



RUNNER EVENT GUIDE

Sunday 24th March 2024



WELCOME

Welcome to the 2024 Albert Goodman Weston Super Half. We're looking forward to welcoming you all to Weston as we look to celebrate the #HeroInYou

Please read through the following event guide carefully - the information contained within it will ensure you have a fantastic race day experience.

Whether this is your first half marathon or your hundredth, we hope you have a great race and we'll see you at the finish line on The Grand Pier on Sunday 24th March.

WMP Creative,
Organisers of the
Albert Goodman Weston Super Half



1 YOUR RACE PACK

If you registered for the event prior to Monday 11th March, we'll send your race pack to the address you provided during the registration process. This should arrive with you in the weeks leading up to the event.

Your race pack will contain:

- Your running number, with timing chip attached
- Your baggage tag (attached to the bottom of your running number)
- 4x safety pins for attaching your number to your running top
- A letter outlining timings for the day

If you entered the event after Monday 11th March, you'll need to collect your race pack from the registration point in the event village on Sunday 24th March. Please make sure to allow plenty of time for collecting your race number from the registration point and remember to bring photo ID with you to collect it!

IF YOUR EVENT PACK DOESN'T ARRIVE

In the event that your race pack does not arrive before the event, please first contact us on info@westonsuperhalf.co.uk so that we can arrange for a replacement event pack to be waiting for you in the event village on race day. Again, you will be required to show photographic ID in order to collect your race pack.

CHAMPIONSHIP ENTRY BIBS

If you entered the event as a Championship entry, or have a predicted finish time of sub-90 mins, you have been provided with a championship bib. These bibs feature a blue background to the race number, and will allow you start in the leading start pen. Please note that only runners with a blue background to their race number will be allowed

to start from the leading pen. If you feel we have wrongly assigned your bib, please contact us on info@westonsuperhalf.co.uk

YOUR BIB NUMBER



Please look after your bib number - there will be limited spares available at the start and so damaged bibs may not be replaced.

On the reverse of your bib, you will find both your timing chip and medical information form. Please do not remove, bend or otherwise tamper with the timing chip as damaged chips will not provide you with an official finish time.

Make sure you fill out the medical information form on the back of your bib - this could save your life in an emergency.

NEW FOR 2024!

Why not personalise your race bib by adding your name and some colour into the blank box on the front?

2 BEFORE THE EVENT

It is important to be fit and healthy before taking on a half marathon. The 13.1 miles will put pressure on your body and you should therefore not take any unnecessary risks with your health. If you are ill or injured in the run up to the event, it is not advisable to run and you should withdraw from the event.

Whilst we understand that withdrawing from the event is disappointing after so much training, it is not worth the risk to you and your health. Severe exertion and physical activity during or soon after an illness or injury can be dangerous.

Do the right thing. Don't take the risk.

COVID-19

In the event that you test positive for Covid-19 in the run up to the event, or have been in contact with someone else who has tested positive, then please do not attend the event.





Good luck Weston Superheroes

As title partner for the 2024 Albert Goodman Weston Super Half, we want to wish every runner good luck on race day. Our team will be out in force cheering on everyone, including the hundreds of Albert Goodman runners raising funds for our charity of the year, Devon and Somerset Air Ambulance.

AG ALBERT
GOODMAN

Weston Gateway Business Park
3 Filers Way
Weston-Super-Mare
BS24 7JP

(T) 01934 642222

3 GETTING TO THE START

Sunday 24th March may still seem a little way off, but it'll be here in no time. It's important that you plan your route to the start on race day - this will take any stress away and allow you to remain relaxed before taking on the event.

Please note that the Event Village and Start Line for this year's race has moved to Marine Parade, between Revo Kitchen and Tropicana.

WHEN TO ARRIVE

The event village opens to members of the public at 07:30am on Sunday 24th March, with the **Albert Goodman Weston Super Half starting at 09:00am.**

Please arrive in plenty of time - the race start will not be delayed for late arrivals.

