



Bath Half Marathon 2019



Your runner's guide

You're running the Bath Half Marathon for us. Thank you. This guide will give you all you need to know about the day. If you've got any friends or family coming, share this with them so they can find our cheer point and we can all make a racket for you. If you've any questions, give us a shout. Otherwise we'll see you as you race past.

Why it's important

"I run with team Diabetes UK because I have first-hand experience of the great work they are doing; my five year old daughter and I both live with Type 1. Using my best impression of a proper runner, Diabetes UK has given me the opportunity to raise awareness amongst family and friends and raise money for a cause very close to home."

Rob Kennard, 2017 Half Marathon finisher

Getting ready

You should receive your race pack, including your race number and timing chip, in the post by **Monday 4 March**, directly from the race organiser. Please ensure you read the enclosed race day booklet included in the pack before attending. If you haven't received your race pack by this date, please contact the race organisers at bathhalf.co.uk/substitute-race-pack-request-form to arrange one to be sent out to you.

If you've got one of our running tops, don't forget to wear it. Iron your name on the front so we can see you coming and the crowd can chant your name as you pass our cheer point. If you need more iron-on letters, just let us know. Please stick your race number below your logo so everyone knows who you're running for.

Social media

If you're on Twitter, Facebook or Instagram, then get sharing. We'd love to see your pictures and posts about the day. And don't forget to share your JustGiving link with all your followers. You're about to run 13.1 miles so it's the best day to get those donations flooding in.

Don't forget to use **#TeamDUK** and **@ us** in your posts

 **/diabetesuk**

 **@diabetesUK**

 **@diabetesUK**

Course map



Got a question? Email us:
events.fundraising@diabetes.org.uk

**Our cheer point
 Churchill Bridge
 Mile 1 and 12**

Bath, BA2 3DQ. Four minute walk from Bath Spa train station and a 15 minute walk from start and finish area.

Feel the noise

Never underestimate the power of hearing your name yelled to perk you up if you're flagging or drive you on even faster if you're feeling great. Look out for our big blue cheer points along the route and encourage your friends and family to join us. We'll be at **mile 1** and **mile 12** at Churchill Bridge.



Celebrate with us

Celebrate your amazing achievement with #TeamDUK in the **runner's village after you run**. We'll have sports massage, light refreshments and a camera ready to grab your moment of glory, complete with medal.

Please feel free to use our marquee in the area as a meeting point for friends and family, they're very welcome to come along.