



Larking Gowen



IPSWICH HALF MARATHON

23.10.22

YOUR RACE GUIDE

COURSE INFO | FIND YOUR NEXT CHALLENGE | DAY TIMETABLE & MORE!

ALL PROFITS FROM RUN FOR ALL WILL GO DIRECTLY TO THE JANE TOMLINSON APPEAL.
ALL ENTRANTS ARE ENCOURAGED TO FUNDRAISE FOR THE CHARITY OF THEIR CHOICE.



WELCOME TO THE LARKING GOWEN IPSWICH HALF MARATHON!

Coming up on Sunday 23rd October, the Larking Gowen Ipswich Half Marathon is now just around the corner. To make sure you're totally ready for this exciting event, we have all the details you need to make sure you're race day ready.

We are delighted to be offering this NEW event for Run For All. We have an excited route planned, starting and finishing at Ipswich Town F.C. and taking in all the sights of Ipswich, such as the iconic water-front area, the River Orwell, and more. We hope you're looking forward to this event as much as we are!

A BIG THANK YOU!

The Larking Gowen Ipswich Half Marathon means race-day buzz, roars from the crowds, scores of runners crossing the finish line, countless inspiring stories, and thousands of pounds raised for charity. Thank you for choosing to take part in this amazing event.

Jane Tomlinson's Run For All

Run For All is part of the lasting legacy of the late amateur athlete and fundraiser Jane Tomlinson CBE.

At Run For All, we continue Jane's vision to provide a fundraising vehicle for a huge number of local and national charities. Find out more [here](#).



WE LOVE IPSWICH!

Whilst we've been hosting amazing running events for more than 15 years, this is our first EVER event in the town of Ipswich. We can't wait to help runners from Suffolk and beyond fundraise for important charities, challenge themselves, and support each other. We hope you're looking forward to this exciting half marathon just as much as we are.



Photo credit: All About Ipswich

PLAN YOUR DAY

The 2022 Ipswich Half Marathon is nearly here.

The wait is nearly over – before you know it, you'll be standing at the start line ready to hit the streets of Ipswich with all the other excited participants. In this section, we have lots of vital information that will help you prepare for the big day.



WHAT TO EXPECT?



FOR ALL atmosphere

At Run For All we pride our events on being FOR ALL and this event is no different. So, whatever your own personal goals, please remember that we want to create an inclusive, supportive environment for everyone.



Eventers

Without the support of our amazing Eventers from JAFFA Running Club, this event simply wouldn't be possible. Please take the time to give them a big thank you on course when you grab your water, or at the finish when they hand you your goody bag and medal.



Runners

You should be incredibly proud to be a part of the Larking Gowen Ipswich Half Marathon. We are expecting to raise thousands of pounds for local charities thanks to runners like you. So, on behalf of all the charities involved, we want to say THANK YOU – we couldn't do it without you.

KEY TIMINGS

SUNDAY

- 7.30AM** Race Office and Baggage Store open in Event Village
- 9.15AM** Official warm up begins at the start line
- 9.30AM** The Larking Gowen Ipswich Half Marathon begins
- 10:38AM** First male runner expected
- 10:55AM** First female runner expected
- 1:00PM** Cut off time for all runners



YOUR RACE NUMBER

IMPORTANT

If you signed up before or on 23rd August, we have posted your race number to you. If you signed up after this date, you will need to collect your race number from the Race Office from 7.30am on event day.

What if my race number doesn't arrive in the post before the event?

Don't worry – you can come to the race office from 7.30am on event day and we'll give you a new number.

How should I wear my race number?

Please make sure that your number is fixed to the front of your t-shirt or running vest. It must be clearly visible. Please be careful when using safety pins that you don't pierce or damage the timing chip.

What will I need my race number for?

You will need your number to access the start line and to use the Baggage Store. It will also need to be visible to photographers from Marathon Photos on course, so they know which photos you're in.



Baggage tag

There is a tear-off strip attached to the bottom of your race number, which you can tie around a handle of your bag if you want to use the Baggage Store.

Your timing chip

Your timing chip is attached to your race number – please don't tamper with it or damage it.

PACERS

Our team of pacers, sponsored by Arla Protein, are from Ipswich's own JAFFA Running Club! They're looking forward to supporting you on your run.

Each pacer will have a flag attached to them with finish times and will run at a steady pace. If you keep up with them, you'll be able to achieve the time on the flag.

Our pacers will be pacing at five minute intervals between 1:35 and 2:20.

