

**FINAL INSTRUCTIONS**  
**East Hull HARRIERS & AC**  
**MAJOR STONE HALF MARATHON**  
**LOCKINGTON SUNDAY 11th SEPTEMBER 2011**

**The HALF MARATHON STARTS AT 10:00am**

**\*\*\* Please register early \*\*\***

**CAR PARKING:** There is a designated field, and a separate Farm yard. Please use these - it is an approximately 10 minute walk to the Village Hall where registration will take place. The start is outside the Post Office, opposite the Village Hall. Please **DO NOT** park on Front Street as the race starts and finishes here, therefore you will make it harder for yourselves and other runners if you park here.

Also, PLEASE do not stop in the area close to the Village Hall and Start even if only to “drop off” passengers

These measures are being taken to make the staging of the race as smooth as possible for the residents of the village.

**REGISTRATION:** When you register you will be given a number - please wear this on the front only. Do not alter or fold the number. The registration desk is in the Village Hall opposite the Post Office on Front Street (the main street) in Lockington. \*\*\* All Runners MUST register. \*\*\*

**LOCATION :** Lockington is approximately 5 miles north of Beverley, and about 6 miles south of Driffield, situated between two main roads the A164 Beverley to Driffield road and the B1248 Beverley to Malton road. Postcode is YO25 9SH

**REFRESHMENTS:** are available in the Village Hall, where hot and cold drinks and snacks will be available for purchase.

**Sports Massage:** will be available pre and post race. Donations will be welcomed for the use this service.

**PRIZES:** Every half marathon runner will receive a technical T-shirt. Various sizes are available (up to a point!) and must be collected from the Village Hall after the race.

In addition leading runners will receive various class prizes with the help of our race sponsor Humber Runner. The Prize Presentation is expected to take place between 12pm and 12:30pm in the Village Hall.

**Contact phone numbers:** (Sensible times only please)

Richard (Race Director) : 07595 015841

Mike (Clerk of the Course) : 07947 072567

These numbers will also be in operation on race day but like many rural locations reception can be variable.

**Medical Facilities:** There will be medical cover for the race provided by St John Ambulance Service. Please contact a member of St John or one of the numbers above if you see a runner who needs assistance.

**Supporters:** Supporters and friends are most welcome but many of the roads on the course are small and narrow. If spectators stay in the Village, they can see you at 2 miles (if they are quick) and approx 10.5 miles and can still walk back to the finish in time to see you cross the line. Driving to other points on the course would cause problems for your fellow runners so it is not encouraged.

**Prizes** and prize vouchers are being sponsored by



01482 647613

[sales@humberrunner.co.uk](mailto:sales@humberrunner.co.uk)

who will be present for your running needs.

**Results will appear on the club website after the event.**

**[www.easthullharriers.com](http://www.easthullharriers.com)**