30am and all runners are advised to park at the finish area or in the City Centre and use the shuttle buses – see page 11 for more details. On arrival please follow directions from marshals. Parking will at Malet Lambert School initially, accessed from James Reckitt Avenue.



## Humber Bridge / Start




## East Park / Race Village



## MAP KEY

 Mile Marker	 Relay Change Over	 Charity Cheering Point	 Baggage Drop Off
 Water Station	 Place of Interest	 First Aid	
 Fun Run Route	 Fitmums & Friends Pink & Blues	 Toilets	
 Music Points	 Shuttle Bus Stops	 Warm Up Area	

- 1: Malet Lambert School
- 2: Car Parking
- 3: Registration & Expo (Saturday), Registration, Toilets and Changing on Sunday
- 4: Access to East Park
- 5: Finish
- 6: Food Vendors
- 6a: Food Vendors Saturday & Sunday 6-9am
- 7: Shuttle Bus to Start
- 8: Relay Shuttle Bus West Loop) & to Paragon Interchange
- 9: Baggage Lorry supplied by 
- 10: Toilets
- 11: Presentation Stage
- 12: Sports Timing Solutions Race Results
- 13: MWJ Medal Engraving
- 14: Made In Hull
- 15: Love Hull Art Installation
- 16: Charity Partners
- 17: Humber Runner
- 18: Humber Runner 6-9am
- 19: Massage
- 20: Music
- 21: P.A.U.L. For Brain Cheer Point



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## Race Number

This goes on the front of your running top. It must be pinned so it is clearly visible and emergency contact information and medical details should be completed on the reverse. We recommend the named emergency contact is someone who is not running. Relay runners will have 2 numbers - one for the front and one for the back. They will be labelled Y & Z for teams of 2, and A, B, C and D for teams of 4. These should be allocated to your team according to their leg: leg 1 = A or Y, leg 2 = B or Z, leg 3 = C and leg 4 = D.

Race numbers are coloured according to event: yellow – marathon, green - 2 person relay, blue - 4 person relay and orange - fun run.

## Timing Chip

Your timing chip should match your number. The timing chip goes on your shoe in the following way:

**Step 1 & 2:** Take the strap and thread it through a single lace with the logo and race number facing outwards.

**Step 3:** Peel the 3M sticker off and stick the 2 tabs together using the blue square as a guide, ensuring that you have created a loop.

**Step 4:** Rotate the strap so your race number is visible from the front and the blue square part of the timing chip is against your trainer. You can tighten your laces to ensure the tag does not rotate.

Failure to attach your timing chip correctly could affect your results. The timing chip will give you a halfway time and also a time for the KCOM Ultrafast 100m on the track at Costello Stadium (Marathon only).

The times for 1st and 3rd leg relay runners will be captured manually by timekeepers.



## Help Desk

Should you require any assistance on the day, make your way to our Race Village HQ Information Desk in the Malet Lambert School or an emergency help desk will be at Hessle High School pre race on Sunday 22 September

## Getting to the start

All Runners are advised to use the free shuttle buses to reach the race start. Buses will run from 6:45am from Malet Lambert School (Main Car Park opposite the race finish in East Park) or from Hull Paragon Interchange Bay 4. Last buses will leave 8:15am.

Runners making their own way to the start should be dropped off at Hessle High School on Heads Lane. Limited parking will be available here until 10:30am, after which this will be locked. The Humber Bridge Car Park will be closed until 10:30am with no parking available before the race start.

Note that there will be no transport to the Humber Bridge or Hessle High School from the finish area and no all day parking available for runners at the start.



## **Toilets**

Toilets will be available at Malet Lambert School & East Park throughout the day. At the start there will be toilets at Hessle High School & Humber Bridge Car Park. There will be some portable toilets in East Park throughout the day to ensure there are sufficient. There will also be toilets at each of the relay changeover points (mile 7.8 Pickering Park, Halfway on Goulton Street and mile 19.7 at Siemens) along with passing public toilets within West Park (mile 11) and Queen Victoria Square (mile 17) We ask runners to remember they are running through a residential area and therefore resist the temptation to go on the side of the route.

## **Warm up and start**

There will be ample space for runners to warm up in the Humber Bridge Car Park and Laila Lapse - Berger of Relaxed Women will lead a mass warm up before both events start at 8:40am at the Humber Bridge and 10:15am in East Park for the fun run. The start line of the Marathon will on the Humber Bridge Road deck (Southbound). Runners are to assemble in the lower Humber Bridge Car Park, approximately 10 minutes walk from Hessle High School, where Shuttle Buses will drop all Runners.

Runners should be in place for 8:45am ready to be walked to the start line on the Humber Bridge. Runners will not be permitted onto the Bridge area until escorted by the events team. The race will start at 9am.

Fun runners will begin in East Park and should line up from 10:10am for a 10:30am start. Timing chips record your time from crossing the mat at the start so don't worry that it may take you a few minutes to cross the start line.

## **Medical**

Our medical providers, North East Medics, will be stationed around the route. If you are not feeling well or have any medical concerns please speak to one of our marshals on the course who will make contact with our medical team. Please make sure you are fit enough to complete a marathon and see a doctor if unsure prior to race day. See tips on page 30 - 31. Don't forget to complete the details on the reverse of your race number.

## **Refreshments**

Refreshments will be available at Malet Lambert School from 6:15am until 9am and within the Humber Bridge Car Park from 7am onwards. East Park and the finish will have a range of refreshments available from 8am within the Race Village. There will also be refreshments available at the Half Way change over point on Goulton Street.

## **Shuttle Buses to Race Start and for Spectators**

All runners can use the shuttle buses from either Malet Lambert School or Bay 4 of the Paragon Interchange (City Centre) to the start at the Humber Bridge. Buses will run from 6:45am to 8:15am. Drop off at Hessle High School, approximately 10 minutes walk from the start. Runners will need their race number to get free travel. Spectators can buy an all day ticket for £3. These can be purchased on the bus or in advance. Those pre booked online can be collected at the Expo.

