

**Runner Number**

*Bring me with you on the day and  
fasten me to the front of your T-shirt*

**2 x Safety Pins**

# meadows MARATHON

7th March 2010

**FOREWORD**

Thank you for entering the Meadows Marathon 2010. This year looks set to be another great event, with more interest than ever before.

We hope you enjoy the event.

*Sally Hutchby*

Event Coordinator

**PRE-RACE****Arrival**

Please note the start time of your race. We recommend arriving in Bristo Square at least 45 minutes before hand to allow for chip timing collection, securing your belongings and a thorough warm up.

If you need to go to Race HQ in Potterow Dome, we suggest you allow extra time for this.

If you have lost/forgotten your runner number, or are under the age of 16 years, you **must** go to Race HQ on arrival.

**Event Facilities**

- Belongings – There will be an area available in which to leave personal effects in Potterow Dome. Although we will take security precautions, we cannot take responsibility for the theft or damage of valuables left with us.
- Toilets – There are toilet facilities available in Potterow Dome. There is also a changing area available.
- Medical – First Aid facilities provided by St Andrews are available in the Potterow Dome and at the corner of Coronation Walk and Jawbone Walk.
- Catering – There will be refreshments available or purchase in Potterow Dome.
- Parking – Free parking may be available on Chamber Street, Melville Drive and surrounding areas.

**Health and Safety**

It is your responsibility to ensure you are fit enough to run the race. If on the day you wish to change to the 5km from the Half Marathon, this can be done at Race HQ.

The race is run entirely on tarmac, with the exception of cobbles in George Square. All runners must wear appropriate footwear. We recommend you bring warm clothing if it is cold and sunscreen if it is sunny.

If you have any pre-existing medical conditions or allergies remember to write these clearly on the back of your runner number.



Please contact us if you have any further questions: [info@meadowsmarathon.org.uk](mailto:info@meadowsmarathon.org.uk)

**THE RACE****Chip Timing**

You will need to collect your timing chip from the race timing area in Bristo Square 20 minutes before the start of the race. You will be asked to hand back your chip at the finish line. If you lose your chip, you will be subject to a £15 replacement fee. Timing chips should be attached to your ankle or shoe.

**EVENT SCHEDULE**

10 <sup>00</sup>	Registration and Belongings Areas Open.
10 <sup>45</sup>	Official 5km Warm Up
11 <sup>00</sup>	5km Start
11 <sup>30</sup>	5km Award Presentations
11 <sup>45</sup>	Official Half Marathon Warm Up.
12 <sup>00</sup>	Half Marathon Start
13 <sup>45</sup>	Half Marathon Award Presentation.
15 <sup>00</sup>	Race Closes.

**The Course**

The 5km fun run consists of two laps. We will walk you from the warm up area at Bristo Square, 300 from the starting point.

The Half Marathon course is a full 7 laps, followed by a shorter lap. It is **very important** that you follow marshal's instructions with regard to the final lap. After your last lap, you should pass through the finishing gantry.

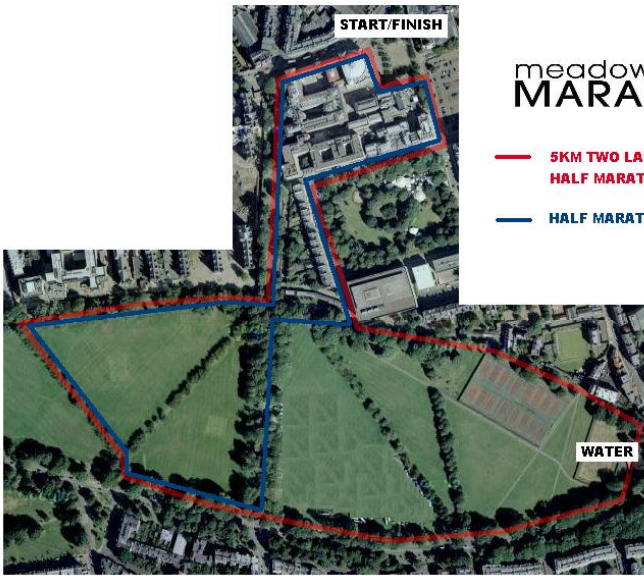
The route is clearly marked and coned off, but runners should be aware of potential pedestrians or cyclists. The course is narrow at times and faster runners will overtake slower runners. If you are a slower runner, then please keep to the left.

**Lap Counting**

You are responsible for keeping track of the number of laps you have completed. If you forget you should ask the race timing station and they should be able to help you.

**Fancy Dress**

Fancy dress is always welcome. However, please ensure your costume does not impede or endanger yourself or others.



meadows  
**MARATHON**



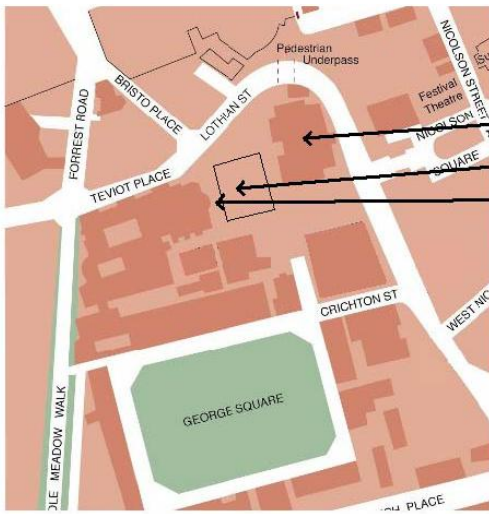
- 5KM TWO LAPS  
HALF MARATHON SEVEN LAPS
- HALF MARATHON FINAL EIGHTH LAP

## Getting There

By Car: Type Teviot/Lauriston Place or EH8 9AL into your usual route provider. Note: George Square will be closed to traffic.

By Bus: Bus numbers 41, 42, 67 stop next to Potterow venue. From City centre, buses to Surgeon's Hall/Nicholson Street are only a short walk away.

For more information on bus services, please visit - [www.lothianbuses.com/routemap.php](http://www.lothianbuses.com/routemap.php)



- POTTEROW
- STAGE & CHIP TIMING
- START LINE

## OTHER INFORMATION

### T-Shirts

A limited number of t-shirts will be for sale in the Potterow Dome.

### About Us

The Meadows Marathon is run entirely by volunteers from Edinburgh University. We support 5 main charities, but also fundraise for a host of others.

### Fundraising

If you are fundraising for any charity, please bring sponsorship money and forms to Race HQ. We will count it up, process your gift aid and send it to your charity.



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Please contact us if you have any further questions: [info@meadowsmarathon.org.uk](mailto:info@meadowsmarathon.org.uk)