Nestled at the heart of rural Warwickshire, Coventry is one of England’s great cities, with an inspiring and world-famous history.

Boasting rich, medieval heritage, Coventry has grown throughout the centuries, developing and improving to this day. Home to internationally renowned landmarks and legends, two award-winning universities, historic attractions, and a multitude of exciting, family-friendly museums and galleries, Coventry offers something for all.

With an intriguing past, and an exciting future ahead, Coventry is growing and filled with positivity as the city develops to welcome visitors from across the world.

If you would like to discover more about Coventry, plus upcoming events, activities and regional information, please visit www.visitcoventryandwarwickshire.co.uk
RACE DAY WELCOME!

The buzz continues to build as race day approaches and I hope all your training plans are coming together so you can complete the best possible time on the day. Whether you’re an experienced runner, someone looking to take on a new challenge or planning to run as a bottle of Tomato Ketchup - we wish you the best of luck!

Coventry is a welcoming city and you can expect this on the day as we’re certain the route will full of people cheering and supporting you all the way to the finish line!

All of the key information that you will need to be ready in advance of race day will be in this booklet. However, if there is something you want to ask or need more information about, then please get in touch.

GET INVOLVED

Big events such as this always attracts lots of conversation as people want to share stories, training plans, PBs and their own excitement about why they’re involved in the event. Remember, Facebook and Twitter are great ways of sharing your stories and will keep you updated on all the key event information and news pre-event and on the day, so make sure you follow.

Finally good luck to everyone on the day, enjoy it and thank you to everyone for helping make the Coventry Half Marathon 2018 another success!

www.enjoycoventry.com/coventryhalf

facebook.com/coventryhalf
@coventryhalf #covhalf
EATSBETAS
LIQUIDTREATS

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MAR. 18

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10PM - 6PM . £1 ENTRY

DIGBETHDININGCLUB.COM
**RACE VILLAGE INFORMATION:**
The Hub, Jordan Well, Cox Street, CV1 5QT

Please make sure you allow plenty of time to get to the start line as there will be thousands of people looking to do the same.

Below is a timetable of the day:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>07.30</td>
<td>Race Village open</td>
</tr>
<tr>
<td>08.30</td>
<td>Runners move to their timing pens</td>
</tr>
<tr>
<td>08.45</td>
<td>Race warm up begins</td>
</tr>
<tr>
<td>08.55</td>
<td>Last call to get into position</td>
</tr>
<tr>
<td>09.00</td>
<td>Race start</td>
</tr>
<tr>
<td>09.15</td>
<td>Childrens Mile – Coventry schools’ run</td>
</tr>
<tr>
<td>10.10</td>
<td>First half marathon finisher (approx.)</td>
</tr>
<tr>
<td>10.45</td>
<td>Prize-giving – University Square</td>
</tr>
<tr>
<td>12.30</td>
<td>Last half marathon finisher</td>
</tr>
<tr>
<td>13.00</td>
<td>All roads re-opened (except Priory Street)</td>
</tr>
</tbody>
</table>
Mile Markers
Toilets
Water station

Key

Route

1

Corporation Street
Race Village
Hales / Fairfax Street
New Union Street
Little Park Street

Coventry
Digbeth Dining Club
First Aid
Massage
Bag Drop
Info

S
F

Toilets
Water station

1

13

F

S

Dining Club
Toilets
Water station
A RUNNING TOUR OF COVENTRY

The Coventry Half Marathon starts and finishes in the heart of Coventry. It combines the energy of a busy city centre road race with the relaxed vibe of running through city suburbs and beautiful open countryside.

Miles 1 - 2: The race starts at Jordan Well, close to Coventry University Campus, before following a clockwise loop of the City Centre. The predominantly flat start provides the ideal preparation for the gradual climb away from the city centre along the Radford Road.

Miles 2 - 4: Just after 2 miles the course flattens as the route turns onto Engleton Road before descending down Moseley Avenue towards the Holyhead Road, a long flat section that heads towards Allesley.

Miles 4 - 5: The Allesley section of the course begins with a climb and a sharp right turn into Butchers Lane but it is not long before the road flattens out again as the route breaks into open countryside.

Miles 5 - 8: The three miles of open countryside is quite undulating but generally defined by gradual climbs and descents rather than short sharp shocks. The highest point of the course is reached just before the course turns onto the Tamworth Road and heads back to the city centre.

Miles 9 - 13: The last four miles of the course are mainly downhill with the occasional flat section. The descent of Barker’s Butts Lane and the final descent into the city centre along the Radford Road are reasonably steep but in general the downhills are generally gentle and as the finish line approaches, offer great views of the city centre.