There will be services from Hessle High School back to East Park direct between 9:15 and 9:45am to allow those wishing to watch the start and then return for the fun run. There after return can be made using the two relay loop services (see Relay Shuttle Buses)

Spectators can use the west loop buses from 9am approximately every ten minutes calling at:

Hessle High School (start area)

Pickering Park (Relay change 1)

Goulton Street (Relay change 2/Half way) for walking access to Hessle Rd & Boulevard fountain and connect to East Loop.

The East Loop runs from 8:30am approximately every ten minutes and calling at:

East Park (Holderness Rd)

Bay 4 Paragon Interchange  
Goulton Street (Relay change 2/Halfway)  
Castle Street Market Place (for access to City Centre, Marina and The Deep)  
Siemens (Relay change 3)  
East Park  
Last service from East Park to Interchange at 4pm

## Relay Shuttle buses

Free shuttle bus services operated by Stagecoach will transport runners to and from the start & finish (Humber Bridge and East Park) and the relay changeover points. Race numbers will allow free travel.

West Loop: The service for Pickering Park & Goulton Street (Halfway) will start at 8:30am from the Hessle High School and finish at 12:30pm. Note relay runners for Pickering Park (leg 2 of the 4 person relay) will need to initially go to the start area (Hessle High School drop off) to transfer onto the relay service. Finishers at Pickering Park will take a relay bus to Witty Street and then transfer to the East Park loop.

East Loop: The service from Witty Street (Halfway) to Siemens & East Park will start at 9:00am and finish at 4pm. This service will include stops at Market Place (City Centre) and Paragon Interchange. All shuttle buses will also be available to spectators for £3 for a day ticket.

Both services will run approximately every 10 minutes. Allow 15 minutes to walk to the shuttle bus from the start line in on the Humber Bridge and allow 20 minutes to each change point from on the west loop and 30 minutes on the east loop. Shuttle buses will transport relay runners to their start and back to East Park when they have finished.

Runners are responsible for allowing sufficient time to get to and from buses and relay change points. Relay runners will be permitted free travel on production of their runner number and priority will be given to runners with the corresponding letters for their relay point (Blue B runners for Pickering Park, Green Z runners and Blue C runners for Witty Street, Blue D runners for Siemens). While we endeavour to get all runners to their change point in good time, we accept no responsibility for runners who choose to watch the race start at 9am and do not make their change point at Pickering Park.

## Shuttle bus pick up/drop off points:

- Humber Bridge Race Start: Hessle High School Heads Lane, (allow 15 minutes from start line)
- Pickering Park: Hessle Road opposite service road entry (allow 5-10 minutes to change over point)
- Goulton Street Halfway: Witty Street behind Louis Pearlman Building/Harrow Street junction
- City Centre Castle Street Market Place\*: On A63 eastbound shortly before Market Place junction
- Siemens: Mt Pleasant South roundabout
- East Park: opposite main entrance on Holderness Road (west bound)
- Hull Paragon Interchange# Bay 4

\* Spectator drop off/pick up for access to City Centre, Marina and The Deep

# For access to Train station, coaches and local bus services

All pick up points will be signposted. Runners are under no obligation to use this free service and are welcome to provide their own transport however there is limited only street parking at Pickering Park and Goulton Street and no parking at Siemens.



## Baggage

Your baggage will be taken care of thanks to Wrens Kitchens and RussL's Driving School. Marathon runners should attach the label provided clearly showing their runner number and leave their baggage at the Wren's lorry in the Humber Bridge Car Park and it will be transported to the finish in East Park. Baggage lorry will leave at 8:45am prompt. Relay runners baggage will be overseen by RussL's Driving School - see page 16.



### Changeover process

The changeover points will be signposted, thanks to Scotts Property, 500 metres and 200 metres in advance and are marked on the route map. They will be to one side of the main marathon race. Incoming runners will then receive their t-shirt, medal, goody bag and water. They can collect their bag and follow signs to the shuttle bus to be returned to East Park. We will attempt to advise outgoing runners of the arrival of incoming runners. Outgoing runners should also try and estimate a time window when the incoming runner will arrive and be more vigilant during this period.

### Pinks & Blues

The latter stages of a race, especially a marathon, can be tough both physically and mentally. Our team of Fitmums & Friends "Pinks & Blues" will be there to see you through between miles 23 and 24 – offering encouragement when you might be flagging and need a motivational boost. They'll pick you up heading through Garden Village



### Headphones/Audio Devices

In line with UKA guidance for races using open or partly open roads the use of headphones, including bone conduction types, is not permitted during the races. Anyone found wearing them will be asked to remove them. Anyone failing to remove them will be disqualified. Whilst much of the route is on closed roads, there are sections where the route is in coned lanes alongside live traffic and controlled access to some roads and side streets. You will have the support of cheering spectators and live music around the course creating a great atmosphere, and conversation with fellow runners. What more could you need to keep you entertained and motivated?

### Results and Times

Your time will be calculated electronically at the start, finish and mid way points as well as the KCOM Ultrafast 100. Runners will also be noted at turning points along

**Sports Timing Solutions**

the route to ensure they have covered the full distance. Times for relay teams will be known when the last member of the team has finished in East Park. Each relay runner will be able to check the time for their leg later in the day once all runners have finished. The Fun Run will also be chip timed. Please look out for notifications on our website and social media feeds.

### Medal Engraving

If you would like to have an immediate record of your achievement, then why not have your medal engraved with your finishing time and the event date? Pop over to the Race Village and Hull based MWJ Trophies will give you a lasting memento of your achievement. (Price: £3.50).



### Notch

Notch up your Hull Marathon achievement in style with our specially engraved Notches and bracelets. Personalise your Notch with your time, position or anything else you fancy.



**Be Positive. Be Proud. Be Recognised, with NOTCH®.**

Your achievements around your wrist. #nextnotch



## Massage

There will be pre and post race massage for runners courtesy of sport rehabilitation students from the University of Hull working with Hansford & Croker. Whilst they are offered without charge, any donations made will be distributed between our charity partners. The massage team will be based in East Park Race Village.



