PARTICIPANT INSTRUCTIONS

SUNDAY 15TH APRIL 2018, 9.45AM
Welcome to the Brighton Marathon.

This document provides you with all the information you need as a participant for pre-event, Race Day and post-event to ensure you have a smooth and problem-free experience.

Good luck and have a fantastic Brighton Marathon Weekend.

Proudly sponsored by:

Items in this document may be subject to change. Please be sure to check the website for the most recent version.
The Brighton Marathon Weekend encompasses the Event Village, the Cancer Research UK Kids & Teens Mini Mile Races, the BM10k and the Brighton Marathon.

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<td>10.00am - 7.00pm</td>
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<td><strong>Saturday</strong></td>
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<td>Brighton Marathon Start</td>
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**TRAVEL & PARKING: FRIDAY & SATURDAY**

**PARKING**

There are many NCP car parks in the city, a full list of which can be found [here](#). We also recommend the JustPark app, which is available in the iTunes Store and from Google Play.

For more information on parking on Race Day and our Park & Ride service, please check the Getting to the Start section later on.

**BY TRAIN**

Southern Rail is the main service into the city. Due to strikes and industrial action over the past year, please be sure to check their website when booking your tickets and closer to the event for any potential service alterations that may affect your journey.

On arriving at Brighton station, the seafront and city centre are just a ten-minute walk away. There is also a taxi rank and bus service immediately outside the station forecourt but please note that there will be road closures in place on Race Day.

Trains run regularly from London Victoria to Brighton Station with a journey time of roughly 1 hour. Trains from Gatwick Airport also run regularly and take around 30 minutes.

**BY BUS**

Bus services run across the city, also connecting with many local towns and villages. Please check the [Brighton & Hove Bus Company website](http://www.brightonmarathonweekend.co.uk/accommodation/) for the most up to date travel information and full timetables.

**BY TAXI**

If you require a taxi for travel to or within Brighton & Hove, you can find a list of taxi companies on [Yelp](#).

**BY AIR**

London Gatwick is the closest airport and is 30 minutes away by train (trains run direct from the airport to Brighton Station) or 35-40 minutes by car. London Heathrow is about 2 hours away by train or coach.

Visit [National Express](http://www.brightonmarathonweekend.co.uk/accommodation/) for details of coaches that run from these airports to Brighton, and for drop off points in the city. There are also transfer coaches available to book via [Zip Travel](#):
ACCOMMODATION

If you haven’t already booked your accommodation for the weekend, then we advise doing so as soon as possible.

If finding central accommodation proves to be tricky, do be sure to look further afield in towns close by, such as Lewes, Worthing, Shoreham and even Gatwick for accommodation from which you can easily access Brighton by train, taxi or bus. Websites such as booking.com are good ways to search for hotels.

For additional options such as camping and private rentals with Airbnb, please visit the website:
http://www.brightonmarathonweekend.co.uk/accommodation/

ZIP TRAVEL PACKAGE

Zip Travel, in an official partnership with Brighton Marathon Weekend, are delighted to offer an accommodation & Race Day transport arrangement for runners, their family & friends. More info can be found here:
https://www.zip-travel.com/events/running/brighton-marathon-weekend
The Event Village

The Event Village is where you will collect your Race Pack and choose your Start Corral.

The Event Village will be open for the whole of the event weekend, from Friday 13th - Sunday 15th April.

Here we welcome you to the Brighton Marathon Weekend and the beginning of your marathon journey. Thousands of you will arrive at the Event Village on Friday and Saturday, ready to collect your Race Pack and kick-start your weekend together in a hive of anticipation and excitement.

Situated adjacent to the finish line, the Event Village is located right on Brighton beach, a three-day village for our participants and their supporters in one central, buzzing location.

After collecting your Race Pack, participants can visit our training experts for a pep talk in the 2XU Recovery Zone, get a preparatory sports massage, chat to the Pace Team powered by 2XU, check out the course and pick up helpful information and advice from the Event Team. Calm those race nerves, feel prepared and be inspired for your race and the weekend ahead.

Not just about running, you will be able to explore a range of other great things on offer in the Event Village. There is something for everyone, including shopping, food stalls, bars, live screens, fun activities and more, so bring your friends & family along with you!

ON FRIDAY AND SATURDAY:
- Collect your Race Pack, choose your Start Corral
- Chat with our team of experts in the 2XU Recovery Zone. Ask your training, nutrition, or physio questions ahead of your race and calm any pre-race nerves
- Prep with a pre-race sports massage in the 2XU Recovery Zone – book online here
- Say ‘hi’ to your charity and wish your fellow fundraisers good luck in the Charity Village – click here for a list of charities that will be there
- Meet the Pace Team powered by 2XU and chat about what to expect on Race Day
- Enter the 2019 Brighton Marathon at an exclusive reduced rate
- Enjoy food and drink from our bars and street food vendors
- Buy and collect official Brighton Marathon Weekend merchandise
ON RACE DAY:

- Reunite with your friends and family after your race in the Gatwick Runner Arrivals Area
- Enjoy a post-race sports massage in the 2XU Recovery Zone – you will be able to walk up and book in on the day but you may have to queue
- Pick up some fantastic new kit and official event merchandise
- Celebrate with your charity in the Charity Village
- Cheer fellow runners as they finish
- Pull up a deckchair and watch the live TV coverage on the big screens
- Grab an official Brighton Marathon Weekend selfie in front of the backdrops
- Tuck into some great food and drink from our bars and street food vendors

OPENING TIMES AND LOCATION

- **Friday 13th April – 10am – 7pm**
  (Race Pack Collection open from 11am)
- **Saturday 14th April – 9.30am – 7pm**
  (Race Pack Collection open from 10am)
- **Sunday 15th April – 8.30am – 6pm**
  (Race Day – there will be no Race Pack collection on the day.)

