



LET IT STOW HALF MARATHON RACE INFORMATION

The Raw Trails Team are looking forward to welcoming you to Stowmarket on Sunday for a fun and festive Half Marathon.

Our team have been out to recce the route and would like to **emphasise the importance of wearing appropriate trail running shoes**. The surface water is making it extremely muddy and slippery in areas so please do prepare sufficiently for the conditions.

Please ensure you take a few minutes to read the following race day information carefully.

RACE DETAILS

Date: Sunday 17th December 2023

Registration: 08:00 – 08:45

Start: 09:00am

Cut Off: 3.5 Hours

Age Limit: 17 Years

Location:

Chilton Fields Sports Club, Chilton Way, Stowmarket IP14 1SZ

Car Park: If possible please consider car sharing as parking at Chilton Fields is limited.

If you are unable to find a parking spot in either car park, please be considerate when parking, we would strongly encourage you to allow extra time and consider utilising the town car parks.

Please note: All cars parked in the car park do so entirely at their own risk and the race organisers or land owners accept no responsibility for any loss or damage to vehicles or valuables parked there.

RACE REGISTRATION

Registration is situated to the rear of the sports / rugby club building.

We will organise registration into the following two zones, please ensure you are in the correct zone.

Surname A - L

Surname M - Z

Please be patient, our volunteers will do their best to work as fast as possible to issue your race number and safety pins.

Race Numbers: Please ensure your race numbers are secured to the front of your body and clearly visible to our race timers upon finish. We suggest securing them to your shorts or leggings as these are less likely to be covered by layers.

Please ensure your medical details are completed on the reverse of the Bib.

THE ROUTE

This 'Out / Two loops / Back' route includes a variety of terrain including woodland, meadows and country lanes.

You will pick up the second loop through the woodland, our marshal will be on hand to guide you.

Following the recent rain, the route will be muddy and slippery in parts. **Please wear appropriate Trail Shoes.**

Earphones are NOT permitted this year due to the conditions of the course, for extra safety we would like you to be alert and aware of your surroundings.

Below is a link to view the route which includes a **GPX file**, we suggest familiarising yourself with the route and downloading it onto your watches or onto a mapping app such as Outdoor Active (Free) or OS Maps (small charge).

If anyone needs any help with this - please get in touch!

POTENTIAL ROUTE HAZARDS

Surface Water - slippery in areas - please exercise caution.

Terrain - The route includes a number of exposed tree roots and uneven terrain.

Road sections - Please be aware of vehicles on the road. High Visibility clothing is recommended.

General Public - The route is utilised by the general public.

Cyclists - The route may cross cycle paths.

Wildlife / Dogs - Please be aware of local wildlife including deer and dogs.

ROUTE SIGNAGE

The course will be marked by yellow signs sporting black directional arrows.

Red and White tape may also be used to offer further assurance.

[**Click Here to view Route**](#)

[**Click Here to download GPX**](#)

RACE ETIQUETTE

If approaching other runners or members of public please make them aware by calling out before passing on the right hand side.

WATER STATION / CUPLESS RACE

Please note this is a cupless race. Fresh drinking water will be available for you to refill your bottles / flasks at mile 2, 7 & 10 but no drinking cups will be provided.

MEDICAL SUPPORT

Trained medics will be available throughout the race.

For your safety we will have a number of race marshals out on the course.

If you, or another competitor requires medical attention or would like to withdraw from the race please call the Race Director who will arrange assistance.

If the injury is life threatening please call 999.

RACE WITHDRAWAL

If you are withdrawing from the race please inform a race official or contact the race director.

LITTERING

We are passionate about leaving only footprints, please ensure you clean up after yourself. Bins are provided at start / finish / half way

WEATHER / KIT

Please check the forecast and dress appropriately, consider carrying a waterproof jacket, base layer, hat and gloves.

Please carry a fully charged mobile phone with the Race Directors number saved. Race Director: 07399466971

Trail Shoes are mandatory.

FINISHER GOODIES

Please collect your finisher TRIBE Bar, mince pie and race medal from the finish gazebo when you have completed your race.

Please note: Tribe Bars and Mince Pies may contain nuts.

RESULTS / FINISHER TROPHIES

Please ensure your race BIB is clearly visible at race start and finish - failure to do so may result in missing results.

Results will be live.

Trophies will be awarded for the following categories:

Male – 1st, 2nd, 3rd

Female – 1st, 2nd, 3rd

RACE PHOTOGRAPHY

The talented guys from Epic Action Imagery will be on hand to capture you and your pooch in action - Photographs are free to download and participants will be notified via email when they are ready to view.

BAG DROP

A manned bag drop will be available at the start. Please ensure your bag is clearly labelled with you bib number which can be found on the Start List below.

[Click Here to view Start List](#)

TOILETS

Please use the unisex toilets at the rear of the rugby club.

SUPPORTERS

Supporters are welcome, but please ask them NOT to gather around the start / finish zones - there is ample space further along the route.

The rugby club will be open for Tea / Coffee and light refreshments.

HAVE FUN & SPEAD SOME FESTIVE CHEER!

The Raw Trails team can't wait to welcome you all and ensure you have a fun morning out on the trails!

Don't forget we're offering spot prizes for best festive attire so dig out the tinsel and let's spread some festive cheer!

We wanted to take this opportunity to thank you for your continued support.

The Raw Trails Team

rawtrails
we were born to run