**UNIVERSITY  
OF HULL**



## BBC Radio Humberside

BBC Radio Humberside is proudly supporting the event. Tune in to hear all the build-up and live coverage on the day itself. You can listen on your mobile or tablet via the BBC iPlayer at [bbc.co.uk/radiohumberside](http://bbc.co.uk/radiohumberside). You can also tune in to 95.9FM, digital radio or through your television on Freeview channel 721. If you'd like a shout out on the radio, text us on 81333, starting your message with RH. Presenter Phil White will be at the Humber Bridge to start the race and soak up the atmosphere, so give him a wave! Fiona Mills will be on air 10 til 1 in East Park with her Sunday Show including live coverage of the fun run start and James Hoggarth commentating on the finish line.



## Pacers

We have a full team of pace runners running at 3:00; 3:15; 3:30; 3:45; 4:00; 4:15; 4:30; 4:45; 5:00 & 5:30 hours, who will be visible from flags in their back packs. A bike will be at the rear at a 6 hour pace. Thank you to our pacers!

## Meeting Friends & Family

Once runners exit the finish funnel with their medal, T-shirt and other goodies, friends and family can meet them within East Park (or the relay finish points). It's often good to plan a meeting point before the race.

## Mile Markers

Each mile will be marked by a mile marker, along with the half way point in the marathon. The Fun run has a half way sign. Mile markers were designed by students from local education institutions as part of the city's status as the UK City of Culture. You can see the original designs at the expo at Malet Lambert School over the marathon weekend.

## Art Installations

As you make your way around the course, keep an eye alongside the route for this year's 3D Art installations, made from rubbish! Working with Streetscene Hull's "Love Hull Hate Litter" project, various groups have created Maritime or good luck themed art installations from chicken mesh filled with litter acquired from the route. These will be on display, often in the same location, after the event to encourage people not to litter but to love the city and Hessele.

## Marshals

The route will be well marshalled by our many Volunteers, supported by staff from Prestige. Volunteers, many of whom are from the Absolutely Cultured Team, will be giving up their time to make your race special so please be polite, patient and friendly with them and thank them to! Many more will have been helping prepare for the event in the weeks leading up to race day.



**During The Race**

The route is accurately measured and follows the highway unless directed by a marshal to use a footpath. Within miles 8, 15, 19 and 22 the route briefly moves onto the pavement, as directed by marshals. Please do not cut corners using footpaths as you will not follow the measured route. It is also not permitted to have a cyclist ride alongside you at any time of the race apart from our race officials/first aiders. Runners doing so risk disqualification.

**Road Closures**

Hull Marathon & Relays are run thanks to the permission of 14 authorities and partners along the route. In consultation with the local authorities and partners, the route is run primarily on closed roads in the interests of safety in an urban environment. However, there are some points where runners will be in a coned lane, there will be an active bus crossing points and controlled access to some side streets to enable access for most of the city throughout the event. Runners will have priority but please follow any marshal instructions. Be aware that emergency vehicles retain priority if they need to access the route. Road traffic management is carried out by Omnis Highway Solutions Ltd in conjunction with Prestige.

**Dropping out**

In the event that you can no longer continue and need to withdraw from the race, please find the nearest marshal who will then advise of the easiest way for you to return to the Race Village. Those who do not complete the course will not receive the race mementos. Retain your race number if you wish to pick up the relay shuttle buses back to the Race Village. If you travel in the sweep vehicle, provided by CCHP you will return to the Race Village at approximately 3pm.

**Finishing in East Park**

Our thanks to Hull Culture & Leisure for their cooperation in enabling the finish and Fun Run within East Park. Runners and spectators can enter the park for free for the event. Runners will enter East Park from the Gillshill Road entrance and complete a 2 mile loop around the park to reach the finish on the north of the perimeter road adjacent to the lake at a point very near the Parkrun finish line. Runners will then proceed through the race finish area where medical assistance, water and your medal, T-shirt and goody bag will be available. On exiting the area Runners can get a picture with our Hull City Skyline backdrop, thanks to CA Interiors and NMD. Runners in the first leg of both relays and legs 2 and 3 of the 4 person relay will receive their medals and goodies at their respective finishes. Your T-shirt will be allocated based on the size indicated on your runner number, which is taken from your entry details (as of 8 Sept). Please do not ask for a different size as this will not be possible until after all participants have finished and subject to availability. T-shirts are ordered prior to entries closing and whilst we aim to have enough of the right size for all runners, there may be a chance you are given an alternative size should any one size run out.

**Spectators**

Much of the course has spectators and if you have friends and family with you, they can travel about the route to see you at various locations. This year we are offering spectators transport on the Shuttle Buses for a flat fare of £3 all day. These can be purchased in advance online via our merchandise tab on the website, at our Registration & Expo or on the day. This will enable spectators to access the Humber Bridge and Car Park; Pickering Park; Witty Street for miles 9/10 and Halfway; Market Place for access to the City Centre, Marina and The Deep; Siemen's and East Park.

For details of local bus services see Stagecoach ([www.stagecoachbus.com](http://www.stagecoachbus.com)) or East Yorkshire Motor Services ([www.eyms.co.uk](http://www.eyms.co.uk)). Some services will be affected by road closures for the marathon. The main bus station (Paragon Interchange) is approximately 3 miles from East Park. Hessle train station is a short (0.7 miles) walk from the Humber Bridge Car Park, see [nationalrail.co.uk](http://nationalrail.co.uk) for times.

You can easily get round the course by bike. Note that road closures apply to bikes on the course and a reminder cyclists are not permitted on pavements unless a designated cycle path. If using your own transport, accessing the A63 to reach west and east Hull, Hessle and the Humber Bridge is the best route and enables you to see runners at a range of points. Costello Stadium will allow spectator access for the KCOM Ultrafast 100.