The Event Village is five minutes walking distance from Brighton Pier, heading east along Madeira Drive. Please click here for Google Maps.

As with most cities, parking in Brighton is at a premium so if you wish to drive, please be aware that there are no car parking facilities on Madeira Drive. There are lots of options for car parking in the surrounding area and you can find car park information here.

INFORMATION POINT AND QUERIES

There will be an Information Point in the Event Village with a helpful team ready to answer your queries and provide assistance.

Whether it’s information regarding your Race Pack or Runner Confirmation Email, or a question about travel and the city – they’re here to help. (If you have questions about collecting your Race Pack, head here before joining a queue at the Race Pack Collection desks to help minimise queue times.)
EXHIBITION AND EVENT VILLAGE 2018
Friday 13th & Saturday 14th April

- CITY CENTRE
- MARINE PARK
- ESPLANADE
- ENTRANCE / EXIT
   (Next to Zip Wire)
- BRIGHTON PIER
- Food & Bars
- 2XU Recovery Zone Seminars & Merchandise (Including 2019 signup)
- SEATING AREA
- Massage
- Screen
Your Race Pack, including your race number, will need to be collected from the Event Village.

You will not be allocated a race number prior to Race Weekend in the post or by email.

Your race number will be allocated when you collect your Race Pack and choose your Start Corral.

When you arrive at the Event Village please head to the Race Pack Collection marquee.

COLLECTING YOUR RACE PACK AND CHOOSING YOUR START CORRAL

On arrival at the Race Pack Collection marquee, there will be several different queuing lanes:

- Brighton Marathon
- American Express Cardmembers* (Brighton Marathon)
- BM10k
- Disabled / Family Assistance

*American Express Cardmembers who paid for their Brighton Marathon entry using their card, and who wish to use the facilities in the American Express Hospitality Area at the Start.

Unfortunately, we can’t control the weather; if it is raining on the day, please come dressed appropriately.

WITHDEAN FAST START ATHLETES

If you have been sent confirmation that you can start at the faster start at Withdean, please join the main Marathon queue. This is only for invited athletes and all others will be starting at Preston Park.

RACE PACK DESKS

Once inside the marquee, please visit the desk that corresponds to the time you predict you will finish now you have completed your training.

Do not worry if this is different to the time you submitted when signing up.

The desks and queues will be colour coded to match the Start Corral / finish time you choose.

RACE PACK COLLECTION WILL BE AVAILABLE:

Friday 13th April 11am – 7pm
Saturday 14th April 10am – 7pm

(The Event Village will open at 10am on Friday 13th April and 9.30am on Saturday 14th April.)
THE CORRAL CHOICES AND QUEUES TO COLLECT RACE PACKS WILL BE MARKED AS FOLLOWS:

<table>
<thead>
<tr>
<th>Colour</th>
<th>Time Range</th>
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<tbody>
<tr>
<td>RED</td>
<td>UNDER 3:30:00</td>
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<tr>
<td>BLUE</td>
<td>3:30:00 - 4:00:00</td>
</tr>
<tr>
<td>YELLOW</td>
<td>4:00:00 - 4:30:00</td>
</tr>
<tr>
<td>PINK</td>
<td>4:30:00 - 5:00:00</td>
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<tr>
<td>GREEN</td>
<td>OVER 5:00:00</td>
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KEY POINTS TO CONSIDER WHEN CHOOSING YOUR CORRAL

- Be honest. Please only select a corral true to your ability. If you start in a corral that contains participants beyond your fitness you risk people pushing past you during the race or getting frustrated with you if you are blocking their way.

- Be sensible. Starting in the corral that corresponds with your predicted finish time means that you will be surrounded by others who are moving at your pace, which will help support you as you cover the 26.2 miles.

- If you wish to run with friends, we ask that you both enter into the corral that corresponds to the person with the slower predicted finishing time among your group.

- If you are wearing fancy dress, we suggest selecting a slower corral.

- If you are an unaccompanied wheelchair participant, you will start in a corral on the tarmac, which will set off at the back of the race. If you are an accompanied wheelchair participant, then you may start in any wave with your accompanying runner or assister. If you have any queries or concerns about this please contact the team: office@brightonmarathon.co.uk
YOU MUST BRING BOTH OF THE FOLLOWING:

1. Your confirmation email – this was sent to you when you signed up and will be from ‘Grounded Events’. Please either bring a printed paper copy or save it to your smartphone to show to our staff.

   Your runner confirmation email will be re-sent to you on:

   Tuesday 3rd April

2. Due to the volume of emails that we send, this could take a while to reach your inbox.

   If you still haven’t received this by Wednesday 4th April, please first check your junk mail / clutter or social inboxes before contacting: office@brightonmarathon.co.uk

   You can also log into your account online at https://myevents.active.com and download your confirmation and QR code from there.

3. A photo ID (such as a passport or driver’s licence) A colour photocopy will be acceptable.

   If you do not have a photo ID, please bring with you 2 x proofs of address dated within three months e.g. a utility bill or bank statement.
1) RACE NUMBER

This will be provided when you go to Race Pack Collection, with safety pins so that you can attach it to your top on Race Day.

- Your race number is the five digit number
- Your race number is the same colour as your Start Corral
- Your race number is the same colour as the baggage queue to drop your kit bag off to at the Start
- The letter on your race number indicates the Baggage Collection Area your bag will be in at the Finish

E.g. If you had the race number pictured below you would head to the red baggage lorry at the Start to drop off your bag. At the Finish, you would collect your bag from ‘Collection Point A’ in the Red Baggage Collection Area.

![Race Number Example](image-url)
2) TIMING CHIP

- Your timing chip comes with holes and ties to fix to your shoe. You can watch a video here, on how to tie this to your shoe using the ties so that you do not lose it or affect its accuracy.

