# GetPRO Gathhat PARTICIPANT EVENT GUIDE

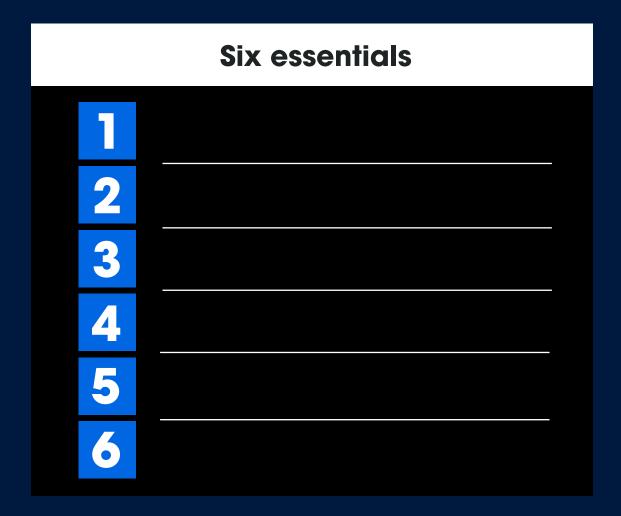
Sunday 16 March 2025

# Welcome

We can't wait to see you at the 2025 GetPRO Bath Half on Sunday 16 March as we host the 42nd edition of the event!

Please read this guide very carefully – it contains all the information you need for an amazing Event Day.

We know there's a lot to take in, so we've broken it down into six essentials...





# **BE SAFE AND SECURE**

The safety and security of all our participants and spectators at the GetPRO Bath Half is of paramount importance to us.

We will deliver a safe, secure and enjoyable event and you can help us to do this by following the instructions of our team of friendly stewards at all times.

If you see something suspicious, please report it to a steward, a police officer, or ring 999.

We work closely with the police and other organisations and have a range of measures in place, including bag searches in the Event Village, to help keep you safe and secure. We hope you have a fun and enjoyable day with us.

### **Injury or illness**

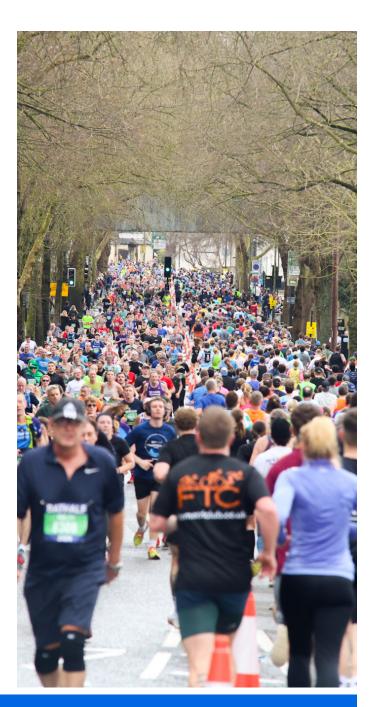
You must be fit and well to run 13.1 miles. Please do not take any chances with your health.

Severe exertion during or soon after any kind of injury or illness is extremely dangerous. If you find yourself in this situation, do not take part.

Before Event Day, please read the <u>full advice from</u> our Medical Director, Rachel Oaten.

### Complete your medical information

Please fill in your medical information on the back of your bib – this could save your life in an emergency. More information about your bib is available on the next page.



### **Everyone is welcome!**

We want everyone to feel welcome at the GetPRO Bath Half and we aim to make the event accessible to all. We have a variety of inclusion initiatives to help make sure you have a great day.

If you need to take a moment in the Event Village, there will be a Sensory Calm Space, Parent and Child Space (for breastfeeding/pumping and entertaining young children), and a Multi Faith Prayer Space. You're welcome to use these facilities whenever you need to.

# 2 YOUR EVENT PACK

If you live in the UK, you should receive your Event Pack in the post by Tuesday 11 March. If you have not received your pack by 17:00 on this date, please complete the <u>replacement pack form</u>.