Spectators cannot access Albert Docks or the eastside footpath of the Humber Bridge beyond the anchorage points at the start due to ongoing bridge works.

## Race Photos

We are once again delighted to have a team of Volunteer photographers across the course this year, thanks to David Trowell of RB. Links to photos will be advertised on our social media channels and by email notification.

## Social Media

We would love you to share your experience across social media and tag us, using **#hullmarathon2019**

[www.hullmarathon.co.uk](http://www.hullmarathon.co.uk)

[f hullmarathon](https://www.facebook.com/hullmarathon)

[@thehullmarathon](https://twitter.com/thehullmarathon)

[i hullmarathon](https://www.instagram.com/hullmarathon)



Find out more at:

[www.humbercoastandvalehealthyhearts.co.uk](http://www.humbercoastandvalehealthyhearts.co.uk)

The relay races are supported by Fitmums & Friends at each changeover point. Any member of the team can collect your team race pack - see section entitled Registration on page 5.

The pack will contain:

Numbers - a number for each runner for the front and an identifier for your back stating 2 person or 4 person relay. Front numbers will be labelled Y & Z for teams of 2 and A,B,C and D for teams of 4. These should be allocated to your team according to their leg: 2 person: leg 1 = Y, leg 2 = Z and 4 person: leg 1 = A, leg 2 = B, leg 3 = C and leg 4 = D. Runners in the 2 person relay will have green numbers and in the 4 person relay they will be blue.

Baggage labels – 1 for each runner

Timing chips – 1 for each runner

Wrist band – 1 for the team to pass between each runner at changeover

## Arrival at your start

Each relay runner is responsible for arriving at their relay start location in sufficient time. Toilets and a baggage drop will be at each relay changeover point. Shuttle buses operated by Stagecoach will operate for the Relay points. For Pickering Park take the shuttle bus to the start and then join the west loop to reach Pickering Park. For Goulton St & Siemens runners can either take the east loop from 9am from East Park. Goulton St can also be accessed on the west loop bus if runners wish to watch the race start and then head to the half way point changeover.

**West Loop:** Humber Bridge to Pickering Park and Goulton Street approx every 10 mins from 9am approx journey time 20-30 mins

**East Loops:** East Park to Goulton Street (some will go via City Centre stop); Market Place (non relay stop) and Siemens return to East Park approx every 10 mins; allow 30 mins for journey

## Relay distances and changeover points

2 Person relay - runners will run 13.1 miles each and changeover on Goulton Street just before entering the Albert Docks

4 person relay runners:

Leg 1 – 7.9 miles Humber Bridge to Pickering Park

Leg 2 – 5.2 miles Pickering Park to Goulton Street

Leg 3 – 6.4 miles Goulton Street to Siemens

Leg 4 – 6.7 miles Siemens to East Park

## Baggage

Relay runners can take their bags to their respective start and they will be transported to their respective finish. It is important to ensure that your baggage label shows your race number, including A, B, C, D, Y or Z, as this will determine where your bag is dropped for your collection.

## Relay FAQs

### Does it matter which order we do it in?

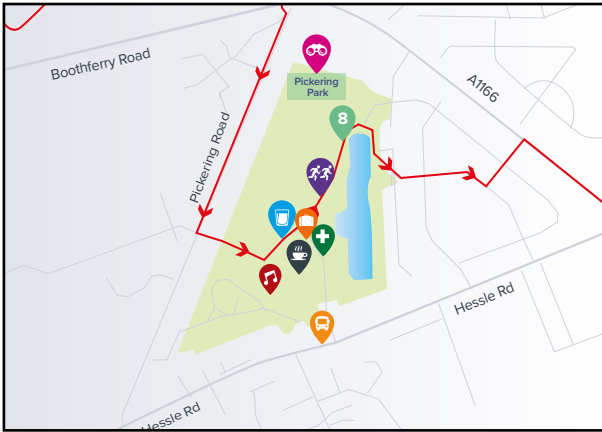
We will assume your order is as per the order on the entry system and t-shirt sizes are distributed to relay stations based on these details. Additionally, emergency details held on file will also reflect the same order.

### What happens if a runner gets injured and can't complete their leg?

The injured runner must inform a marshal who will then arrange for a message to get to the next relay changeover point so that the outgoing runner can then depart. However, the team will not be eligible for any prizes.

### Can I run more than my leg of the race?

If your team has lost a runner from a 4 person team then a runner can run two legs but the team will not be eligible for a prize. Anyone from a 2 person team wishing to do both legs must enter the marathon separately or, if the second runner is injured, transfer to the marathon.



**Pickering Park**



**Goulton Street**



**Siemens**



The main awards ceremony will take place at approximately 12.30 on the presentation stage within the race village within East Park. A second prize giving for veterans including YVAA Marathon Championships and any relay prizes not presented above will take place at approximately 13:30. Fun run prizes will be presented at approximately 11:00am. Prizes supported by Humber Runner, On Running and Sainsbury's.



## There will be awards for the following categories:

### Marathon

The first 5 males and first 5 females

1st local male and female\*

Veteran prizes will be awarded to the first and second male and female in each of the following categories: J20, V40, V45, V50, V55, V60, V65, V70, V75, V80+

Team Prize – 1st three runners from same club male and female

2 person relay

1st male team, 1st female team, 1st mixed team

4 person relay

1st male team, 1st female team, 1st mixed team

### Fun Run in association with BBC Radio Humberside

First 3 boys and first 3 girls aged under 16



### KCOM Ultra Fast 100m Sprint

1st and 2nd placed runners based on the time for the 100m sprint as a percentage of the finish time. Results will not be available for the prize presentation but winners will be notified as soon as possible after all runners have finished within the 6 hour cut off.



### Yorkshire Veteran's Athletic Association Marathon Championships

This year includes the Yorkshire Veterans' Athletic Association Marathon Championships with prizes for categories from V35 upwards. Any Vet belonging to a YVAA Affiliated club will automatically qualify for these prizes.