- You will NOT be asked for the timing chip back at the finish; it is yours to keep. If you lose your chip, please go to an Information Point at the Start or in the Event Village.

- Your finishing time will be worked out based on your chip time – and your chip time starts when you cross the start line, and not when the first runners start.

3) OFFICIAL RACE SHIRT

- After collecting your Race Pack you will be able to collect your official 2018 Race T-shirt. Please note, this replaces the finisher T-shirt received in previous years.

4) KIT BAG AND LABEL

You will be given a kit bag for any belongings you wish to place on the baggage lorries at the Start for collection at the Finish.

- The bag is sealable for added security and to prevent the loss of any items whilst your bag is in transit

- Do not seal the bag until you are certain you do not need to access those items again before placing it on the baggage lorries at the Start

- Do not swap your bag with anyone else of a different colour – it is colour coded to match your race number and collection point

- Affix your race number sticker to the area marked on the bag

- The kit bag will be 660mm x 450mm – enough for a fresh pair of trainers and some clothes

- At the Finish, you will be provided with another bag to replace this one, before you have torn it open.

The Event Village
BEST TIMES TO COLLECT YOUR RACE PACK

Please note that there will be times that are busier than others, and you can expect to queue for longer if you arrive during peak hours.

Friday 13th
11am – 1pm       BUSY (expect queues)
1pm – 5pm         SHORT WAIT TIME
5pm – 7pm         MODERATE WAIT TIME

Saturday 14th
10am-12pm         MODERATE WAIT TIME
12pm – 2pm        SHORT WAIT TIME
2pm – 7pm         BUSY – expect queues

If you live in Brighton or close by, please try to visit on Friday 13th April, to make it easier for those coming from further afield on the Saturday.

IF YOU CAN’T COLLECT YOUR RACE PACK

When you signed up, you agreed to collect your Race Pack from the Event Village.

If due to unforeseen circumstances, you are unable to collect your Race Pack, you can arrange for a friend or family member to collect it for you. The person picking up your Race Pack must present:

- The runner’s confirmation email (this is the email that includes a QR code)
- Written authorisation for the collector to collect the Pack, signed by the runner - you can download a Race Pack release form here.
- A colour copy or original of the runner’s photo ID and a note of the runner’s postal address
- That person must also present their own photo ID

For any other queries about your pack – if you lose it, or it is missing anything, please head to the Information Point within the Event Village or at the Start on Race Day.
RUNNER CHECKLIST

Take time to run through this checklist in preparation for Race Day.

BEFORE YOU LEAVE THE HOUSE:
- Photo ID for Race Pack Collection
- Warm clothing you don’t mind leaving behind, to keep you warm at the Start (discarded items will be picked up by a charity)
- Running watch
- Breakfast/pre-race fuel
- Vaseline to prevent chafing
- Sunscreen
- Running socks
- Running kit and trainers

PUT IN YOUR KIT BAG…
- Clean / warm items of clothing for after the race (top, bottoms, socks)
- Flip flops for sore feet!
- Micro-pore tape or blister plasters
- Money (notes not coins and not large amounts)
- Wet wipes
- Mobile phone (turned off)
- Post-race snacks / fuel

DON’T PUT IN YOUR KIT BAG…
- Food items that can leak, squash or ruin other items
- Sharp items such as scissors, razor blades or pen knives
- Flammable devices or substances
- Valuables or expensive items e.g. laptops, iPads, jewellery
- Heavy items

ON RACE DAY, REMEMBER TO:
- Fill in the medical and emergency contact details on the back of your race number
- Pin your race number to the front of your top (where race marshals can see it)
- Attach your timing chip securely to your shoe – see page 15 for tips
- Pack your kit bag and attach the provided race number sticker – don’t seal the bag until you are certain you don’t need anything in it
- Arrange where and when you will meet your friends and family after the race. There are numbered flags in the Gatwick Runner Arrivals Area in the Event Village – pick a number from 1-12 to meet at. (Allow 20 minutes for bag collection and walking to the Area)
- Tell your supporters your five digit race number so they can track you on the mobile app. This is also the easiest way for our staff to locate you on our database from an Information Point.
We advise that you do not participate on Race Day unless you have achieved the recommended mileage in your training runs and urge you to take the time to understand issues surrounding hydration, fuel and any medications you might be taking.

ARE YOU FIT ENOUGH TO TAKE PART?

If you have any medical conditions such as heart (cardiac) problems, asthma or diabetes, it is essential that you check with your medical advisers or GP whether there is any medical reason why you should not train or take part. They may advise against you running and if they do, you must take their advice.

Please ensure you notify us if you have a medical condition. We request that you include full details of any medical problems, medication, allergies and contact details on the back of your running number, should we need to treat you during the race.

If you have previously encountered any significant medical problems while taking part in a running event, such as heat or hydration issues, it is especially important that you check with your medical advisers and/or a sports physician whether or not you should take part in the Brighton Marathon or BM10k.

MEDICATIONS

Please remember that you may need to make adjustments to your medication or treatment when running long distances. Again, please consult your GP on this matter before you cover long distances or take part on Race Day.

You should also be very careful to avoid NSAID medications whilst training and on Race Day. These include drugs such as larger doses of aspirin, voltarol (diclofenac) and ibuprofen (e.g Nurofen). If pain relief is required, please use paracetamol instead. Please discuss running the marathon with your GP if you take any of these medications regularly.

You should also consult your GP if you take any medications that can make you more susceptible to heat stroke or collapse, such as thyroxine, blood pressure medications or a number of mood stabilising drugs.

Medications to dry up runny noses, which contain drugs such as pseudoephedrine or oxymetazoline, can increase your blood pressure and interfere with the heart’s electrical
circuitry and so should be avoided for a few days prior to the race and not taken whilst training. Stimulants of any kind should not be used.

