

# NEWTON'S FRACTION

## HALF MARATHON

& 3Km Fun Run

**10.30 a.m.**

**SUNDAY 7<sup>th</sup> MARCH 2010**

Dear Runner

Thank you for your support in entering the 2010 Newton's Fraction.

Please read the following instructions carefully to make your participation in the event trouble free.

Enquires to [fractionentries@granthamac.com](mailto:fractionentries@granthamac.com) or phone 0788 7796 991

### **REGISTRATION**

- There is no need to register before the event; this letter confirms your entry.
- Enclosed is your race number, which you must wear on your chest. Please give details on the back of the number of any medical conditions such as Asthma etc. Please wear your own number to avoid confusion in the results and in the unlikely event of an injury or illness during the race.

### **GETTING THERE**

- South Kesteven Sports Stadium, Trent Road, Grantham, NG31 7XQ is located just off the A1 –A607 junction (see location map).
- There are extensive parking facilities at the Stadium. (see stadium plan) with overflow car parking available across the road – see local signage on the day
- By rail- the stadium is a little over 1½ mile away from Grantham station (see location map).
- For details of local accommodation, please visit [www.skdc.com/tourism](http://www.skdc.com/tourism).

### **RACE DAY INFORMATION**

- Showers, changing, toilets and a small baggage area are available in the Stadium.(see plan).
- St John Ambulance will provide medical support on the course and at the Stadium.
- Refreshments will be available at the Stadium and a licensed bar, Strikers Bar, will be open from 12 noon (see stadium plan)

### **THE RACE**

- Newton's Fraction Half Marathon is an accurately measured course with mile markers and 5km, 10km and 15km markers (see race route map).
- The course is well marshalled with 4 water stations at about 3½, 5½, 7¾, and 9½ miles
- **Please run on the left hand side of the road at all times and obey any instructions given by the race marshals especially at cross over points.**
- **TAKE CARE – THIS IS NOT TRAFFIC FREE - PLEASE BE AWARE OF OTHER ROAD USERS.**

### **START**

- Assemble in the stadium at 10.25 a.m. prior to the start where you will be led by the Race Director to the start line.
- The race will start at 10.30 a.m. prompt on the road outside the Stadium.

### **FINISH**

- On entering the stadium run a lap and a bit on the track to finish.
- Please move along the funnel and ensure you maintain your position as this is where your time and position will be recorded.
- Please collect your goody bag, t/shirt and drink

## **PRIZES & PRESENTATION**

- Top 3 male and female prizes – 1<sup>st</sup> £50\*, 2<sup>nd</sup> £30\*\* and 3<sup>rd</sup> £20\*\* will be presented at 12.30pm
- NB. One award per individual
- All other prizes will be sent by post as soon as possible
- 1<sup>st</sup> MV 40 45 50 55 60 65 70 & U20M - £10\*\*
- 1<sup>st</sup> FV 35 40 45 50 55 60 65 & U20F - £10\*\*
- 1<sup>st</sup> Male Team (3 to count) and 1<sup>st</sup> Female Team (3 to count) - £10\*\*
- \* - Lincolnshire Runner Vouchers
- \*\* - Argos Vouchers

## **RESULTS**

- Results will be published on the Grantham AC website at [www.granthamac.com/road](http://www.granthamac.com/road)
- Or by post for the cost of £1.00. Obtain an envelope from the late entries desk, complete with your name and address.

## **WEATHER CONDITIONS**

- In the event of adverse weather conditions under which it is deemed unsafe to run the race, the event will be cancelled. Race Director's decision on this is final.

## **FUN RUN**

- For the younger ones and those not so energetic there is The Little Apple 3km Fun Run
- The fun run will start at 10:50am.
- Entries can be made on the day at no extra charge. A separate registration desk will be in Strikers Bar on the upper floor of the main building above the Foyer from which runners can obtain their numbers.

## **CHARITIES**

- We are supporting Lincs & Notts Air Ambulance and the St. John Ambulance charities this year.