### Results

Results will be available online at [www.sportstimingsolutions.co.uk](http://www.sportstimingsolutions.co.uk) shortly after the conclusion of the race.

*\*Local runners are deemed to be members of a running club in Kingston upon Hull, East Riding of Yorkshire or North Lincolnshire or, if unaffiliated, reside within the same authority boundaries.*





Supported by  
**Sainsbury's**

Sainsbury's Stores across the Hull area are proud to support the Hull Marathon and Relays 2019 by providing water for the runners at various water stations on the route and sponsor the prizes for the Under 16's Fun Run.

# KCOM

## Ultra-fast 100

Now in its' third year, what we believe is unique for a marathon, we bring you the KCOM Ultrafast 100 – a timed 100m sprint within mile 7 of the course where the route takes runners round the track at Costello Athletics Stadium. When they reach the back straight runners will be timed over 100 metres! Hopefully you'll still be feeling fresh to give those legs a quick burst as you near the 7 mile point.

The KCOM Ultrafast 100 will be for marathon runners only but there is no obligation to sprint. However, everyone who runs the 100m will be able to see their 100m time and they will be supported and encouraged by the marshal team in the area. Prizes will be awarded to the two fastest runners as a ratio of their total marathon time. These will be awarded after the event to allow everyone who runs a chance of winning. Relay runners and anyone outside the 6 hour cut off pace will not be eligible for prizes.

## FUN RUN in association with BBC Radio Humberside

This year's Fun Run will take place over a 3km (approx) course around East Park and allows anyone of any age and ability to run (or even walk) which starts and finishes in the same location as the marathon finish line. The 10:30am start means there is time to see the start of the marathon and get a shuttle bus back to East Park direct (Departs from Hessle High School from 9:15am, last departure direct to East Park at 9:45am)

Laila Lapse-Berger of Relaxed Women will get you all warmed up at 10:15 at the start line.

We expect the first fun runners to finish not long after 10:40am. Presentations to the first 3 boys and girls aged under 16 will be made shortly after 11am on the presentation stage in the Race Village, with thanks to Sainsburys for supporting the prizes.





WILL SEE YOU THROUGH

Look out for the pink & blues  
team around mile 24



**Supportive, friendly and  
fun activity club for men,  
women & children**

Find your nearest club

 Fitmums and Friends  FitmumsF

**[www.fitmums.org.uk](http://www.fitmums.org.uk)**

# HULL MARATHON 2019

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**eon**  
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& **BRAIN**  
WORKS

2019 ROUTE MAP



## MAP KEY

10 Mile Marker

Water Station

Fun Run Route

Music Points

Charity Cheering Point

Relay Change Over

Place of Interest

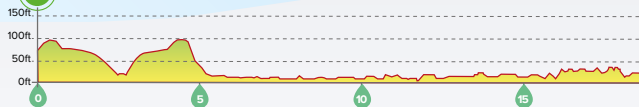
Fitmums & Friends  
Pink & Blues

Shuttle Bus Stops

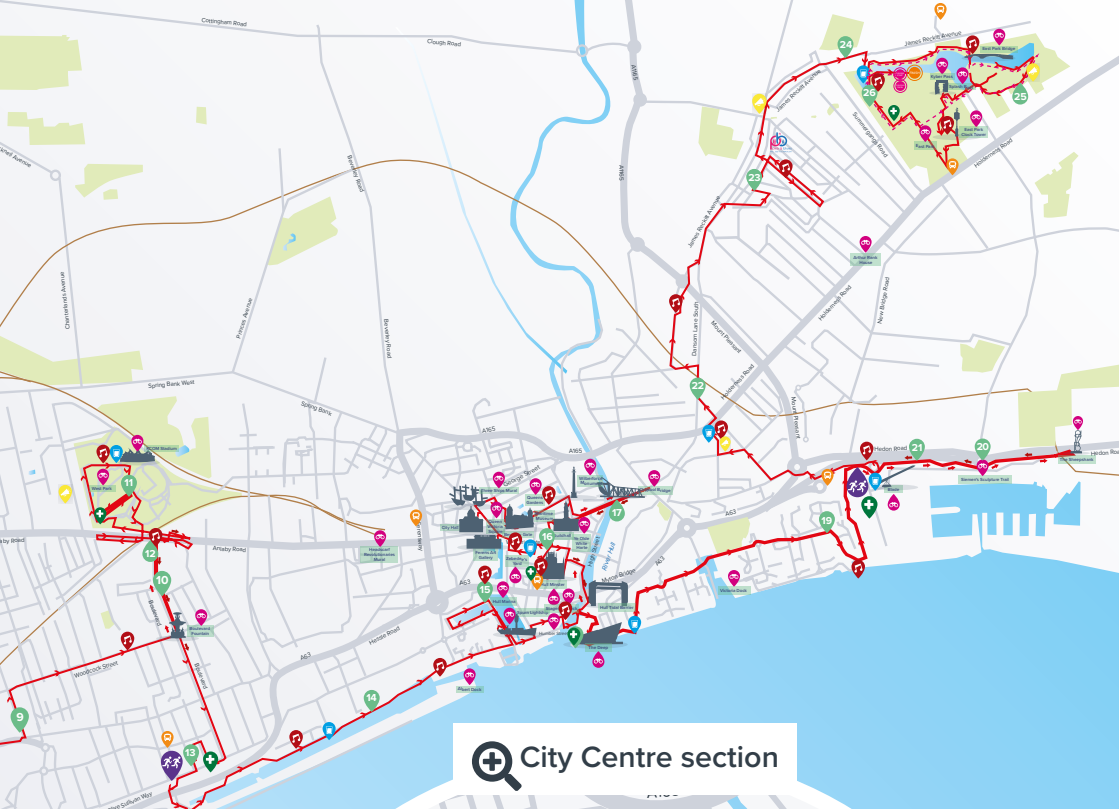
First Aid



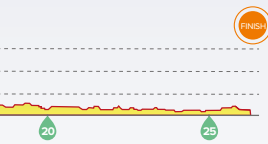
## COURSE ELEVATION PROFILE



**eon**  
visual media



## City Centre section





### **Race Registration & Expo and a local Parkrun**

Malet Lambert School on James Reckitt Avenue, HU8 0JD will be hosting the occasion for 2019. Situated over the road from the race finish, East Park, you can check out the final 2 miles of the course as well as hear guest speakers, visit stalls, check out event merchandise and collect your race number and timing chip.