They're all very friendly, so feel free to have a chat with them before the event, and be sure to say thanks once you've crossed the finish line!





GETTING THERE

Travelling to Ipswich is easier and quicker than you might think, so we encourage all entrants to use public transport or car share with family and friends if possible.



By bike

There are bike racks around the Event Village for you to use. Please view this [map](#) to see the exact locations. Please note that road closures apply to bikes.



By car

Ipswich can easily be accessed by the A14 from the north and southeast and A12 from the east and southwest. To minimise environmental impact, please consider car sharing.



Parking

Please park in the council car parks around Portman Road stadium.

Click [here](#) for more information.



By train

Ipswich Train Station is located south of the river, and is approximately a 12-minute walk from Portman Road. Please click [here](#) to see more information.



RACE DAY



Baggage storage

Please leave time to drop your bags at the Baggage Store in the Event Village, which opens at 7.30am. You will be able to retrieve your baggage from the same place after your run.



Headphones

You are welcome to wear headphones, but please make sure that you are aware of your surroundings all around the course.

If you wish to listen to music on your run, please make sure that you're able to hear the marshals' instructions, emergency vehicles and fellow competitors.



Approved headphones for RUN FOR ALL events.

Using bone conduction technology, award winning SHOKZ (formerly AfterShokz) deliver stereophonic sound through your cheekbones to your inner ear.

This means you can enjoy your music and still hear everything around you including traffic, emergency vehicles and other warning noises as well as race instructions from marshals and fellow competitors.

For your exclusive Run For All **15% discount** through Up & Running. Use the code: **RFASHOKZ** on the Up & Running [website](#).

STARTING THE RACE



Zones

This is a self-penning event, so you'll need to decide how far back you want to be from the start line. If you're expecting to be very fast, please head up the front. If you're taking it a bit slower, please hang back. This will help to prevent congestion when we start the race.



DURING THE RACE



Warm up

Make sure you get to the start line by 9.15am to take part in the official warm up. This is a great way to get moving and ready to run.



Clothing

Please note that any clothing left anywhere other than in the Baggage Store will be collected at the end of the race and donated to charity.



Fuel and hydration

It is very important to stay hydrated. You'll find water stations on course at the 2.8 mile, 5.9 mile, 7.9 mile (this station will also have High 5 energy gels!), and 10.9 mile marks. As well as on course, all runners will receive water at the finish from our sponsors Water in a Box.



Toilets

Please only use the allocated toilets for this event. These will be within the football stand and behind the Baggage Store, with access from Constantine Road. Run For All operates a zero tolerance policy – any participants seen urinating anywhere other than a designated toilet will be disqualified.



Litter

We're committed to keeping Ipswich tidy and want to ensure we leave the town as we found it. Recycling bins will be provided around the Event Village and we ask that you use them. Bins will also be provided over the 100 metres following the drink stations on course and we request that you use these to help our clean-up crews. If you want to hang on to your water beyond the provided bins, please pass any litter to your nearest marshal.



CROSSING THE FINISH



At the finish

Please respect others when finishing. If you're not looking for a big finish, please move to the side and make room for others. We know that you will be keen to take a well-deserved rest but continue past the finish line to collect your water, as stopping suddenly can be dangerous to those behind you.



Finish drinks

After you continue past the finish line, you'll be able to grab some water to help you rehydrate. The finish drinks have been kindly supplied by our sponsor, Water in a Box.



Meeting family & friends

Got fans? Please arrange to meet your friends and family in the Event Village. This will help us keep the finish area clear and safe.

AFTER THE EVENT



Food & drink

Ipswich has an abundance of restaurants and bars to satisfy your refuelling needs. Check out the vibrant town centre after the event.



Goody bag

Make sure you pick up your goody bag after you finish. There'll be plenty of tasty treats provided by our sponsor GoPuff, as well as your event t-shirt and medal.



Medical facilities

As well as the medical staff on course, there will be a combination of first aid points and roaming first aiders around the Event Village. Please see the Event Village map for the locations of first aid.



Reclaiming baggage

You are advised to make your way to the Baggage Store to reclaim your property before meeting up with your loved ones. Please collect your bags as soon as possible so that you can avoid the queues.



Results

All results will be available on our website soon after the end of the event. However, keep in mind that it's not all about times – you should be proud of yourself just for getting out there and getting active!