### Replacement packs

If you need a replacement Event Pack, you must fill in the form and collect your pack from one of the following locations:

From 10:00 to 18:00 on Friday 14 March at the Apex City of Bath Hotel, James Street West, BA1 2DA.

From 09:30 to 15:00 on Saturday 15 March at the Event Village Info Point, Royal Victoria Park.

### **QR** code

If you need to collect a pack, please show your unique QR Code, which we emailed to you with your important start information, to our team at one of the collection points.

**Please note:** we're unable to send any replacement packs in the post and only a limited number will be available to collect from the Information Point on Sunday 16 March.

### **International participants**

If you live outside the UK, you'll need to collect your Event Pack from the locations listed above between the times stated. There's no need to complete the replacement pack form, just pop along to see our team, who will give you your pack.



We're working with <u>Avon Needs Trees</u> to help support our mission to be more environmentally sustainable.

The charity is creating new woodland in the Avon region to tackle the climate and nature emergencies. They will plant a tree for every participant who asked them to do so when they registered for the event.





### Your Event Pack contains:

- Your unique bib, with timing chip attached to the back, and safety pins to fix it to your top
- Baggage tag, which matches your unique bib number

Please make sure you bring these items with you on Event Day.

### **Understand your bib**

Your bib (example above) indicates:

- Your unique bib number
- Your start wave number
- Your choice of finisher items:
- **1. Medal:** a green background indicates you have opted to receive a medal. A red background indicates you've chosen not to receive a medal.
- **2. T-shirt:** if you've opted to receive a T-shirt it will be clearly displayed with your choice of size. Look out for the corresponding sign at the Finish Area.

**Please note:** it's not possible to change your choices or the details on your bib. Thank you for your understanding.

### Do not give anyone else your bib

For safety reasons, it's strictly forbidden to allow someone else to use your bib or to take part wearing someone else's bib.

# **3** HOW TO GET TO THE EVENT

## You must go to the Event Village, which is located on Middle Common in Royal Victoria Park.

Once you arrive in Bath, follow the Red Route signs to the Event Village. Access is available from Cow Lane and Marlborough Lane.

### You.Smart.Thing

Plan your journey to and from Bath and the Event Village by using the green travel tool You.Smart.Thing to find your best low-carbon travel routes. You can also donate to offset your carbon emissions! Plan your journey here.

### **Train services**

Great Western Railway will be running additional train services before and after the event. For more information, visit **GWR.com** or **national rail.co.uk**.

### **Bus services**

There will be a number of changes and diversions to normal scheduled bus services on Event Day. For full details, visit the <u>Travel West website</u>.

### Park & Ride

Bath & North East Somerset Council's Park & Rides at Lansdown and Odd Down will be operating extended services on Event Day. Services will start at 07:30 and operate every six minutes until the start of the event. Please note: no services will run from Newbridge.

### Information for spectators

Spectators are allowed in the Event Village, but to help with congestion we ask them to join you after your run. Information about the best places to watch on the route is available on page 8.

### **Know your important times**

We've emailed you your wave number, suggested arrival time at the Event Village and wave start time. A timetable is also shown below.

Please arrive at the Event Village one hour before your wave start time to help reduce congestion and queueing on the day.

For safety reasons, it's not possible to change to an earlier wave, but you can join a later wave on the day if you'd like to. There's no need to let us know, just join a later wave.

Wave number	Arrival time at the Event Village	Wave start time
1	09:30	10:30
2	09:33	10:33
3	09:37	10:37
4	09:45	10:45
5	09:55	10:55
6	10:04	11:04
7	10:13	11:13
8	10:16	11:16
9	10:21	11:21



# WHEN YOU ARRIVE AT THE EVENT

Once you arrive at the Event Village, please go to the Baggage Tent to drop off a rucksack or small bag, join a warm-up session, and use the toilets if you need to!

### Drop off your bag

Please make sure your bag is packed and ready before making your way to the Baggage Tent, and follow these steps:

- 1. Place any items you do not intend to run with in your rucksack or small bag.
- 2. Attach the baggage tag, which is provided in your Event Pack, to your bag.
- 3. Go to the section of the Baggage Tent displaying the range of numbers that includes your unique bib number.
- 4. Drop off your bag with our volunteers.