### **Registration & expo will be open:**

Saturday 22 September 10am-5pm

Sunday 23 September 6:30am-10:30am (registration, Humber Runner and The Lost Flip Flop Coffee Bar)

The Race Village will be open from 9am to 4pm in East Park

### **Pre Expo Parkrun**

If you're visiting the area, why not try one of our local Parkruns. You can head to the Humber Bridge Country Park; Peter Pan off Pickering Road; Beverley Westwood or Hull, based in East Park and finishes virtually the same spot as the marathon will. A warm welcome will await you. For details head to [www.parkrun.org.uk](http://www.parkrun.org.uk)

### **Guest speakers and meet the experts – Saturday**

Following the success of 2018, we have some great guest speakers lined up.

### **Meet the Experts:**

10am-Noon – drop in session with Keith Warner of Warners Health Club

All Day – JRB Running - an online running coach service, offering bespoke and individually tailored training plans for all abilities. With weekly analysis, strength and conditioning, nutrition advice, prehabilitation / rehabilitation advice, drills and recovery strategies advice all included to help you improve your running and to help you get the best performance out of yourself.

### **Guest Speakers/ Q&A**

10:30am - Bob Thomson – Oldest locally active runner in the area and to be first V85 runner in Hull Marathon

11:15am - Ben Dave – Running Yorkshire in aid of CALM

12:30pm – Libby Clegg MBE – Double Paralympics Gold Medallist, Guide Dogs ambassador

1:45pm – Jack Bristow – LGBT inclusive champion for sport and gold winner at European Triathlon

2:45pm - Nick Butter - Running the World 196 - Pre recorded interview



### **Ben Dave:**

Ben Dave ran the near 500 miles around the boundary of Yorkshire in August 2018 over 18 days in aid of CALM – Campaign against Living Miserably. Over the following year Ben has become a champion for the charity and is involved in more challenges with them, including a ultra marathon in Mexico in November and set up the Early Morning Run Crew in Harrogate.



## **Libby Clegg MBE:**

Libby Clegg is a Paralympic sprinter, representing both Scotland and Great Britain at international events. She represented Great Britain in the T12 100m, winning silver and ran the 200m at the 2008 Paralympics. She won Gold in Rio at the 2016 Paralympic Games in 100m T11 where she broke the world record and T11 200m, beating the previous Paralympic record in the process, thus making her a double Paralympic champion.

Libby has a deteriorating eye condition known as Stargardt's Macular Dystrophy disease giving her only slight peripheral vision in

her left eye and is registered blind. Libby runs with the aid of guide runner Chris Clarke, appointed a Member of the Order of the British Empire (MBE) in the 2017 New Year Honours list for services to athletics and charity and has been ambassador for The Guide Dogs for the Blind Association (UK) since 2015.



## **Jack Bristow:**

Jack Bristow is a GB age group triathlete from Birmingham. He has represented Britain on four occasions, including winning gold in the European standard distance championships held in Estonia in 2018. Jack studied at the University of Exeter, where he was elected Athletic Union president on a platform to promote LGBT inclusion in sport. In January 2019 Jack successfully campaigned to get the International Triathlon Union to overturn a ban on athletes waving rainbow flags at events.



## **Bob Thompson**

Bob Thompson started running in the 1960's to raise money for the charity BEN, since then he's ran over 25 marathons and over 1000 half marathons and other runs. Running has allowed him to explore many places in the world including Athens, Monaco, Berlin, New York – with his feet having seen him up Mt. Kilimanjaro and within the Arctic Circle. He is an avid supporter of parkruns, believing them to be a brilliant way to introduce people to running and be mindful of their wellbeing. Bob has run over 250! Having had his left hip replaced in 2012 and his right hip breaking in 2018, Bob's best advice is "keep moving, if only slowly!"



## **Nick Butter**

Nick set out on 10 January 2018 to run a marathon in every nation (196) in aid of Prostate Cancer UK and in honour of his friend, Kevin Webber. Averaging a country every three days, Nick will be in the Pacific Territories in September aiming to complete this phenomenal achievement and set 8 world records in the process by 10 November when he targets to complete the challenge at the Athens Marathon. An accomplished runner before this, Nick aims to create a legacy from his epic journey.





**Details of our cultural aspects:**
**Road art installations**

Working with Hull Streetscene #LoveHullHateLitter, as you travel the 26.2 miles of the Marathon, you will spot 3d art installations made from chicken mesh and rubbish which will either have a message or reflect a maritime theme. In doing so, the event has looked to help clean the city while showcasing visions of its heritage in the eyes of those from the area.



The idea was inspired by the 'Litter Letter Project'. Hull Street scene worked with Hymers College to create Love Hull from rubbish created into the letters in Chicken Mesh.

Many of these will be produced on marathon weekend as part of

World Litter Day on Saturday 21 September when many volunteers will litter pick along the route.

Groups involved include:

#WeMadeThis - a Hull based community group specialising in large-scale craft projects. We organise three main projects a year, culminating in public installations which are free to access. The projects are supported by monthly Maker Days, and participants also have access

to a community stash of materials. Participation is free and everyone is welcome - if you're happy to make us something, you're in!