MOKI COMMUNITY MILE

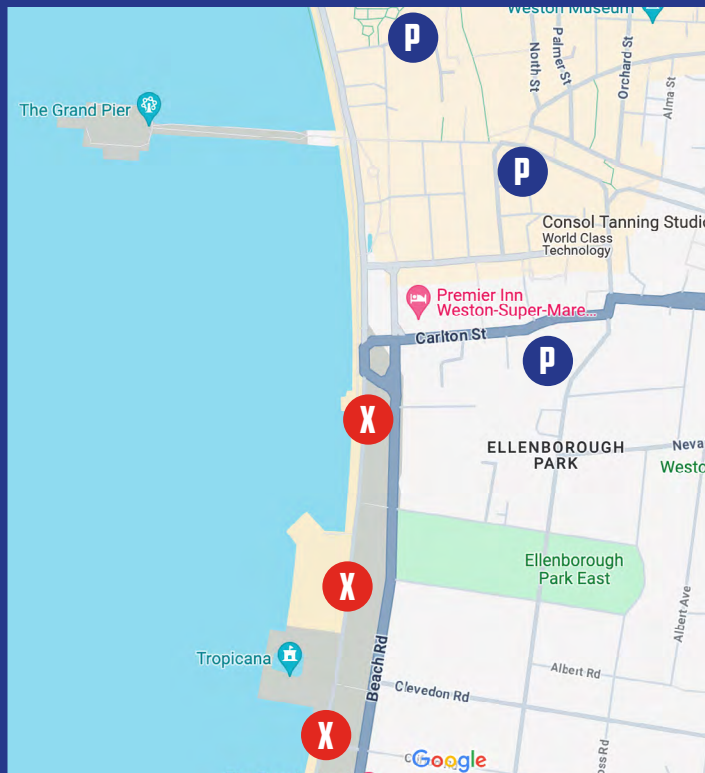
The Moki Community Mile will set off from the Marine Parade start line, heading north onto the Grand Pier.
The MOKI Community Mile will start at 09:20am.

PLAN YOUR JOURNEY

Please plan your journey to the start in advance. A number of road closures on route will be enforced from 07:00am on race day, so you may need to make allowances for this.

[CLICK HERE](#) to see all information regarding road closures for this year's event.

CAR PARKING



Please note there is NO car parking available at the start line for the race.

A number of public car parks are located within walking distance of the event, although these may be subject to parking fees.

The closest Car Parks are:

- Sovereign Shopping Centre (810 spaces)
- High St Multi-Storey (405 spaces)
- Carlton St Multi-Storey (381 spaces)

PLEASE NOTE THAT THE PARKING ON MARINE PARADE WILL NOT BE ACCESSIBLE UNTIL AFTER THE RACE.

4 AT THE START

There's lots to see and do at the event start village this year, so why not have a look around and see what's on offer before the event?

You and your supporters will have the opportunity to meet our title partner, Albert Goodman, explore some of the latest vehicles from our long-standing partner Howard's Motor Group and learn more about the fantastic work of our official charity partners for 2024!

NEW START LOCATION

For 2024 we are utilising a new start line location on Marine Parade, between Revo and Tropicana. Please allow additional time to reach the new start line which is located further from the suggested car parks.

BAG DROP

The baggage tent will open to all runners at 07:30am. Please ensure you have attached your baggage tag to your bag before handing it over to

the baggage team - this can be found on the bottom of your running bib and is perforated to allow you to easily detach it.

Please note that you will need to show your running bib to the baggage team after the race to collect your bag.

KEEPING WARM

Many participants choose to wear old clothes before the start to keep warm. If you discard these items before the start line, please do so by throwing them over the railings either side of the start pens to stop them from becoming a trip hazard for other runners. Look out for each other and make sure everyone can enjoy their Weston Super Half experience.

All discarded clothing will be collected and sent for reuse and recycling.

PLEASE DO NOT USE BIN BAGS TO KEEP WARM - THEY CANNOT BE RECYCLED AND ARE SLIPPERY AND DANGEROUS WHEN WET.



This year's Official Hydration Partner, Bristol Water, will be on hand in the event village throughout the event, as well as supplying water to all our drinks stations on the course, helping us eliminate the use of over 18,000 plastic bottles at this year's event.

Why not pop along and meet the Bristol Water Team in the event village whilst learning about how you can reduce your wplastic waste, save water and hear about the work of Bristol Water in the community?

#EveryDripEveryDrop



START PENS

The start pens will open to runners at 08:30am. Please note that only runners with a valid bib number will be able to access the start pens, spectators will not be able to access these areas but are welcome to line the barriers either side of the start chute to cheer you on your way.

Each start pen will be clearly labelled - please line up in the start pen which matches your predicted finish time for the event. Everyone will receive an accurate finish time using the timing chip attached to your bib number - you do not need to start at the front!

The front start pen is reserved for those who are competing for the overall win at the event, and have met the strict qualifying times. These runners will be distinguishable by a blue background to their bib number. Please do not attempt to enter the front pen unless you have one of these bibs. If you think you qualify for this pen, but have not been provided with a blue bib, please email us on info@westonsuperhalf.co.uk

MOKI COMMUNITY MILE

The starting pen for the Moki Community Mile will open to participants at 09:20am. Moki Community Mile participants should make their way towards the start line and assemble in the Community Mile Starting Pen which will be signposted.

WESTON AC PACER TEAM

We'll once again have a full roster of pacers at this year's Albert Goodman Weston Super Half! Our friends at Weston AC will have 10 pacers on course and they'll each be running to a designated time, helping you to judge your speed and meet your finish time goals.