Marathon photos

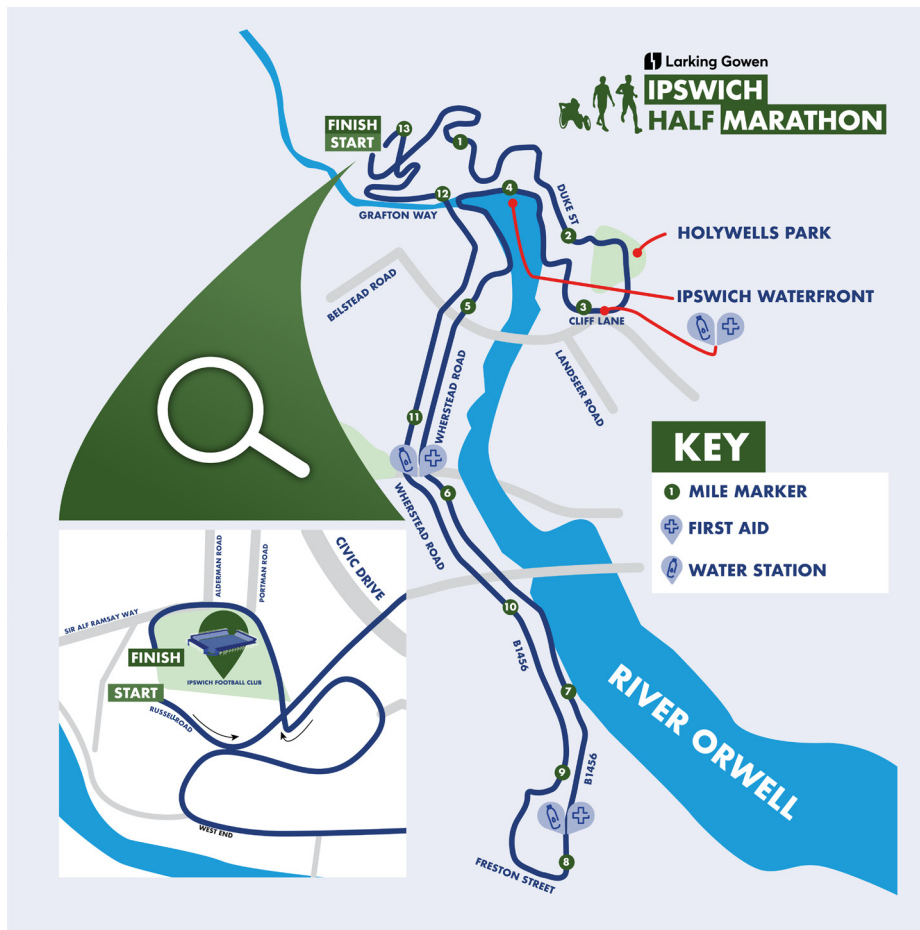
Smile! The Marathon Photos team will be on course throughout the event to snap your picture. Photographs can be purchased online [here](#).



Partner charities

You will be able to find our wonderful partner charities, Lighthouse Women's Aid, Homestart, St Elizabeth's Hospice, and Fresh Start New Beginnings, in the Event Village. Make sure you head into the Event Village before or after the event to say hi!

ROUTE MAP



EVENT VILLAGE MAP




1 Baggage

 Medical

2 Toilets
(Also available in football stadium)

3 Charities

 Finish drinks
& goody bags

4 Race Office

GOOD LUCK TO THE RUNNERS OF HULL



We are on a journey to discover the inner strength of people just like you.

We hope you enjoy our range of tasty, all natural, high-protein products!

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AND #FEEDYOURDRIVE
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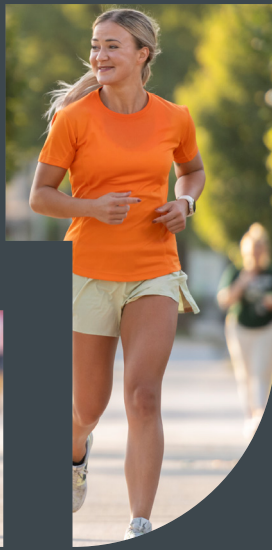
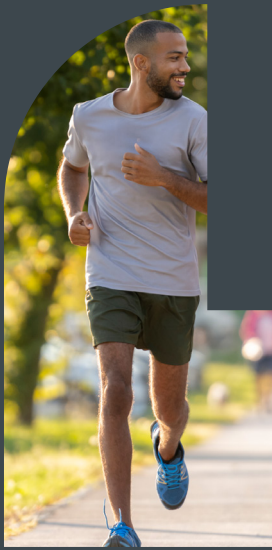
Walk, jog, run or volunteer... *IT'S YOUR CHOICE*



For full details on all the events visit: www.parkrun.org.uk

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