Please note: we can only accept one rucksack or small bag per participant. Please do not bring suitcases, large bags, or loose items such as coats or shoes.

### **Toilets**

Toilets, including accessible toilets, will be located near the entrance to the Event Village. These toilets can be very busy when people first arrive at the venue and again just before the start of the event.

There will be an additional set of toilets on the gravel walk, near the entrance to the start pens.

On the course, there will be toilets at every Drinks Station, plus a set of toilets at 1.5 miles.

### **Information Point**

If you need any assistance, please go to the Information Point. The <a href="https://www.what3words">what3words</a> location is: ///nights.beast mugs

### **Water refill stations**

Water refill stations will be available in the Event Village, and on the route at the five Wessex Water Hydro Zones.

Please bring a reuseable bottle to fill up before, during and after your half marathon.



### Warm up

PureGym's instructors will be leading warm-ups before each start wave at the Radio Bath stage in the Event Village. They will also be offering postevent stretching and cooldown sessions.

### Use our recycling stations

Our team will take your waste from you and separate it into the correct bin to maximise recycling levels.

### Look out for our pacers

Our pacers complete the course at a managed pace and finish within a predesignated time.

Their aim is to help other participants around them know their speed and – if they can maintain the pace – finish within the same time.

If you'd like to follow a pacer, they will be easy to spot – each one will have a tall, bright flag attached to their back, which will clearly display their finish time.

### **Donate unwanted clothes**

Collection containers will be available near the Start Line so you can donate any extra layers that you don't want to run with.

The clothing is collected by the Salvation Army to sort, reuse, resell and reprocess as much as possible.

# 5

# AFTER CROSSING THE START LINE

Running through the traffic-free streets of Bath is an experience like no other, so make sure you take time to enjoy it!

### Two-lap course

You'll start and finish on Royal Avenue. The course follows two laps westbound along Upper Bristol Road and Newbridge Road to the Twerton Fork, returning eastbound along the Lower Bristol Road to Churchill Bridge, and up Green Park Road to Queen Square.



### Get in lane!

On your first lap, once you've completed 7.4 miles, you must keep to the left and follow the signs for the second lap.

Look out for the gladiator signs (like the one on the left), which will direct you.

On your second lap, once you've reached the 20km sign, you must move to your right. Follow the gladiator signs displaying 'To the Finish'.

Our volunteers will also be there to help direct you into your correct lane.

**Humans only** 

We're proud the GetPRO Bath Half is an inclusive event for everyone but only humans can take part!

No animals are allowed on the course, but your pets are welcome to watch you from the sidelines, if they're accompanied by an adult.

### **Hydration and energy stations**

There will be five Wessex Water Hydro Zones on the route distributing water in compostable cups.

There will also be a High5 Energy Station providing High5 Energy Gel Aqua. See the course map on the next page for the locations of the hydration and energy stations.

### Carry your own hydration

Why not wear a bottle belt, hydration vest or carry your own bottle to help reduce the number of cups used on the route? Water refill stations will be available at every Wessex Water Hydro Zone.

### **Earphones**

You can wear non-noise cancelling headphones, bone-conducting headphones, or one earpiece. This is to ensure you can hear any safety instructions from our marshals.

### **Cut-off times**

Everyone will have at least four and a half hours to complete the GetPRO Bath Half before the Finish Line closes at 16:00.

You can run, jog or walk but you must maintain a four-hour pace. If you're unable to do so, but wish to continue, you'll be able to move onto the pavement. Our team will walk with you and support you to the Finish Line.

### **Dropping out**

If you need to drop out, go to the nearest First Aid Point and show them your bib number.

We encourage you to make your own way back to the Event Village if possible. However, a sweep bus will travel the course behind the final wave. Participants can board the bus back to the Event Village if required.

### **Volunteers**

Our amazing volunteers will be on the course to encourage and assist you. Please make sure you show them some appreciation!