The Finish: The route heads under the Whittle Arch (the previous finish line) and along Fairfax Street before making a final right hand turn into Priory Street and the final uphill stretch to the finish line ………… but it’s only 80m!
HOW TO GET HERE

There will be thousands of runners and spectators heading to the centre of Coventry on the morning of the race, so please allow plenty of time to get to the start. There will also be a number of road closures and diversions in place from 07.30, so make sure you factor this into your travel plans.

By Car

• From Birmingham:
  Use the A45 and A4114

• From the North West or M6:
  From M6 Junction 4 take the A446 south and then A45 and A4114
  From M6 Junction 3 take the A444 south
  From M6 Junction 2 take the A4600

• From the South West (M5) or M42:
  Exit M42 at Junction 6 and take the A45 and then A4114

• From the M40:
  Exit at Junction 15 and take the A46 north

• From the South/M1:
  Exit M1 at Junction 17 and use the M45 and A45

• From the North/M1:
  Exit M1 at Junction 21 and use the M69 and A46

Follow signs for Coventry City Centre;
the Race Village is in University Square, next to Coventry Cathedral
PARKING AND ROAD CLOSURES

There are many car parks in Coventry city centre, the vast majority of which are within a 5 – 10 minute walk of the Race Village, by the Cathedral.

Please note that due to road closures access to Whitefriars Car Park and Grove Street Car Park will be severely restricted so you are advised to avoid these.

Reduced car park charges apply on Sundays with charges from as little as 50p but they do vary so please visit www.coventry.gov.uk/info/117/parking/581/car_parking for full details about the car parks, the charges and disabled parking.

With the exception of roads in the immediate vicinity of the start the majority of city centre roads will beginning closing from 07:30 so please arrive in good time to take the stress out of finding somewhere to park and walking to the start.

From Birmingham:

Use the A45 and A4114

• **Access from Ring Road Junction 6:**
  Coventry Railway Station CV1 4GT 372 spaces

• **Access from Ring Road Junction 3:**
  Grove Street CV1 5PH 188 spaces
  Lower Ford Street CV1 5QJ 168 spaces
  Gosford Street CV1 5ED 171 spaces
  Cox Street CV1 5GA 200 spaces
  Most car parks charge 50p on Sundays

• **Access from Ring Road Junction 7:**
  Skydome CV1 3AZ 800 spaces
  Belgrade Plaza CV1 4FJ 1000 spaces (until 08.00 only)
• **Disabled parking:** there are 47 disabled parking bays in the city centre.

All of the car parks above are within a 5-15 minute walk of the Race Village. Drop off and pick up point White Street Coach Park, CV1 4TX. Use Ring Road Junction 1 and follow the signs for the drop-off point. Full car park details can be found at [www.coventry.gov.uk/carparklocations](http://www.coventry.gov.uk/carparklocations)

**Road Closures**

Most roads will begin closing from 07.30 and will be re-opened as runners complete each section of the route. Please visit the Coventry Half Marathon website for traffic and access information: [www.enjoycoventry.com/coventryhalf](http://www.enjoycoventry.com/coventryhalf)

**By Rail**

Coventry Railway Station in Station Square, is approximately 20 minute’s walk to the Race Village. Check arrival times if you choose to come to Coventry by train.
Runner Information

Race Number: Your race number is individual to you and cannot be re-sold or transferred. It must be worn and clearly visible on the front of your t-shirt. Please fill in the emergency details on the reverse of your number and remember to bring safety pins to secure it to your t-shirt.

Race Time: Your timing chip that accurately measures your time, is attached to your race number. Please do not bend or fold the chip, as without this we will be unable to track your time.

Race Results: Will be published online at the Coventry Half Marathon website – www.enjoycoventry.com/coventryhalf shortly after the race. If you provided your mobile number when you registered, you will also receive a text message with your official race time.

Baggage Drop: The bag drop is located in the Race Village. At the bottom of your race number is your baggage label, make sure you attach it to your bag before dropping it off. Changing facilities will also be available in the Race Village.

Timing Pens: There will be a number of timing pens, marked with expected finish times – sub 1:30, 1:45, 2:00, 2:15, and 2:30+. It is important that you join the pen that is most relevant to you to ensure you are among runners of a similar pace.

IMPORTANT: Your time does not start until you cross the timing mat under the start gantry so it does not matter how far back you are from the start line.

Pacers: Thanks to the pacers who will be helping out on race day. They will be wearing pacer flags and targeting times of 1:30, 1:45, 2:00, 2:15 and 2:30.

Mile Markers: Each mile will be clearly marked along the route.