If your GP would like more detailed advice from the Brighton Marathon medical team then they can email a dedicated advice line through their NHS email account. Unfortunately, we are unable to advise runners individually because we do not know the details of your medical history; any changes to treatment must be made by your GP who is in a position to balance any risks and benefits. We will therefore only reply to GP NHS email requests with specific enquiries about the Brighton Marathon or BM10k.

Your GP can email: gpadvise@brightonmarathon.co.uk

**DO NOT RUN IF YOU FEEL UNWELL**

Leading up to Race Day, one of the bravest decisions any runner has to make is not to run if they have been unwell. If you find yourself in this dilemma, no matter how hard you have trained or how much you have been looking forward to the race, it is essential for your own health and safety and that of others, that you do not run if you are unwell or unfit in any way.

**FUELLING UP**

It is essential that you pay attention to the quantity and type of fuel you use before, during and after training; especially on Race Day. Getting the right balance is critical for performance and safety.

Do not try new food or fluid the night before the event. Please also avoid caffeine and alcohol the night before the race, due to their dehydrating effects.

**ON THE DAY**

Remember to check weather forecasts before the race and dress accordingly on Race Day.

Also it is important to look out for any information about smog or air pollution. For more advice please visit: http://uk-air.defra.gov.uk/.

If you suffer from respiratory conditions, this is especially important. If there are specific problems around smog or air pollution we will issue more information closer to the time.

**FLUID INTAKE AND ENERGY SUPPLEMENTS**

Stop for drinks and fuel as you have planned. If you are thirsty, make sure you drink – water is usually adequate, but it can be combined with isotonic drinks and HIGH5 ZERO (which will be on the course). Although there are regular drink stations, these are not meant for you to stop and drink at every one. Forcing yourself to drink too much water during a race is as dangerous as drinking too little. Taking energy supplements whilst not taking in adequate amounts of fluids is equally dangerous. Please read the advice from the manufacturers of the products you use to find out how best to use them. It is especially important to avoid any stimulants (legal or not), as they can make you prone to heat stroke. It is equally as important not to take any legal highs or illegal drugs whilst training.
and racing, as this can impact on your health and make you more prone to heat exhaustion.

**IF YOU FEEL UNWELL DURING THE RACE**

If you feel yourself getting confused, too hot or very weak, this may be a sign of heat stroke and you must stop immediately and get help at one of the medical tents, or request the assistance of a nearby course marshal who will be able to call for help. Heat stroke is a very serious condition, common in runners doing marathons.

**MEDICAL SERVICES ON RACE DAY**

We have a highly experienced medical team in place on Race Day. The team will be made up of St John Ambulance, as well as a large team of doctors, paramedics and nurses. These are highly skilled and qualified personnel working under the direction of NHS consultants who are using standard drugs and equipment. We also have physiotherapists and podiatrists in the main medical tents that are on site ready to help with any running related injuries.

**ONCE YOU’VE FINISHED**

It is especially important for you to be extra careful during the hours and days following the Marathon. If you feel unwell, confused, suffer from a collapse, or have pigmented urine, please get medical help.

Please avoid any anti-inflammatory medicines for the next few days and until told it is safe, please also avoid blood pressure tablets until you have been reviewed by your GP.

**CHECK YOUR HYDRATION LEVELS**

- Urine that looks like lemonade means that you do not need to drink any extra fluids, and so drink only if you are thirsty.
- Urine that looks like apple juice is concentrated and may mean you are dehydrated; continue to take sips of sports drink and water every 15-20 minutes.
- Urine which looks dark (dark orange or cola coloured) along with muscle aches or cramps that do not go away, can indicate rhabdomyolysis (muscle breakdown). This can be dangerous and you should call 999 or have someone take you to the nearest A&E department and tell them that you have run the marathon.
- Much less commonly, if you have gained weight, then you may have drunk too much water during the marathon. You may be at risk of hyponatraemia (low salt levels). Just drink to thirst and seek urgent attention if you feel nauseous / lethargic / drowsy / have a reduced level of consciousness / coma / confused / headaches / muscle weakness / spasms / cramps or have a seizure.
SYMPTOMS TO LOOK OUT FOR
If you have symptoms such as feeling light-headed, dizzy, nauseous, vomiting, confused, have a headache, are short of breath, develop muscle aches or cramps which will not go away, and you have not been able to urinate, then you should call 999 or have someone take you to the nearest A&E department and tell them you have run the Marathon.

If you feel unwell after the race, you should also not drink alcohol.

MEDICATIONS TO AVOID AFTER YOUR MARATHON
Do not take anti-inflammatory drugs such as ibuprofen (Nurofen).

Paracetamol is safe.
It should be noted that some ‘blood pressure’ medications should be stopped for a couple of days after the marathon - please ask your GP to advise you.

IN SUMMARY
- Please take care and listen to your body.
- Make sure you train properly, following a good training plan well ahead of Race Day.
- Consult your GP if you have any medical problems or are taking medications.
- If you are feeling unwell before the race, DO NOT run.
- If you become unwell during the race, stop and seek medical advice at the nearest first aid station.
- Avoid taking NSAID (non-steroidal anti-inflammatory) medications (e.g. ibuprofen, high dose aspirin) or painkillers on Race Day.
- Drink sensibly during the race and do not take on too much or too little fluid.
- Consult the manufacturer’s advice on consuming energy drinks or gels.
- If you feel unwell after the race, seek advice from your GP or a medical professional.

Thank you for reading; have a fantastic (and safe) Brighton Marathon Weekend.

Dr. Rob Galloway
(Accident and Emergency Consultant at Brighton and Sussex University Hospitals NHS Trust) and Brighton Marathon Weekend Medical Director
Don’t forget to download the 2018 Brighton Marathon Weekend app from mid March, which you and your supporters will find useful over Race Weekend. You will be able to download this from the iTunes Store or Google Play.

