



BRATHAY
DO IT THE BRATHAY WAY

Brathay Windermere Marathon

16 May 2010

Event Facilities and Brathay Hall Open Day

1. The event centre will be open to answer questions concerning the event on **015394 39730** at the following times:

Friday 14 May – 09:00 to 17:00

Saturday 15 May – 09:00 to 21:00

Sunday 16 May – 07:00 to 17:00

2. **The Brathay Windermere Marathon starts at 10:30am on 16 May 2010. Please assemble on the lawn in front of Brathay Hall by 10:10am. Final announcements will be made before runners are led to the start line.**
3. **Car parking is available at the event centre free of charge to those participating in the marathon.**

Please display your CAR PARK PASS when driving into the event centre.

4. There will be male and female changing facilities and toilets at the event centre.
5. Supervised bag storage will be available at the event centre.
6. There will be distance markers every mile around the course.
7. Frequent water stations will be positioned around the course offering 330ml bottles of mineral water, **Team Nutrition** electrolyte energy drinks and snacks.
8. **The prize giving ceremony will be at Brathay Hall beginning at 3:30pm.**
9. Trophies and prizes will be awarded in all age categories, and also:
 - First two to complete Brathay Windermere Marathon and Fairfield Fell Race (15 May 2010)
 - First three teams (first 4 runners to count - male & female).
10. All runners who complete the Brathay Windermere Marathon will receive a medal as a memento.

Brathay Hall Open Day

The Brathay Hall Open day is held in conjunction with the marathon to provide entertainment, activities and refreshments for spectators, families of runners and the general public. There will be live music, a selection of food and drink, rowing and canoeing on the lake, aerial ropes activities, circus skills workshop, and children's races and activities. **Entry into the Open Day is free to those arriving by car with runners**, or £5.00 per car for other members of the general public.