

Halstead Marathon 2006 - Sunday 14th May 2006

The Race is mainly through quiet and picturesque country lanes. There is a run out from Halstead through Pebmarsh into the lanes leading towards the Essex/Suffolk border where the route enters a ten and a half mile loop most of which is run twice; after completing most of the second lap there is a different, mile long, return run into Halstead. The route is almost all on secondary roads, undulating with small valleys, but there is a section of grass near the end. Runners who feel that they are unable to complete the second lap can take the marshaled return run to the Finish. Anyone wishing to do this is asked to remove or cover their Race Number before they pass over the Finish Line to avoid any confusion. They will not be timed.

The course is marshaled throughout, usually by experienced runners. In addition the course is signed so that runners continuing after marshals have been withdrawn will be able to follow the route. There are mile markers. Five water stations serve the runners ten times. Similarly two sponge stations serve the runners four times. We allow runners to take their own drinks to water stations; the drinks should be clearly labelled with the Runners surname and running number. Any runner, who wishes to have personal drinks taken out to a Water Station, must place their labeled drinks bottles in the appropriately numbered boxes near the information desk by 8.45am