**LIVE TRACKING**

The app allows your supporters to track you and others live on Race Day. They can be notified when you have started and how you progress along the course in real time. Search for yourself by name or your five digit running number. Your race number will not be added to your profile on the new app until you have collected your Race Pack from the Event Village. If your name is still not displaying correctly on the app two hours after you collect your Pack, please email office@brightonmarathon.co.uk.

**MAPS**

The Course Map will display spectator crossing points and show where you are in relation to the course. This will help your supporters plan where they need to be to see you through.

**ENTER 2019**

Entries for the 2019 Brighton Marathon will be available to purchase from the Event Village Friday 13th - Sunday 15th April, and will be launched online at 2pm on the Sunday – so if you’re feeling inspired to take part again, you can sign up after you finish!

**SPECTATOR TIPS**

Some helpful spectator tips on getting around the city on Race Day and key spectator points will be available.

**PHOTOS**

Share your photos on the day with #BrightonMarathon or #BrightonHero to see your pictures in our Instagram photostream.

**RESULTS**

All race results with finisher times will be available live on the app’s leaderboard and on the website shortly after you finish.
The race starts in Preston Park with the first corral starting at 9:45am. Please arrive at least one hour before the race starts to allow time for placing your kit bag on the baggage lorries, to use the toilets and to warm up.

**GETTING TO THE START**

Don’t wait until the morning of the event to decide how you will get to the Start at Preston Park, make sure you’ve planned your journey in advance.

Preston Park is located north of the city centre. Please click here for Google Maps. Road closures will be in place from 6am in the surrounding roads and parking will not be possible close by.

**PARK & RIDE**

Runners and spectators can make use of our Park & Ride service on Race Day. This will have shuttle buses to the Start and from the Finish. Make sure you book this in advance.

Once you have booked, you will receive a confirmation email containing a QR code. You will need to either print this code, or have it on a mobile device so that you can show it to the attendants when you arrive at the Car Park.

The journey from each site will take around 15-20 minutes. Please refer to the Park & Ride pages of the website to book and read more: http://brightonmarathonweekend.co.uk/park-and-ride/

**ALTERNATIVE PARKING**

Please see our road closures map and timings here when considering parking on Race Day morning. The roads surrounding the park and many in the city centre will be closed and parking will not be available. There are many NCP car parks in the city, a full list of which can be found here. We also recommend the JustPark app, which is available in the iTunes Store and from Google Play.

**BY TRAIN**

Brighton and London Road stations are all within walking distance of the Start, with Brighton being around a 15 minute walk.

Trains run regularly to Brighton station from London and take around one hour.
PLEASE NOTE

- British Transport Police will be closing Preston Park Station on Sunday 15th April due to potential capacity issues on the platform.
- Please be aware of any rail strikes that may be taking place and be sure to check for any updates on the Southern Rail website.

For suggested train times from all stations, please visit nationalrail.co.uk

Please continue to check the Travel page of our web site for more details and updates. http://www.brightonmarathonweekend.co.uk/travel

BY COACH

Zip Travel are offering a coach service from London either for Saturday and returning Sunday, or for Sunday alone.

You can find out more and book here: https://www.zip-travel.com/events/running/brighton-marathon-weekend

GETTING DROPPED OFF

If you are being dropped off, please note that many of the roads around Preston Park will be closed from 7am. We recommend that you are dropped off at least half a mile from the park and walk in. This will be a perfect warm up for your marathon.

WALKING

If you are staying in the city centre we would recommend walking to Preston Park. The city will be full of other runners doing the same, so the excitement starts to build here. It’s also a good pre-race warm up for your legs.

TAXIS

Taxis will be able to collect and drop you close to the Start on Race Day. There will be road closures put into place early in the morning but routes will still be possible across the city that avoid them.

Please check the road closure map here – perhaps print a copy to inform your taxi driver on the day. However, they should already be aware of the planned closures.

BY BIKE

If you are cycling to the event on Race Day, there are bike stands by the café in the centre of Preston Park where you will be able to lock your bike up. There is also a bike storage system at Brighton station called (n+1) which has storage for over 500 cycles. You will need a key card from Southern Railway to use this – more info is available here: http://www.nplusone.bike/cycles#storage
FACILITIES AT THE START

BAGGAGE DROP OFF

Your kit bag is sealable for added security and to ensure you do not lose any items while your bag is in transit. At the Finish, you will be provided with another bag, before you have torn it open.

There will be baggage lorries located at the north end of Preston Park that will be open from 7am.

The baggage lorries will be clearly colour coded and you must queue in the lane that corresponds to the colour of your race number. Do not worry about your actual number when dropping these off; bags will be sorted for your collection at the Finish.

- Please do not bring any valuables with you and if you do leave a mobile phone in your kit bag, please ensure it is switched off.
- Please ensure all your kit fits inside the kit bag provided.
- The organisers do not accept responsibility for any loss or damage to items placed on the baggage lorries.
- We cannot accept additional bags or suitcases – please do not ask our volunteers to take them. Your hotel or accommodation should be able to store this for you while you take part. If not, check out City Stasher which lists shops in town that will look after your bags for you https://www.citystasher.com/

AMERICAN EXPRESS HOSPITALITY AREA

If you have paid for your entry using your American Express Card, and wish to use the American Express Hospitality Area at the Start, including private bag drop, you will need to have collected your race pack from the American Express Cardmembers desk in the Race Pack Collection Marquee on the Friday or Saturday at the Event Village. Only those who have race numbers beginning with ‘A’ will be given access to this area. You will be emailed full details about this separately.

ENTERTAINMENT STAGE AND LIVE SCREEN

There will be a stage in Preston Park playing music and broadcasting important information throughout race morning. Please do listen carefully to any important instructions given out.