Absolutely Cultured – two workshop sessions by our local volunteer army

East Hull Harriers

Hull Streetscene and Hymers

Growing St Andrews

National Citizen's Service Young People in association with Tiger's Trust

Youth Arts Takeover

Vulcan Learning Centre



## Motivational Posters

In conjunction with Active Humber, each mile marker and motivational posters have been designed by pupils across the local area. These will help give you a smile, brighten the route and give encouragement at points where it's harder for your cheer squad to reach:

Within mile 7 entering Costello Stadium

Within mile 11 around Anlaby Road

Within mile 14 through the Albert Docks

Within mile 23 on the TransPennine Trail

Plus a range elsewhere created by our supportive

Look out for more Art work at the Expo, including some of the 2017 and 2018 floor installations



**ACTIVE  
HUMBER**

## Mile Markers\*

In partnership with Active Humber, each mile marker was been designed by a pupil from a local place of education, including the half way marker as part of the City of Culture year in 2017. Fitmums & Friends' Juniors have designed the half way marker for the Fun Run.

## Also present at the expo will be:

Nudge, Keane Community Trust, Hot Yoga Hull, Laila Laps Berga, Tourettes Syndrome & Ticks Disorder, Hull Street Angels Trinity, Emmaus, Village Gym, Hull Hub, Our Charity Partners and more



Mile	Location	Band
<b>1 &amp; 3</b>	Middle of Humber Bridge	Town Crier
<b>2</b>	Humber Bridge South Bank	CALM Cheer Point
<b>4</b>	Under the Humber Bridge	Eclipse Events
<b>5</b>	Hessle Town Square	5th Hull Boys Brigade and Girls Association
<b>6</b>	Tilbury Road Corner	Voices of Weighton
<b>7</b>	Costello Stadium	Beverley Brass Band
<b>8</b>	Warner's Gym Car Park	Mainly Ukulele
<b>8</b>	Pickering Park Bandstand	The Arkut Brothers
<b>10</b>	Gordon Street Conway Close	Jacob Weston (TBC)
<b>11/13</b>	Boulevard/Selby Street Jnc	SECOND LEVEL BAND
<b>12</b>	West Park	Indigo Storm
<b>14</b>	Albert Dock	Happiness Zone
<b>15</b>	Albert Dock (East)	Follow Deep
<b>15</b>	Holiday Inn	NHS Choir
<b>16/18</b>	stage@thedock	Saints Among Us
<b>16</b>	Trinity Square	Ben Seymour
<b>17</b>	Zebedee's Yard	Beverley and District Pipe Band
<b>17</b>	Queen Victoria Square	Joe Baylis
<b>17</b>	Band Stand Queen's Gardens	Miss Vintage Twist
<b>19</b>	Corinthian Way Humber Foreshore	5th Hull Boys Brigade and Girls Association
<b>20/21</b>	Siemens Sculpture Trail	Happiness Zone
<b>22</b>	Eon Visual Media, Thomas St	Eclipse Events
<b>23</b>	Mt Pleasant Underpass (RB)	Town Crier
<b>24</b>	Elm Ave, Garden Village	Kangaroo Shoes
<b>25</b>	East Park North of Lake	Malet Lambert School
<b>26</b>	East Park Bandstand	Gillshill Primary School Samba Band
<b>26.2</b>	East Park Finish	All Gone South





**Proud to support Hull Marathon 2019**



**Live coverage  
on the day  
Your event host  
is Phil White**

**PA Set up and operated by BRG**

**[bbc.co.uk/radiohumberside](http://bbc.co.uk/radiohumberside)**

## **General**

Running a marathon is a great achievement, but not a challenge to be taken lightly. Make sure you are in the best physical condition possible to take on the challenge. It is your responsibility to be ready to run a marathon.

If you have any medical issues which you think may affect your participation (heart disease, asthma, diabetes, epilepsy) or have experienced any unsettling symptoms in your training, make sure you see your GP before taking part. Any serious known medical conditions should be declared to the Race Director before the race and noted on your race number. All runners must complete the medical information on the back of their race number. Do not attempt to start the race if you have been feeling unwell (feverish, vomiting, severe diarrhoea, chest pains, serious muscle injuries) in the days before the event. You won't be doing anyone, including yourself, any favours by forcing yourself to compete.

## **Training**

Knowing whether you're ready to run a marathon will vary from individual to individual. One broad guideline is that if you can run 15 miles one month before the event and still feel that you can run a bit more reasonably comfortably, then you are probably at the right point in your training. If you don't feel you can go on after 15 miles you might like to reconsider your participation – we do have a runner transfer system.

## **On the day**

Weather conditions can make a big difference to how your race pans out. Make sure you check the weather forecast prior to the race to give yourself an idea of what to expect.

## **Hot day**

Make sure you have enough fluids in your body to start the race. Hydrate regularly in the days leading up to the event. On race day you won't need more than half a pint (250ml) of water or sports drink in the half hour before the start. Drinking too much (hyponatraemia) can be equally damaging as drinking too little (dehydration). Try to sip rather than gulp down drinks. It is not obligatory to drink water at every drink station but be mindful that you will be losing fluids around the course and will need to replace them. Understand what your own body needs by experimenting on your longer training runs.

## **Cold day**

Take longer to warm up than usual and be prepared to use the first few miles as part of that slow warm up. Be prepared to wear a disposable old t-shirt or hat to the start assembly area which you can take off immediately before the start or as you're running and start to get warm. We will have marshals and first aid professionals all around the course. If you think you might be in trouble, don't hesitate to approach them to seek help.



## Dehydration

Getting thirsty is the body's first response to let you know that you are low on fluids. Other symptoms can include:

- Dizziness or light-headedness
- Headache
- Dry mouth, lips and eyes

For these symptoms you can help yourself by getting something to drink. Don't try to push on as you could do yourself serious damage. Slow down or stop, take on some fluids and recover before going again if you feel up to it.

**Blisters** - Don't wear new trainers for the marathon. Make sure that you have worn in any new trainers before attempting 26.2 miles in them. Plasters will be available around the course.

**Chafing** - The constant rubbing of fabric on the skin can cause friction burns. Men's nipples can be prone to this. To avoid chafing wear kit that you know is comfortable and before the race administer Vaseline or other lubricant to areas at risk.