## **SPONSORS**

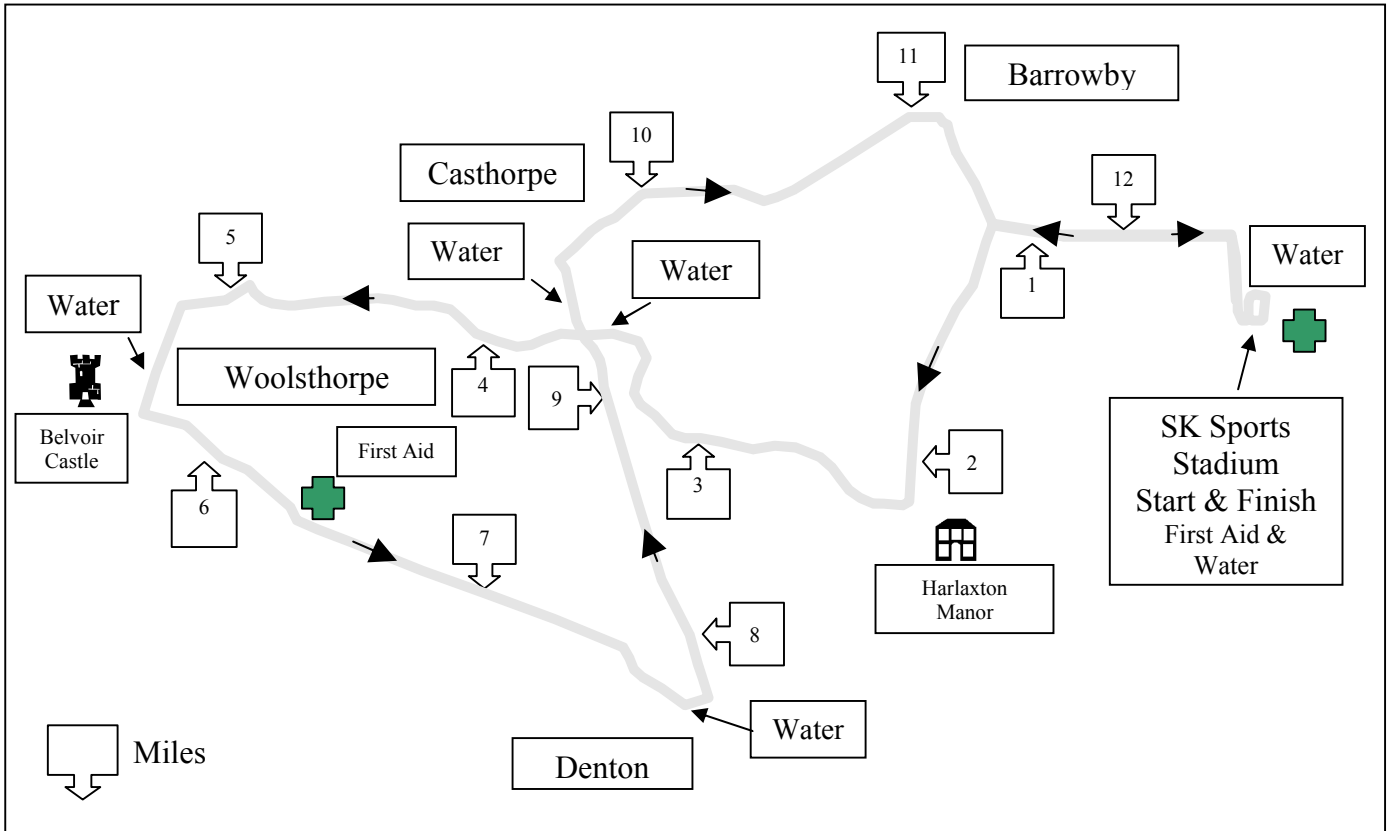
**May we thank all our supporters and sponsors for their help and contributions to this years Newton's Fraction and Little Apple Fun Run.**

- **Mars**
- **Michael Davies Printing**
- **Marren Tiles**
- **Lincolnshire Runner**
- **Andy's Snacks**
- **Wemmi Wipes**