TOILETS

At the Start, it is very common to feel nervous and anxious about getting to your corral on time.

Please don’t worry. Just be sure to plan ahead and arrive in good time to use the toilet (at least 1 hour before the start time of 9.45am.)

There will be plenty of toilets and some male urinals in Preston Park for you to use, with accessible facilities also available. The number of toilets has been increased this year, based on a review of usage from previous years. There will also be a few toilets available
in the start straight just before the start line and in the corrals, for those who didn’t get the chance to go in the main park area.

There are then plenty of toilets on the course. Please refer to the Start and Course Map to see the location of toilets.

FOOD & DRINK

A few traders will be offering hot drinks and snacks in the park to buy. Although, please limit what you consume before the marathon or you risk a tummy ache!

CHANGING AREA

There will be changing in the lower, southern field of Preston Park. Please ensure you have all your belongings with you when you leave the tent.

FIRST AID

St John Ambulance crew will be positioned in Preston Park should you require medical assistance. Check the Start Map for their location. Please note they are unable to hand out medication such as Ibuprofen.

DISCARDING CLOTHES AT THE START

If it’s a cold day we advise you to bring some old clothes with you to wear whilst waiting to start. Once you set off, please discard your clothing to the sides of the corrals. All discarded clothing will be collected by one of our local charities for repurposing.

INFORMATION POINT AND LOST PROPERTY

There will be an Information Point positioned in the lower field of Preston Park. If you have any queries regarding your race number, chip, baggage or think you have lost an item at the event, our Information Team at the Start will be able to help you. Alternatively if you find something on the day, please take it to an Information Point. For any lost children – please also head straight to the Information Point.

After the event any lost property enquiries will be handled via the office. Please email office@brightonmarathon.co.uk and ask for a Lost Property Form, which you should then complete and return ASAP. Please include a detailed description of the item you have lost.

PACERS

There will be a Pace Team powered by 2XU. They all have marathon experience and are ready to guide you to the finish. There will be two pace setters for each 15 minutes, from 3 hours to 5 hours.

Pacers will be positioned in specific corrals and carrying coloured balloons depending upon their pace time. The colours of corrals and balloons are listed below.

- Sub 3.15hr Withdean Park Start / cyan balloon

MASS START:
- 3.15hr Front of Red Corral / white balloon
- 3.30hr Middle of Red Corral / yellow balloon
- 3.45hr Front of Blue Corral / pink balloon
- 4.00hr Middle of Blue Corral / red balloon
- 4.15hr Front of Yellow Corral / orange balloon
- 4.30hr Middle of Yellow Corral / purple balloon
- 4.45hr Front of Pink Corral / green balloon
- 5.00hr Middle of Pink Corral / blue balloon
PRESTON PARK MASS START
Sunday 15th April 2018 - 9:45am

KEY:
- Red corral: Under 3hr 30min
- Blue corral: 3hr 30min – 4hr
- Yellow corral: 4hr – 4hr 30min
- Pink corral: 4hr 30min – 5hr
- Green corral: 5hr +

PARK ENTRY and EXIT only until 9:30am

PARK & RIDE DROP OFF

THE START

10K BAG DROP

MARATHON BAG DROP

Park ENTRY and EXIT only until 9:30am

Preston Park Railway Station CLOSED

Preston Park Avenue

Cycle Track

Tennis Club

Church

Preston Manor

CAFE
BRIGHTON SEAFRONT
approx 25 minutes walk away

PRESTON ROAD A23

NO EXIT from Park

Preston Park Avenue

PRESTON PARK MASS START
Sunday 15th April 2018 - 9:45am

KEY:
- Red corral: Under 3hr 30min
- Blue corral: 3hr 30min – 4hr
- Yellow corral: 4hr – 4hr 30min
- Pink corral: 4hr 30min – 5hr
- Green corral: 5hr +

Brighton Railway Station
approx 15 minutes walk away

London to Brighton Railway Line

Clock Tower

Kids Play Area

START

NO EXIT from Park

Brighton Railway Station

Approx 15 minutes walk away

The Start
Start corrals

The colour on your race number corresponds to your Start Corral.

Corrals will open at 9:15am. Please ensure you assemble in the correct Start Corral, no later that 9:30am.

The corrals will be clearly marked and colour coded. Please be considerate to other participants and do not put yourself in a faster corral than your allocation, as you may hold up people behind you and potentially cause harm to yourself and others.

Each corral will be walked to the start line. The Red corral will start first at 9.45am. The Blue Corral will follow approximately 5 minutes behind the Red Corral and so on. The Green Corral will be the last to start at roughly 10.10am. If you are late, please join the back of your corral (this will be marshalled).

Your chip time will not start until you cross the start line, so please do not worry if it takes you a while to cross it.
The Course

The Brighton Marathon course winds through the city, taking in some of Brighton’s finest attractions before hitting the famous promenade and finishing on Madeira Drive, just east of Brighton Pier. The event is renowned for its buzzing atmosphere and roaring crowd support, which will help spur you on to the Finish.

**FLUIDS AND FUEL**

There will be a mix of water and HIGH5 products available across the course, located on or very close to the miles detailed to the right.

All drinks will be provided to runners in cups. You can find out more about using cups [here](#).

**HIGH5 ZERO**

We will be handing out cups of ZERO at four points on the course. It is a light and refreshing drink, containing Vitamin C and electrolytes, including sodium, magnesium and potassium.

**HIGH5 ENERGYGEL**

Gels will be handed out at three locations on the course. These gels will be available in the Orange flavour.

**HIGH5 ENERGY BARS**

HIGH5 Berry Energy Bars will be handed out at the Finish.

