



2017 GUERNSEY DAIRY HALF MARATHON MILK RUN

SUNDAY 18th JUNE 2017

**STARTS 9 AM AT L'EREE
AND FINISHES IN THE CENTRE
OF ST PETER PORT**



IN ASSOCIATION WITH



Race information

A scenic coastal run on a fast flat course awaits runners in Guernsey's premier long distance summer road race. This popular and competitive race attracts over 450 entries, with visitors from the UK, France, Jersey and further afield joining a strong local contingent. With the prevailing wind in the island being from the southwest, fast times can be expected in the early stages. That is, provided competitors are not tempted simply to stop and enjoy the island's many beautiful views and beaches as they pass! All in all, an enjoyable summer race in very attractive surroundings on the delightful island of Guernsey!

Mini Milk Run Races (u7, u9, u11, and Juniors): These races take place on the St Peter Port seafront whilst the Half Marathon is underway. Check in for Junior Races opens at 08:15. Mini Milk Run Entry forms are available from www.guernseycolts.co.uk, Guernsey Dairy Milk Run Facebook Page and Fletcher Sports. Entries are welcome on the day, but to guarantee a 'Mini Milk Run' t-shirt, please ensure your child's entry form is returned to Nick Marley, Sedona, Courtil es Rouget, St Martins Guernsey, GY4 6QD by Friday 9th June 2017. Island FM's Daniel the Donkey and Guernsey Raiders Rocky the Pirate will also be battling for their very own 'Mascot Milk Run' title at 09:15.

HALF MARATHON RACE ENTRIES

It is simplest to enter online via the link from our website:
www.guernseyathletics.org.gg/events/half

Entries are accepted on the day - subject to an additional fee. Entries available at the start area between 08:00 and 08:45 but please get there early to avoid the queue. It is helpful if runners download and complete the entry form from our website beforehand.

RACE NUMBERS

Runners entering before the end of 1st June 2017 will be sent their race numbers by post. All other entrants will need to collect race numbers from the organisers at the race start. Number collection will end at 08:45.

No check-in is required for those already in possession of a number.

Numbers should be pinned securely at the four corners on the front of your race wear. Race belts are acceptable but numbers should not be cut or folded.

T-SHIRTS

FREE Sponsored T-Shirt collection, any runner with a race number from 1 – 500 will be entitled to a FREE technical Milk Run T-Shirt or running vest. Attached to your

running number you will find a tear off voucher that can be taken to Fletcher Sports in the arcade. Please present this voucher as attached to the bottom of your race number. This voucher can be redeemed at Fletcher Sports on or before Saturday 17th June. If you have not collected your T-Shirt from Fletcher Sports prior to the Sunday 18th June and the voucher is still attached to your race number as you finish the race a Milk Run T-Shirt will be presented. This free Milk Run T-Shirt is only open to the first 500 registered runners.

To encourage runners to race in their Free Milk Run T-Shirt Fletcher Sports is offering two £100 vouchers as spot prizes for a lady and gentleman who completes the run wearing their Free Milk Run T-Shirt. The voucher can be redeemed at Fletcher Sports against the purchase of running equipment or attire.

TRANSPORT / PARKING

Island Coachways are providing buses from the layby in front of Coco Restaurant (formally Hojos). These buses depart at 07:15 (29 spaces), 07:30 (43 spaces) and 07:45 (29 and 43 spaces). We would advise runners to arrive early to avoid disappointment. Runner's kitbags will be transported from the start to the finish for you. Please use a sealable and labelled bag for your kit. No responsibility for bags or belongings is carried by the organisers or sponsors.

PARKING AT THE START

The start area is a closed road and NO car parking is available in the immediate area. There will be limited parking at L'Eree Bay and Lihou Island public car parks. Public toilets are available at L'Eree car park and at the start line.

RACE START

Runners should gather by the bend in the road by the shingle bank. Toilets will be available here. The race will start at 09:00 and runners will be guided to the start line further along the road. Look out for the large milk glass!

COURSE

Runners follow the main coastal road north for seven and half miles before turning east across the top of the island then south, around the Bridge and then towards St Peter Port finishing on the the Crown Pier. The start and finish areas are closed roads. All other roads are 'open' to traffic and runners should stay on the left hand side of the road at all times. Runners crossing the white centre line are liable to be disqualified, as well as putting themselves in danger of an accident.

There will be a lead car and at major road junctions GIAAC marshals will be on hand to assist with traffic management. Please follow the instructions of the appointed marshals.

For your own safety, the use of personal music players and ear/headphones is NOT allowed as this makes the runner less aware of the marshal's instructions and the proximity of traffic.

WATER STATIONS

Water stations are provided at approximately 3, 5, 7, 9.5, and 11.5 miles. Water (and milk!) will be available at the finish.

FINISHING & RESULTS

Your time will be taken as you cross the finish line.

A medal will be awarded to all finishers.

Results will be available online as soon as is practical after event at: www.guernseyathletics.org.gg

PRIZE GIVING

A brief prize giving will take place once all of the prize winners have been identified. If you are a prize winner please stay to receive your prize.

Prizes to be awarded are as follows:

1st Guernsey runner – Trophy

1st, 2nd, 3rd Man

1st, 2nd & 3rd Veteran Man (over 40)

1st & 2nd Super Veteran Man (over 50)

1st, 2nd, 3rd Woman

1st & 2nd Veteran Woman (over 40)

1st & 2nd Super Veteran Woman (over 50)

ESSENTIAL ADVICE FOR RUNNERS:

You are competing at your own risk. All runners are advised to seek professional medical advice if they have any health concerns regarding their participation in the race.

General guidance and advice for running in warm weather conditions, in particular:

HYDRATION

Ensure that you are well hydrated before you get to the start line. Drink sufficient fluids during the day prior to the race and on the morning of the race before the start. Pale or straw coloured urine is a good indication of proper hydration.

Be careful not to over drink as this also has serious consequences. Consider bringing and using electrolyte drinks/gels to ensure that your essential salts are maintained, as these are lost in perspiration. Again, avoid over drinking on plain water.

CLOTHING

Your body needs to be able to cool effectively and this is best achieved where sweat can evaporate from the skin, helped by air flowing over your body.

Wear a T-shirt or vest as this enables air to freely circulate. Avoid dark coloured clothes that will absorb the heat of the sun, instead choosing light coloured clothes that will reflect the sun's rays.

Choose clothing made for running especially those made of special technical fabrics which aid breathability and evaporation. See local stockists such as Fletcher Sports and InterSport who stock running specific clothing, or if you are in the first 500 to sign up, wear your Guernsey Dairy Milk Run 'technical' T-shirt! Avoid heavy cotton clothing, which gets soaked with sweat. This can inhibit cooling and can rub, causing skin sores.



Paul Ingrouille

Race Director,

Guernsey Athletics Club, May 2017



ENQUIRIES: Guernsey Athletics Club Administrator,

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Online entries via www.guernseyathletics.org.gg/events/half

Find us on Facebook: Guernsey Dairy Milk Run