Water Stations: There will be six water stations located at approximately 2.5 miles, 4 miles, 5.5 miles, 7.5 miles, 9.5 miles and 11.5 miles.
Toilets: There will be toilet facilities along the course at each of the water stations as well as in the Race Village.

UKA Measured: The course is measured on the highway and certified as accurate to 13.1 miles UKA standard.

First Aid: The medical centre is located at the finish line with a secondary unit just past the half way mark and additional first aiders will be roaming within the Race Village. There will also be medical cover along the route should a runner face difficulty. In the event of an emergency, runners will be asked to move to one side of the road to allow access for an emergency vehicle, please follow instructions given by the course marshals.

Headphones: While we understand that a lot of runners prefer to train with headphones, we encourage you not to wear them on the day to ensure any medical alerts or marshals’ instructions can be heard.

Race Cut Off: In order to get the roads reopened on time the Coventry Half Marathon only has priority over the roads for 3½ hours (12.30 p.m.). Any participants who are unable to achieve this time will only be allowed to continue on the pavement ONLY IF it is safe to do so.

Sports Therapy: A team of sports therapists from Coventry University – including both staff and students – will be on duty at the Coventry Half Marathon offering their therapy skills to those taking part on the day. Headed up by experienced sports physiotherapist and senior lecturer in sports therapy, Sheila Leddington-Wright, the team will be on hand at the Race Village to offer a variety of advice and treatments to help relieve stresses and strains occurring before, during or after the race. Coventry University offers a wide range of sports related courses, including Sports Therapy and Sport and Exercise Science with a masters in strength and conditioning.

We advise that you do not run if you are unwell, have an injury or if you are not comfortable running at least 8 miles.
The Penny Appeal way of doing charity is simple – we take small change and make a BIG difference with it! Transform lives with us; it’s affordable and rewardable!
Please contact:
Haroon Mota – Midlands Fundraising Manager
t: 07743 518068
e: Haroon.Mota@pennyappeal.org
w: www.pennyappeal.org

GOOD LUCK & THANK YOU to our AMAZING #TeamMyton runners. The Myton Hospices offer expert care and support to people aged 18 years and over living in Coventry and Warwickshire who have a terminal illness. We have hospices in Coventry, Rugby and Warwick as well as specialist nursing teams that care for people in their own homes. All of our services are provided completely free of charge for our patients and their loved ones.

At Myton, we passionately believe that the final part of someone’s life is as important as the beginning. We are dedicated to valuing and understanding each individual and their physical, psychological, spiritual and social needs, providing patients and loved ones with a range of services available for both children and adults.

We work with up to 1,000 patients and their families each year across Coventry and Warwickshire, and have to raise over £8 million each year to continue providing our care.

We can’t do it without people like you. Come and join #TeamMyton on Sunday 18 March 2018 while taking on this fantastic challenge!
t: 01926 838891
e: rebecca.richards@mytonhospice.org
w: www.mytonhospice.org
University Hospitals: Coventry and Warwickshire

A massive thank you to our team of fabulous runners. We truly appreciate your brilliant support and dedication and send best wishes for the big day.

University Hospitals Coventry and Warwickshire Charity is the registered Charity which supports University Hospital, Coventry and the Hospital of St Cross Rugby. We also manage the charitable funds of Coventry and Warwickshire Partnership NHS Trust, supporting local mental healthcare, learning disability services and community service.

The Charity exists to help make patients’ lives better by providing the extras that cannot be provided from NHS statutory funding. Through the generous support of our donors, each year we provide funds that improve patient welfare, equipment, research and staff training. In supporting UHCW Charity, you have the opportunity to truly support a specific ward or department close to your heart.

There’s still time to join our amazing team on Sunday 18 March, to sign up simply email: uhcwcharity@uhcw.nhs.uk or call the Charity Office on 02476 966059

t: 02476 966059
e: uchwcharity@uchw.nhs.uk
w: www.uhcwhcharity.org
Run the **Coventry Half Marathon** with Penny Appeal

As Official Charity Partners we're running the Coventry Half Marathon for the Rohingya Refugee crisis. Thousands of ordinary families have had their lives turned upside down by the war ongoing conflict in Burma. With your help, we can provide aid where it is most needed and show these people that the world still cares about them.

**Why join #TeamOrange**

We'll be with you throughout the whole experience; from the moment you sign up to the moment you cross the finish line. All the support and encouragement we can give will be available for you whenever and wherever you need it!

Join us for **FREE** and you will receive...

- A unique #TeamOrange technical running T-shirt
- Fundraising advice and support from our friendly & experienced team
- #TeamOrange cheer station for your friends & family to give you encouragement & support on race day
- Pre & Post race reception in the race village at the Penny Appeal marquee.