If you want to follow one of our pacers, they'll be easy to spot with a tall, brightly coloured flag on their back. Pacers will run to the following times: 1hr30, 1hr45, 2hr00, 2hr15 and 2hr30.












ALBERT
GOODMAN

START PENS

REVO KITCHEN

START LINE

FACILITIES

-  Sponsor Stands
-  First Aid Point
-  Toilets
-  Coffee Consession
-  Baggage Marquee
-  Info point/Registration
-  Photo Opportunity

TROPICANA

THE START ZONE

5 YOUR HALF MARATHON

Once you've passed the start line, you're within touching distance of your goal - crossing the finish line on the Grand Pier!

DRINKS STATIONS

You'll find five drinks stations on the course.

Water from Bristol Water will be served at miles 2, 5, 10 and 12. High 5 Electrolyte drink will be served at mile 8.

Drinks will be served in fully compostable paper cups - please help us to ensure that these are separated correctly from general waste and drop them in the labelled bins following the drinks stations.

ENERGY GEL WRAPPERS

Many participants choose to consume energy gels whilst tackling the event. Please do not discard these on the side of the road. Help us to protect the local environment by putting these in your pocket and disposing of them in the general waste bins which can be found at each drinks station and at the finish line.

DISTANCE MARKERS

Each mile and 5K point will be clearly marked with a large sign.

WALKING

At some point, perhaps through tiredness, cramp, blisters etc, you may be forced to walk. If this happens, please move to the side of the road to allow faster participants to overtake.

ANIMALS AND WHEELED DEVICES

No animals or electronic wheeled devices are allowed on course and will be removed from the race,

HEADPHONES

The use of noise-cancelling headphones is forbidden. The use of these could endanger you, in an instance where a marshal needs to provide you with information. Please do not take the risk.

The use of bone conduction headphones is permitted.



BUGGY RUNNING

Participants wishing to run with a buggy must line up at the rear of the field. Please be mindful of other runners and take extra caution when navigating the narrower parts of the course. Buggy runners **MUST NOT** run with any headphones, for the safety of other participants.

COURSE CUT-OFF TIMES

We aim to support every participant to the finish line, whatever their pace is. As part of our agreement with North Somerset Council, there is a course cut-off time of four hours during which the road closures will remain in place. Should you fall behind this pace, our sweep team will ask you to transfer to the pavement, so that we can re-open the roads to the timings agreed prior to the event.

Should you fall behind, our dedicated tail-walkers will support you to the finish line.

FIRST AID

A number of First Aid points will be available on the course, should you require any medical attention, along with medical centres in the event village and finish zone.

First Aid points will be available at every mile from 2 to 12, as well as at the start and finish.

DROPPING OUT

Should you feel unable to complete the event, you must inform a member of the event team or medical team of your decision to drop out. They will then be able to call for a sweep vehicle to assist you back to the finish zone, and inform race control of your decision so that you are not classified as a missing participant.

NEVER DROP OUT WITHOUT INFORMING A MEMBER OF THE EVENT/MEDICAL TEAMS.

SAFETY & SECURITY

We work closely with the local emergency services to keep everyone safe on race day.

If you see something suspicious on race day, please don't hesitate to report it to one of our race day stewards, a member of our security team or a Police Officer.



ROUTE MAP

AG ALBERT GOODMAN



FINISH

START

START LAP

Down Marine Parade and return up Beach Rd: Pass through the start and back down Marine Parade before bearing right onto the beach

BEACH - HARD SAND!
Outbound & return

ROUTE INFORMATION

- Mile markers
- Water Stations
- Event Village
- Rock Choir

5 AT THE FINISH LINE

Crossing the finish line on the Grand Pier is a great feeling - you've just finished one of the UK's most unique half marathons!

Running a half marathon is a big challenge; in the excitement of having reached your goal, it's easy to lose your bearings, so please read the following information carefully, so you know what to do once you've crossed the finish line.

THE FINISH LINE

The finish zone is a runners only area on the northern side of the pier, directly after the finish line. Once you cross the finish line please keep moving forwards to create space for runners finishing behind you.

Should you feel unwell, please make yourself known to a member of the medical team immediately - they will then be able to assist you.

You will be issued with your finishers medal, and water, energy drinks and nutrition bars will be

available. Foil blankets will also be available should you need one.