**The Wall** - Hitting the wall is a term used for sudden loss of energy due to reduction of glycogen in your muscles. Although this is a natural process, it can be alleviated by taking on carbohydrates when running but also by following the correct pace. You will need to work out what is your ideal pace in your longer training runs, but be realistic and follow the golden advice not to start too quickly. Accept that you will suffer hardship at some point in the second half of the race but try to minimise this by keeping a sensible pace in the first half.



## How to start hydrated (and why that's important).

\* **DON'T** just drink lots of water in the build-up to the race.

You can end up diluting your body's sodium levels, increasing the risk of a race-ruining (and potentially dangerous) condition called hyponatremia. At best you'll end up with a lot of fluid sloshing around in your stomach/bladder.

\* Consider drinking a stronger electrolyte drink before you start.

Adding sodium to your pre-race drinks (and meals) helps you absorb and retain more fluid, boosting your blood volume. Having more blood makes it easier for your cardiovascular system to cool you down and deliver oxygen to your muscles, reducing fatigue and helping you perform at your best for longer. Aim for drinks containing >1,000mg of sodium per litre.

Drink a stronger electrolyte drink the night before the race and another one 90 mins before the start. Finish your drink >45 minutes before you set off to give your body time to fully absorb what it needs and remove any excess.

## Drink Stations:

There will be 10 drink/hydration stations on the course:

- 1.75 miles – Humber Bridge south – cups of water
- 5 miles – Hessle Square – cups of water
- 8 miles – Pickering Park - cups of water
- 11 miles – West Park – cups of water
- 14 miles – Albert Dock – bottles of water & GU gels
- 16.1 miles – Zebedee's Yard – cups of water & electrolyte drinks
- 18.2 miles – The Deep/Camilla Close – cups of water & electrolyte drinks
- 19.5 miles – Siemens – cups of water and electrolyte drinks & GU gels
- 21.8 miles – Eon Visual Media - bottled water, bananas & electrolyte drinks
- 24.1 miles – East Park – cups of water, jelly babies

Please dispose of your litter within the bins or to a marshal along the route. Any runner who drops litter away from a marshal or drink station area risks disqualification for littering. If you can carry the gel, you can carry the empty gel packet.

Our thanks to Malet Lambert School, Sainsbury's Local across Hull, Hedon Cubs, Humberside Police Cadets, Sainsbury's Hessle, Cottingham Explorer Scouts, GU, Wrens, Hymers



**Sainsbury's Local**





# Good luck to everyone taking part in The Hull Marathon 2019!

---

*You are invited to attend Malet Lambert's*

## Year 6 Open Evening

*Thursday 3<sup>rd</sup> October*

*5pm-8pm*

*Come meet our dedicated staff  
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## Charity Cheering Points

Our five partner charities will be around the course cheering you on at the following points:

**CALM** – Humber Bridge south bank

**Guide Dogs** – West Park

**Nurture a Child** – Thomas St outside Eon Visual Media

**Dove House** – Chamberlain Road Junction on James Reckitt Avenue

**P.A.U.L for Brain** – East Park near mile 25.

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We're CALM, the Campaign Against Living Miserably, and we're leading a movement against suicide. Join us at events all across the country to send a bold message on the power of exercise and community to boost mental and physical health.

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Sunday 28<sup>th</sup> June 2020

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The Rotary Club of Hull Trust Fund is a registered charity. Charity number:1027862  
The race is held by kind permission of the Humber Bridge Board.



Bringing you the 2019 Hull Marathon & Relays Powered by Eon Visual Media and Brainworks would not be possible without the invaluable support of our huge volunteer workforce. With over 500 volunteers involved on the day, along with others who help in advance, it's a huge workforce helping to make your day happen. 2019 has, once again, included many volunteers from Absolutely Cultured, who will be in their distinctive blue uniforms on the day.

To help equip our volunteers, we deliver a briefing/training session and keep in touch over the year so they know what's happening and when throughout the year. Many of our volunteers have been inspired to run and others have signed up to help due to injury. From marshals on the helpdesk to the race convoy to the transport team, drink stations and relay change over points, they are all here to support the event and help cheer you along your way.

Many have also packed the race packs, goody bags and dropped off the resident leaflets.

A HUGE thank you to all of them for giving up their time. Give them a thank you and even a high five on your way round!





GOOD LUCK TO ALL  
THOSE TAKING PART

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Hessle Village.



The township of Hessle lies on the north bank of the river Humber about four miles west of Kingston Upon Hull. Nowadays Hessle is all but consumed by the urban sprawl of its larger neighbour but once it was the larger settlement and much more important than Hull.

Hessle is nowadays dominated by the Humber Bridge, which, when it was opened, was the longest single span suspension bridge in the world. The bridge stands almost directly over the area from

where the Barton ferry left, towards the end of its life in the late nineteenth century. Beneath the massive north tower of the bridge lies the Country Park, providing ample opportunity for a pleasant stroll and endless opportunities for children to play, and the old whiting mill. Here was once the former chalk quarries, and fascinating traces of the old industry can still be found. Along the foreshore traces of the old shipbuilding yards can also be seen. Find out more about Hessle by popping into the town and checking out [www.hessletowncouncil.gov.uk](http://www.hessletowncouncil.gov.uk)

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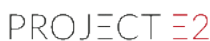
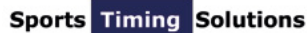


CHARITIES



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Choose Guide Dogs as your 2020 charity of the year and you could name a life changing guide dog puppy, follow their journey and have the chance to meet them. By supporting guide dogs you will be changing lives of people living with sight loss in your community.

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[nameapuppy@guidedogs.org.uk](mailto:nameapuppy@guidedogs.org.uk) or call 0345 143 0192



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**#BRAINWORKS**



# HULL



MARATHON 2019

[www.hullmarathon.co.uk](http://www.hullmarathon.co.uk)



**We look forward to seeing you again  
for the Hull Marathon & Relays,  
powered by Eon Visual Media &  
Brainworks in September 2020**

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