**MILE MARKERS WITH WATER:**

Miles; 2.5, 5.5, 8, 10.5, 12.5, 13.5, 15, 16, 17, 19, 20, 21, 22, 23, 24, 25

**MILES WITH HIGH5 ENERGYGELS:**

Miles; 5.5, 10.5, 20

**MILES WITH HIGH5 ZERO HYDRATION DRINK:**

Miles; 5.5, 10.5, 15, 20

**TOILETS ON COURSE**

Toilets will be positioned just before or after the drinks stations at miles 2.5, 5.5, 8.5, 11, 13.5, 15, 16.5, 17.5, 18.5, 19, 21, 23 and at the Finish. There will also be disabled access toilets at each of these locations.
FIRST AID AND EMERGENCIES
A large team of professional doctors, medics and St John Ambulance will provide our medical support on the day. There will be multiple First Aid stations along the course, assisting runners who may need basic medical attention. There will be medical cover at every water station with specific medical tents along the course.

Most casualties will be treated at the nearest medical station to them but any serious cases will be transported to our Advanced Treatment Centre on the Course, or at the Finish. In rare and extremely serious cases patients will be transported by ambulance to Accident and Emergency at the Royal Sussex County Hospital.

BLUE LIGHT ACCESS
In places there is a Blue Light lane adjacent to the course to allow access for emergency vehicles. In the unlikely event that a blue light vehicle needs to cross or access the course, we ask you to please stop and make way.

WALKERS AND SLOWER PARTICIPANTS
We appreciate that there might be times you need to walk or are moving slower than other participants. We are only allowed to keep the roads closed for a certain period of time and anyone moving around the course at a speed slower than a 6h 40m finishing time (which allows almost 15 minutes per mile), will be moved on to the pavement. There will be a Sweep Vehicle moving at this speed, picking up anyone who requires a lift to the finish. Anyone refusing or not requiring a lift in this vehicle will be asked to regard themselves as a pedestrian and move off the carriageway. It is very important that you do not continue on the road as it will reopen to traffic.

If at any point you do need to proceed at walking pace, please keep to the side and allow participants to pass you safely. Do not stop in the middle of the road, because you will frustrate those trying to get past and may cause an accident.

DROPPING OUT
If you have to drop out, please find the nearest First Aid point and let them know your race number. Once you have identified yourself here, you can then wait for the Sweep Vehicle at the back of the race to collect you or make your own way back to the Finish as a pedestrian.

You will still be able to collect your kit bag; please find the Information Point in the Event Village where the team will be able to reunite you with your kit bag.

HEADPHONES AND MUSIC PLAYERS
We will not stop you from using a personal music-playing device whilst participating but we strongly recommend that you do not. It is important that you are able to hear what is happening around you, including any emergency services that may be operating.
Please note that you will be held strictly and solely liable if found to be responsible for harm to yourself or any third party, as a result of wearing a personal music device. However, we do recommend earphones with bone conduction technology that allow the wearer to listen to music while still being aware of their surroundings.

**MILE MARKERS**

There will be a mile marker at every mile for marathon runners and kilometre markers every km for 10k runners. Please note mile markers may not be positioned exactly on the mile, but as near to it as is possible.

**PHOTO POINTS**

Marathon-Photos.com, the Official Race Photographers will be placing photographers around the course to take pictures of you while you are running so look out for the signs and wear your biggest grin. These are indicated with a yellow smiley face icon on the course map.

**ENTERTAINMENT AND CHEER POINTS**

There will be entertainment points along the course including a number of acts, bands and charity cheer points to help keep you motivated. These are marked on the course map with a music note icon.

**COURSE MEASUREMENT**

The course is remeasured each year by The Association of International Marathon and Distance Races

**AIMS** works in partnership with the International Association of Athletics Federations (IAAF) and together they have adopted the calibrated bicycle method as the only approved method for measuring road races.
Once you cross the finish line please keep moving to collect your finisher items. This will prevent your muscles from seizing up and helps us to keep the immediate finish area clear to avoid congestion. The finish area is a secure and extremely busy, with no public access.

Please do not attempt to run through the Finish with supporters, family members or children. Anyone doing so will be stopped by security.

This is extremely dangerous for yourself, your supporter or your child as you and runners around you may be in a fatigued, fragile or unwell state. We have also experienced cases of lost children in these circumstances because of the volume of finishers. This adds more pressure on the Event Team.

ALL FINISHERS WILL RECEIVE:

- Medal
- A foil blanket if it is cold
- Water
- A HIGH5 ZERO tablet

Only those who finish the race are entitled to a medal, please do not ask the volunteers for more than one.

BAGGAGE COLLECTION

Once you have collected your medal you will reach the Baggage Collection Area in the post-finish straight. Please refer to the colour and Collection Point letter on your race number to identify which Collection Point your kit bag is at.

In the rare circumstance that you lose your kit bag, please head to the Information Point in the Event Village where our team will be able to assist you.

FIRST AID

St John Ambulance will be positioned directly on the finish line should you need medical assistance. There will also be an Advanced Treatment Centre in the finish with ambulances on standby for any more serious incidents. Your health and wellbeing is extremely important to us, please do notify a member of the Event Team or Medical Team if you see a fellow runner in need of medical assistance.
Once you have collected your finisher items and kit bag you will exit onto the beach and into the Event Village where you will be able to reunite with your loved ones and celebrate your finish. The Event Village is for both you and your supporters to enjoy.

The Event Village is located directly on the beach next to the finish line, and will be open from 8.30am – 6pm on Race Day.

It will feature the 2XU Recovery Zone, shopping & official merchandise, the Charity Village, bar areas, food stalls, big screens and a chill out area with deck chairs and picnic benches.

**GATWICK RUNNER ARRIVALS AREA**

The first area you will come across in the Event Village is the Gatwick Runner Arrivals Area, which will have numbered (1-12) flags making it easier for you to find your supporters. This is the best place to arrange to meet friends and family after the event. Make sure you agree a number with them to meet at before you start.

