

INFORMATION FOR RUNNERS and Advice for Supporters and Spectators

Welcome to the 2024 Boston Marathon events.

This information is to help you remain safe and enjoy the day on the flattest and friendliest marathon course in the country.

Event Start Timings are as follows:

8am: Full Marathon.	The Market Place PE21 6NN
8:15am 10km.	Park Gate PE21 6PH
8:30am Half Marathon	The Market Place PE21 6NN
8:45am 5km Fun Run	Park Gate PE21 6PH

ENSURE YOU ARE AT THE START 10 MINUTES BEFORE THE TIME SHOWN

Registration. You do NOT have to register on arrival. Once the event is started, going through the start arch with the race chip registers your presence and starts your personal timing. Please wear your number prominently on the front of your running dress. Toilet facilities are at both start locations.

Need to Collect or Not Received your run pack with number. There are two options to collect a race pack.

The **Meet and Greet** is on Saturday evening from 6pm to 8pm, at the Stump Church Café inside the large church in the Market Place adjacent to the start. Marathon staff will be present to assist or answer any questions. Collection of race packs for overseas runners, and any other issues needing assistance will be available then

And there is the **Control** in the Start Area of the Market Place from **7am on Sunday** Either can also make any necessary changes required.

Parking Boston Market Place is closed to traffic from 7:30 - 10am. Please use the central town car parks, closest to the centre. Parking charges are shown in each location but are much reduced for Sunday and Bank Holiday. The College (finish area) is closed to all traffic.

Bag drop facilities are in the Market Place from 7am to 8.15am for the marathon and half marathon runners, and at the Park Gate starting area from 7:45 to 8:30am for the 10km and Fun Run. Bags will be transported to the finish area. Bags must be labelled with the tab label (the tear off label is printed on the race number). Whilst we will take every care of your property we cannot be liable for loss or damage. You can of course leave bulk items in your car.

Advice for Supporters and Spectators

We encourage spectators and supporters and ask that they respect the separate areas marked for participants and spectators/ supporters, to keep secure the administration. You are urged not to take vehicles onto the course, and under no circumstances to follow or otherwise accompany runners in any form of wheeled vehicle (cars, cycles etc). Runners may be liable to disqualification if the action of their supporters causes danger or obstruction to other runners or organisers.

Route and Carparks The route map and Carpark maps are available for download on our website at www.bostonmarathon.co.uk/route. The four events share mostly common routes.

Route Marking The route is well marked with signs and additional on road markings, in BLUE (Full Marathon); RED (Half Marathon) and GREEN (10km) and YELLOW (Fun Run). Your number uses the same colour scheme. Marshals are located at each junction where turns are made.

Route Deviations. After 4 miles, just past drinks station B the **Full Marathon branches to the left**, the Half Marathon continues straight and turns right at the Five Bells Inn. Half a mile later the Full Marathon re-joins the Half route.

The **10km turn right** off the Full Marathon route after 1.6 km, and re-joins it around 1 km from the finish. It is also on the full marathon route but running the opposite direction between 3 and 5 km. The turnings are well signposted (in Green) with traffic marshals present.

The **Fun Run** also turns right off the Full Marathon route **after 1.6 km**, and re-joins it around 3.5 km. The turnings are well signposted (in yellow) and a traffic marshal present.

Toilet Facilities. Toilets are available at the assembly and finish points, and at the water stations.

Medical Facilities. Medical first aid facilities are at the control, with mobile facilities (ambulances) on the course. There are first aid personnel on the course. There is a dedicated emergency radio at each water station and also with the marshals and outriders.

Water. Still water in 330ml bottles with sports tops is provided at drinks stations. Please throw used bottles and litter into the bins located after the water points.

Personal sound systems. The course is open to traffic, so please do not wear earphones which block outside sounds; only bone conduction headphones are permitted under UKA rules

Finish Area Spectators should not enter the finisher's enclosure, immediately after the finish arch. Runners should wear their number to claim medal and T-shirt: head for the issue point showing the t-shirt size you require. There is no facility to try on a T-shirt so check the online size chart before the race. Runners should greet supporters after leaving the enclosure, where a backdrop for photographs is located. Leave the college grounds by the signposted route back to the town centre (1km).

Showers. Showers are available at the sports centre, signposted from the finish area.

WINNERS and PRIZES We plan to have formal presentations for outright winners at the finish area. More time is required to collate the age related prizes so these will be published on our website and prizes sent by post. Bank transfer is available if requested.

Did you enjoy the Support from our Volunteer Marshalls? Then please tell us which were your favourite; vote in the competition for best as decided by you.

ENJOY THE DAY