Contact Haroon Mota to join the team:

**Email:** haroon.mota@pennyappeal.org || **Phone:** 07714 249 215

or register online at [www.pennyappeal.org/challenges](http://www.pennyappeal.org/challenges)
SPECTATOR INFORMATION

Let’s give a great big cheer for the spectators!

The role the crowds play in supporting all the runners is invaluable. Your cheers give a much needed boost when legs are starting to tire, helping to find the little extra energy you didn’t know was there!

Raise the spirits of everyone taking part – cheer them on their way, hand out sweets, wave your banners!

There’s plenty of space around the start and finish area to get a great view and cheer on the runners. The Race Village can be found in University Square and will be open from 7.30am on race day. We have loads on offer, including food and drink stalls in the Cathedral Ruins, courtesy of Digbeth Dining Club.

Information Points: We have an Information Point in The Hub. Look out for the Event Team in the Race Village wearing bright yellow #CovHalf t-shirts; they are able to help with any queries relating to the event as well as providing directions.

Spectator Points: There’s loads of room in and around the City Centre loop, including University Square, to get a good view of the start of the race, and the finishing straight when the runners return. We have also highlighted other great areas to cheer on the runners on the earlier course map.
SPECTATOR INFORMATION CONTINUED

GODIVA AWAKES for Coventry Half Marathon Sunday 18th March 2018

Godiva is honoured to be asked by Coventry University Students Union to appear at this prestigious Coventry event and is looking forward to seeing her many friends in the City again. After a busy time helping to support City of Culture 2021 and developing an important science and art education programme with Coventry Primary schools, supported by the team of puppeteers at Imagineer Productions, she will walk the streets of the City once again.

Godiva will appear with her giant mechanical horse at the start and finishing line of the Half Marathon wearing the ceremonial coat created by artists from across the West Midlands and worn for her extraordinary journey to London in 2012 as part of the Olympic Celebrations.
We’ll be awarding prizes* to the top 3 male and top 3 female finishers, as well as, a prize for the best fancy dress on the day courtesy of Coventry Runner.

**PRIZES**

**Fancy Dress**

<table>
<thead>
<tr>
<th>Category</th>
<th>Prize 1</th>
<th>Prize 2</th>
<th>Prize 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>£100</td>
<td>£60</td>
<td>£40</td>
</tr>
<tr>
<td>Male</td>
<td>£100</td>
<td>£60</td>
<td>£40</td>
</tr>
</tbody>
</table>

*Prizes will be in the form of vouchers to be used at Coventry Runner. The organisers reserve the right to change the amounts and structures.*
Everybody will have their own expectations and challenges for the day, whether that is a PB, raising money for a charity or taking part in a major event such as Coventry’s Half Marathon.

As with all similar events please make sure you prepare well and take care when running the course on race day. Here are some tips which you may find helpful:

1. In the lead up to race day it’s easy for your mind to play tricks on you, trust in the training plan you are working to and resist the urge to over train.
2. Try to increase the amount of good quality carbohydrates you eat; they should make up 60-70% of your daily calorie intake.
3. Taper your training; in the days leading up to the race, cut training volume by 50-60% and divide what is left between high intensity work and recovery.
4. Drink water little and often the week before the race, but ensure you start the race well hydrated.
5. Make sure you know your kit – don’t try anything new on the day of the race.
6. The night before make sure you have your race number, safety pins, a drink and snack, a change of clothes packed and you’re ready to go.
7. On the morning of the race allow plenty of time to get to the start, and plan to be at the Race Village at least an hour before the race starts.
8. On race day, stick to your normal running pace – it’s easy to get caught up with other runners.
9. Don’t be afraid to harness the support of the crowd. A timely cheer may be just what you need!
10. When you finish the race, keep walking, get some extra layers of clothes on and eat and drink something as soon as you can, proudly wearing your finisher’s medal of course!
A VERY BIG THANK YOU TO OUR PARTNERS AND SPONSORS:

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Charity Partners

Supported by
Coventry Sports Foundation is proud to be delivering the children’s mile as part of the Coventry Half Marathon and enabling lots of children (and their Teachers!) to become active by running the one mile course on the day.

All the funding raised during this year’s event will go to support looked after children from Coventry to access a variety of Leisure activities to enable them all to become more physically active and enjoy the benefits offered at all of the centres.

We would like to thank you all for taking part and helping us to raise the funding as it will have a great impact upon young people’s lives within our city. We would also like to thank all the sponsors that have supported the Childrens Mile in 2018.