Please bear in mind that many will finish later than their predicted finishing time. It will also take you at least 20 minutes to collect your finisher items from the Baggage Area and to reach the Gatwick Runner Arrivals Area, so please factor this in when arranging to meet after your run.

**WATER**

As well as water being available to you in the finish area, there will also be water available from taps within the Event Village should you require more. These will provide clean drinking water. Locations of these are marked on the Event Village map with a water drop. All food stands and bars will also provide free water if asked.

**2XU RECOVERY ZONE**

Head to the 2XU Recovery Zone for some post-race support and TLC. Here you will be able to enjoy seminars hosted by Official Coach Nick Anderson, including talks with HIGH5 and the Pace Team powered by 2XU.

You can also come along on the day for a post-race sports massage but there may be queues.

**INFORMATION POINT**

There will be an Information Point in the centre of the Event Village. If you have any queries after your race or think you have lost an item at the event, our Information Team will be able to assist you. Alternatively if you find something on the day, please take it to an Information Point. For any lost children or runners – please head straight to the Information Point.
ENTERTAINMENT SCREENS
The large screens in the Event Village will showcase live footage and interviews from the course, as well as presentations and entertainment – you might also see yourself on the big screens if you share a celebratory selfie with #BrightonHero

FOOD AND DRINK
There will be a range of street food trucks and stands serving up some delicious homemade food. There will also be several bars where you can enjoy a celebratory drink with your supporters. (We would advise against drinking more than one celebratory drink after your run, but if you do, please drink responsibly and be sure to check the rehydration advice in the Medical Advice section.)

CHARITY VILLAGE
If you’re running for a charity don’t forget to check if they will be based in the Charity Village. Meet your charity after all those months of training and fundraising and take the opportunity to celebrate your achievement with them. The Charity Village will be located in the centre of the Event Village in a series of marquees. Please check www.brightonmarathonweekend.co.uk/event-village

MERCHANDISE & SHOPPING
There will be opportunity for everyone to purchase official Brighton Marathon Weekend merchandise in the Event Village as well as a range of running and sports kit.

Brighton Marathon Weekend merchandise is now available to pre-order from our online store https://brighton-marathon-weekend.myshopify.com/

We recommend buying in advance to ensure that you get your desired colour and size.

If you’d like more information on how different sizes fit, have a look at the 2XU Men’s Size Guide or 2XU Women’s Size Guide.

FIRST AID
St John Ambulance crew will be positioned in the Event Village should you require medical assistance. Check the Event Village Map for their locations. Please note they are unable to hand out medication such as Ibuprofen.

ENTER THE 2019 BRIGHTON MARATHON
Entries for the 2019 Brighton Marathon will be available to purchase from the Event Village Friday 13th - Sunday 15th April, and will be launched online at 2pm on the Sunday – so if you’re feeling inspired to take part, you can sign up after you finish!
PARK & RIDE PICK UP

If you booked our Park & Ride service on Race Day, buses will be available to take you back to each of the Park & Ride sites after your race.

The buses will commence at 1.30pm, with the last bus departing at 6pm, or 5pm if you are parked at Mill Road Car Park. See the Event Village Map for where the pick-up point will be.

If you wish to return to the Park & Ride sites after 6pm you will need to get a taxi or use public transport. More info is available on the website here: http://www.brightonmarathonweekend.co.uk/park-and-ride
RECOVERY

Once you’ve crossed the finish line and have your medal in hand, it’s imperative that you turn your focus towards recovery.

1. Quick calories and rehydration – sip on water, HIGH5 Zero and eat some HIGH5 ProteinSnack bar, which you will be given in the finish area
2. Collect your kit bag from the Baggage Area and put on some dry clothes
3. Care for your body - if you have sustained an injury such as a blister or muscle strain, now you can begin assessing your injury, and seek out professional help if needed
4. Try to keep moving to stop muscles from seizing up
5. If you feel unwell, confused, suffer from a collapse, or have pigmented urine, please seek medical help at one of the two Medical Tents in the Event Village

THERE ARE STILL A FEW KEY THINGS YOU CAN DO TO HELP YOU RECOVER

1. Nutrition - now that your stomach has settled, you’ll want to focus on a proper meal and replacing lost calories and nutrients
2. “Sensible” celebration - you have earned the right to celebrate, but don’t overdo it! If you must drink alcohol, please do so responsibly
3. Rest – get some sleep, have plenty of fluids and keep your feet elevated where possible
4. Check your hydration levels as per our medical advice earlier on in the Participant Instructions

THE FIRST FEW DAYS AND WEEKS AFTER YOU FINISH

1. Consider a light sports massage 3-5 days after the race and a full massage about 7-10 days after.
2. Light cross training or swimming is ideal the week after the race combined with additional rest. The week after could include a few light runs but normal training would ideally start to build up again after two weeks of active recovery.
MARATHON-PHOTOS.COM

You will be able to purchase official photos of your race from Marathon-Photos.com on the Brighton Marathon website a few days after the event. The photographer ‘Smile Points’ are marked on the Course Map with a yellow smiley face icon and will be signposted on the day too.

I-TABS

Your finisher medal has been designed to include an iTaB with your name and time engraved, so why not personalise your medal?

If you wish to pre-order your iTaB for 2018, you can do so on our website store.

RUNNER SURVEY

Shortly after the event you will receive an email from us with a link to our 2018 runner survey. Please take the time to fill this out. We continually strive to improve the Brighton Marathon Weekend and your feedback is extremely important to us.

If you need any further information please check the FAQs section on the website: www.brightonmarathonweekend.co.uk/faqs

For any queries during event week the Call Centre will be open from Wednesday 11th April to Sunday 15th April: 08453 1000 88.

Good luck. Have a great Brighton Marathon.