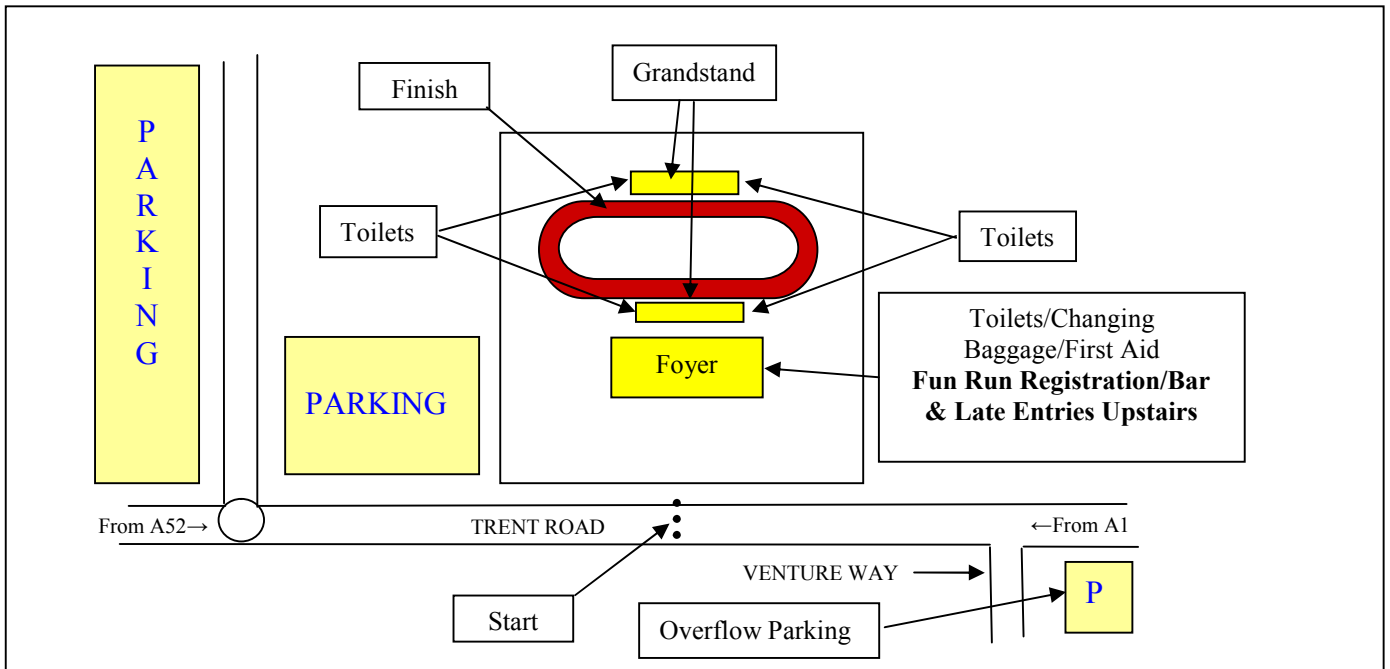
Finally, may we hope your training is going well and we'll look forward to seeing you on 7<sup>th</sup> March 2010