### IT'S NEVER TOO LATE TO FUNDRAISE!



Have you thought about using your GetPRO Bath Half place to raise vital funds for charity?

Support a charity of your choice by <u>setting up your</u> <u>unique fundraising page</u> on our official platform now.

Up to half of all donations are made in the month before an event, so now is the perfect time to ask your family, friends and colleagues to support you on your half-marathon journey!

# GetPRO Gath half 20 25

### **SUNDAY 16 MARCH COURSE MAP**



PEDESTRIAN CROSSING POINT

**GET IN LANE SIGNS** 

Newbridge Park & Ride.

LIVE PARKING UPDATES: bathcarparks.co.uk



# AFTER CROSSING THE FINISH LINE

Completing the GetPRO Bath Half is a special achievement – enjoy your moment and make sure you smile and wave for our photographers!

Once over the Finish Line, you'll probably be feeling tired but please keep moving to create space for participants arriving after you. If you're feeling unwell, please tell our medical staff immediately.

### Finisher items

Once you're into the Finish Area, you'll receive items in the following order:

- 1. A cup of water
- 2. Your finisher T-shirt\*
- 3. Your finisher medal\*
- 4. A GetPRO protein pouch
- 5. A can of Goram IPA Zero

\*You'll be given a medal and a T-shirt if you opted to receive these items when you registered. Your choices will be displayed on your bib.

Once you've collected your finisher items, please keep moving into the Event Village. Do not congregate in the Finish Area.

### **Selfie Station**

If you opted out of receiving a medal, look out for our Selfie Station in the Finish Area. As a thank you for choosing not to take a medal, you can get a unique photo with our branded selfie frames. Our volunteers will be there to take a photo of you on your own phone.

### **Baggage collection**

Once back in the Event Village, you can collect your bag. Please go to the section of the Baggage Tent which displays the range of numbers that includes your unique bib number.

### A to Z signs

A to Z signs will help you meet family and friends. Before the event, make sure you agree a letter to meet at.

### Food and drink

Stalls will be selling food and drink, alcohol will be available at the Butcombe Brewery Bar, and we'll have music to keep you entertained. So please relax and enjoy yourself!

**Donate your unwanted kit and running shoes** Donate your unwanted sports kit and running shoes and give them a second lease of life!

We're working with two partners to reduce the environmental impact of sports kit while helping more people get active.

Preloved Sports will be collecting and selling good quality, unwanted running kit in the Event Village. In addition, there will be a <u>JogOn</u> trainer donation point where you can drop off unwanted running shoes before or after your half marathon.

#### Result

Your result will be available on our official website – **thebathhalf.co.uk** – within 24 hours.

### **Photos**

Your official photographs will be available to purchase within 48 hours from **Marathon Photos**. Sign up now to be notified as soon as your photos are ready to view online.

Share your photos and Event Day experiences on Facebook/BathHalfMarathon, Instagram and X with **@BathHalf** 



### **Relax in the Event Village**

Celebrate your achievement with your family and friends. The Event Village will be open until 17:00 for you to sit back, relax and enjoy!

# **THANK YOU TO OUR PARTNERS**





GORAM IPA ZERO



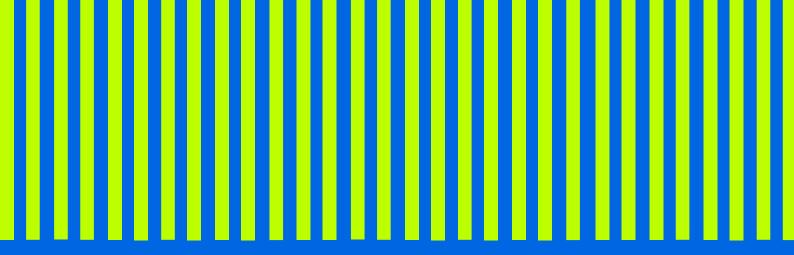












# And thanks to you!

Thank you for taking part in the 2025 GetPRO Bath Half.

It's going to be great to run together and we look forward to welcoming you on Sunday 16 March.

### Follow us