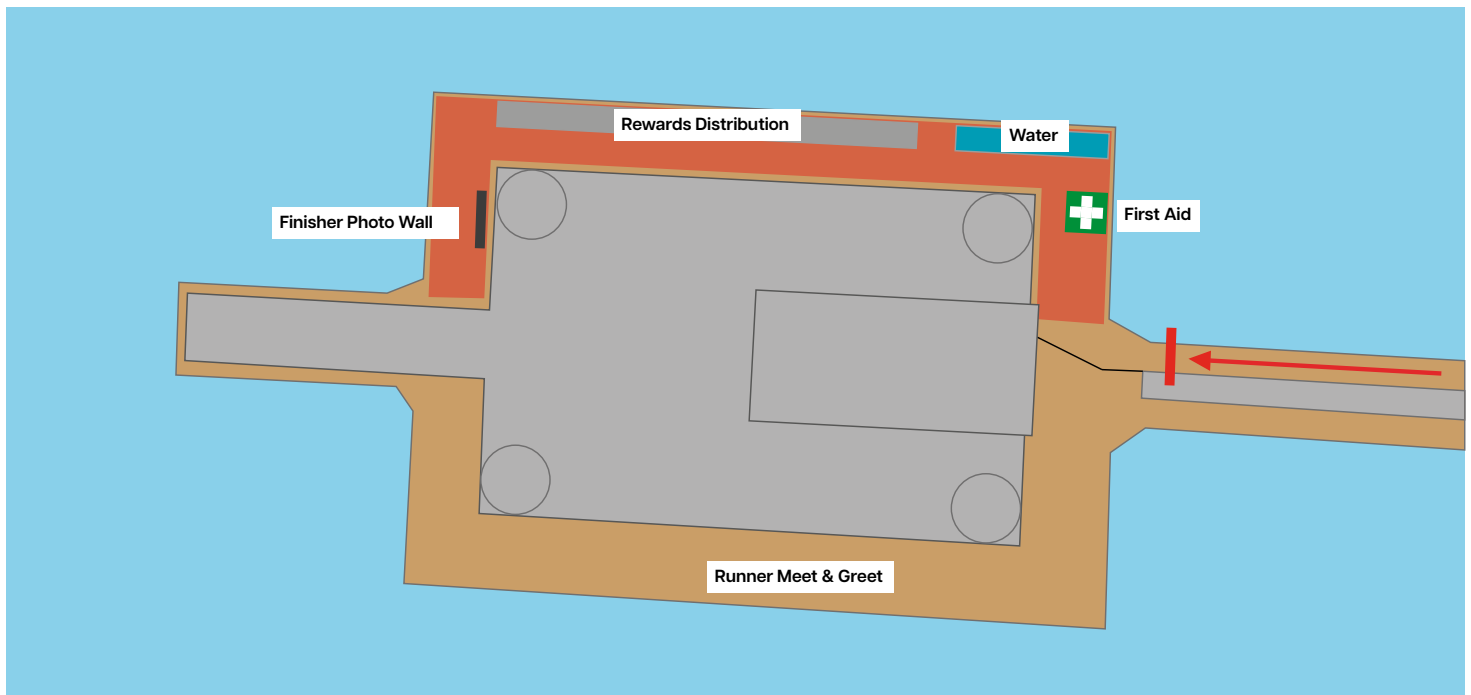
FINISHER T-SHIRT

After you have collected your medal, you will be able to collect your free finisher T-shirt. Please collect the size you requested during sign-up. If you opted for a tree to be planted instead of receiving a finisher T-shirt, you will be able to collect a separate rewards bag. Details of your tree will be sent after the race!

RUNNER MEET & GREET

The Runner Meet & Greet area is located on the southern side of the Grand Pier, close to the outdoor cafe.

You will be able to meet any spectators who have paid to gain entry to the Grand Pier here. Alternatively, make your way back to the entrance to the Grand Pier and the shoreside Runner Meet & Greet in the event village.



BAGGAGE COLLECTION

Please collect your baggage from the bag drop on Marine Parade after your run. The bag drop will close to collections at 13:30. Any bags left after this point will be removed.

RACE RESULTS

All participants who have registered their mobile phone number will receive their official finish time, shortly after crossing the finish line via text message from our partners, Titanium Race Timing.

Race results will be published to the event website after the event has finished.

RACE DAY PHOTOS

Our race photographers from Marathon Photos Live will be out in force during the event. Remember to give them a smile and a wave as you pass! A special discounted photo package will be available for a limited time after the race.



RACE DAY MASSAGE



The fantastic team of therapists from **The Physio Crew** will be on hand after the race, offering sports massage in the event village to participants.

Simply head to the massage station and pay the team for your treatment - the perfect way to ease those tired legs!

Take on Cheltenham

Sunday 1st September 2023

Use code "WESTON2024" to save 10% off entry

RUN
Cheltenham
IN ASSOCIATION WITH SAFRAN

SAFRAN

Thank you to all of our event partners, without whom the
Weston Super Half could not take place



BRISTOL
WATER