The Fraction Team

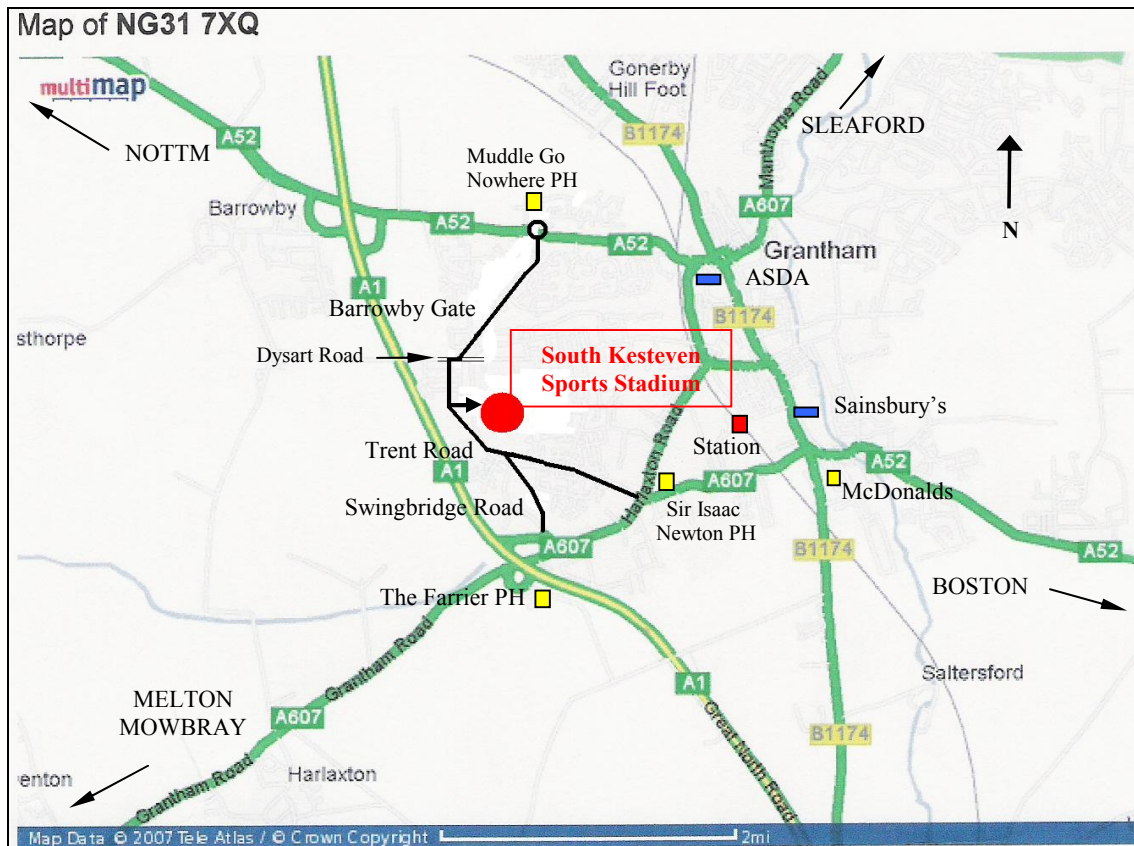
## Newton's Fraction Half Marathon Race Route



## Stadium Plan



## Location Map



### FROM ALL DIRECTIONS FOLLOW BROWN SIGNS FOR SPORTS COMPLEX

#### From A1 South

Leave A1 at A607 Melton Mowbray exit. At roundabout 2<sup>nd</sup> exit towards Grantham passing under A1. Take the next left (A1 South slip road). At roundabout take 2<sup>nd</sup> exit into Swingbridge Road. Follow road through Industrial Estate to the end. At mini roundabout 1<sup>st</sup> exit left into Trent Road. Pass Stadium on the right, at mini roundabout take 2<sup>nd</sup> exit into car park.

#### From A1 North

Leave A1 at A607 Melton Mowbray exit. At roundabout take 1<sup>st</sup> exit into Swingbridge Road. At mini roundabout 1<sup>st</sup> exit left into Trent Road. Pass Stadium on the right, at next mini roundabout take 2<sup>nd</sup> exit into car park.

#### From A607 Melton Mowbray

Enter Grantham passing under A1. Take the next left (A1 South slip road). At roundabout take 2<sup>nd</sup> exit into Swingbridge Road. At mini roundabout 1<sup>st</sup> exit left into Trent Road. Pass Stadium on the right, at mini roundabout take 2<sup>nd</sup> exit into car park.

#### From A52 Nottingham

At first roundabout by Muddle Go Nowhere pub 3<sup>rd</sup> exit into Barrowby Gate. Follow road to T junction. Turn right into Dysart Road and immediately turn left into Trent Road. At mini roundabout 1<sup>st</sup> exit into car park.

#### From A607 Lincoln / Sleaford

Enter town passing Hospital on the right. Go through 3 sets of lights and turn right at the fourth - A52 Nottingham. After approx 100yards at the next lights filter left onto A52 Barrowby Road. At the ASDA roundabout take the 3<sup>rd</sup> exit and pass under railway bridge. At next roundabout by Muddle Go Nowhere pub 1<sup>st</sup> exit into Barrowby Gate. Follow road to T junction. Turn right into Dysart Road and immediately turn left into Trent Road. At mini roundabout 1<sup>st</sup> exit into stadium car park.

#### From A52 Boston

Enter Grantham downhill passing Army camp. At lights by McDonalds go over into Springfield Road (A607 Melton Mowbray). Go straight over lights by Isaac Newton pub into Trent Road. Over mini roundabout, pass Stadium on the right, at mini roundabout 2<sup>nd</sup> exit into car park.