

ROBIN HOOD
MARATHON EVENTS
26TH SEPTEMBER 2021



CELEBRATING 40 YEARS 1981 – 2021

THE OFFICIAL 2021 RACE GUIDE

Please read the whole race guide, which contains all your essential race information.



#runnotts2021

www.robinhoodhalfmarathon.co.uk

GOLDLINE
EVENTS





Good luck

to everyone taking part in the
Robin Hood Marathon Events



IKANO
BANK

Proud sponsors of the Robin Hood Mini Marathon

After what can only be described as a pretty horrendous year for so many people, in so many ways, it feels great to say that we're almost there and WE ARE READY TO RUN. 2021 is a very special year, not only as it is the comeback event but also because we will mark the 40th Anniversary of the Robin Hood Half Marathon. I expect the event will be quite emotional, a lot of you will no doubt shed a tear as you cross the line and we will be right there to share it with you. On behalf of all the team here, I would like to thank each and every one of you for choosing to run with us. It is safe to say that we definitely could not do it without you and after missing last year, we cannot wait to see you.

In 2019 our runners raised over £330,000 for charity, we are delighted to support an amazing group of charities and great causes again this year, we know you will do them proud. If you haven't decided which charity to run for please take a look at the fantastic variety you have to choose from on page 14 and 15. Through your achievements, the event will raise hundreds of thousands of pounds for them and of course encourages more people to be healthy and active.

The Robin Hood Marathon Events is renowned for being one of the best in the running calendar with something to offer everyone. We hope you enjoy your day as much as we enjoy organising it for you and seeing you cross the finish line to receive your well-deserved medal.

Good luck and have a great run,
Judith Manson, Race Director

IMPORTANT COVID-19 INFORMATION



We recently sent you information on what we are doing to help keep you safe and what you should do before the day. This included suggesting that you do a lateral flow test and considering your own health and circumstances and making an informed choice about whether you wish to participate.

You should **NOT ATTEND** if any of the following are true:

- You have any COVID-19 symptoms, even if your symptoms are mild.
- You are self-isolating.
- You have a positive COVID-19 test result.

Please note any runner who has tested positive for COVID-19 can defer their entry to 2022 free of charge on medical grounds by following the deferral link on the website.

Whilst at the event please continue to follow good hygiene practices:

- Do not spit on the start or finish line or during the race.
- Don't share water supplied at the drinks stations or on the finish line.
- Follow the instructions of the volunteers on the finish line and keep moving.

- Face covering are not required by law, if you wish to wear one in the Race Village or before the start of the race please do. It is not advised to wear one during or straight after the race.

Be kind and considerate to your fellow runners

Not everyone will have the same opinions or attitude to wearing a face covering or socially distancing as you. Please be respectful and treat others how you would expect to be treated.

What we are doing for you:

- You'll have space to self-manage the start line zones as there will be less people in them.
- The baggage tent will be a similar size as 2019 – with less people using it.
- Toilet facilities are being spread out to avoid crowding and will be frequently cleaned.
- There will be no massage tent this year.
- Volunteers on the drinks stations will not open the water carton for you.
- Volunteers will not put a medal round your neck or hand you items in the finish funnel.
- We have reduced the entertainment to avoid crowds gathering.
- All facilities in the Race Village will follow the relevant guidance.



MERCHANDISE

Will you be wearing one of our 40th anniversary commemorative T-shirts on race day?

We hope you like them as much as we do. We look forward to seeing you proudly wearing them on race day.



2021 RACE T-SHIRTS – £15.00

Men's sizes: S - XXL
Women's sizes: S - XXL



2021 RACE LONG SLEEVES – £17.00

Men's sizes: S - XXL
Women's sizes: S - XXL

1000 METERS - 1:00 PACE	1000 METERS - 1:10 PACE	1000 METERS - 1:20 PACE	1000 METERS - 1:30 PACE	1000 METERS - 1:40 PACE
1. 00:00	1. 07:30	1. 08:45	1. 09:30	1. 10:45
2. 12:12	2. 19:15	2. 21:00	2. 22:30	2. 25:00
3. 14:11	3. 22:00	3. 24:15	3. 26:15	3. 29:00
4. 16:23	4. 26:30	4. 29:00	4. 31:30	4. 34:30
5. 18:53	5. 31:45	5. 34:30	5. 37:15	5. 40:30
6. 21:37	6. 37:45	6. 40:30	6. 43:15	6. 46:30
7. 24:43	7. 44:30	7. 47:15	7. 50:00	7. 53:00
8. 28:00	8. 51:45	8. 54:30	8. 57:15	9. 00:30
9. 31:37	9. 59:45	10. 02:30	10. 05:15	10. 08:30
10. 35:00	10. 58:30	11. 01:15	11. 04:00	11. 07:00
11. 38:50	11. 58:00	12. 00:45	12. 03:30	12. 06:30
12. 43:00	12. 58:30	13. 00:00	13. 02:45	13. 05:30
13. 47:30	13. 59:00	14. 00:15	14. 03:00	14. 05:45
14. 52:00	14. 59:45	15. 00:00	15. 02:45	15. 05:30
15. 57:00	15. 59:30	16. 00:00	16. 02:45	16. 05:30
16. 52:30	16. 58:45	17. 00:00	17. 02:45	17. 05:30
17. 48:00	17. 57:45	18. 00:00	18. 02:45	18. 05:30
18. 44:00	18. 56:30	19. 00:00	19. 02:45	19. 05:30
19. 40:30	19. 55:00	20. 00:00	20. 02:45	20. 05:30
20. 37:00	20. 53:30	21. 00:00	21. 02:45	21. 05:30
21. 34:00	21. 52:00	22. 00:00	22. 02:45	22. 05:30
22. 31:30	22. 50:30	23. 00:00	23. 02:45	23. 05:30
23. 29:00	23. 49:00	24. 00:00	24. 02:45	24. 05:30
24. 27:00	24. 47:30	25. 00:00	25. 02:45	25. 05:30
25. 25:30	25. 46:00	26. 00:00	26. 02:45	26. 05:30
26. 24:00	26. 44:30	27. 00:00	27. 02:45	27. 05:30
27. 23:00	27. 43:00	28. 00:00	28. 02:45	28. 05:30
28. 22:00	28. 41:30	29. 00:00	29. 02:45	29. 05:30
29. 21:00	29. 40:00	30. 00:00	30. 02:45	30. 05:30
30. 20:00	30. 38:30	31. 00:00	31. 02:45	31. 05:30
31. 19:30	31. 37:00	32. 00:00	32. 02:45	32. 05:30
32. 18:30	32. 35:30	33. 00:00	33. 02:45	33. 05:30
33. 17:30	33. 34:00	34. 00:00	34. 02:45	34. 05:30
34. 16:30	34. 32:30	35. 00:00	35. 02:45	35. 05:30
35. 15:30	35. 31:00	36. 00:00	36. 02:45	36. 05:30
36. 14:30	36. 29:30	37. 00:00	37. 02:45	37. 05:30
37. 13:30	37. 28:00	38. 00:00	38. 02:45	38. 05:30
38. 12:30	38. 26:30	39. 00:00	39. 02:45	39. 05:30
39. 11:30	39. 25:00	40. 00:00	40. 02:45	40. 05:30
40. 10:30	40. 23:30	41. 00:00	41. 02:45	41. 05:30
41. 9:30	41. 22:00	42. 00:00	42. 02:45	42. 05:30
42. 8:30	42. 20:30	43. 00:00	43. 02:45	43. 05:30
43. 7:30	43. 19:00	44. 00:00	44. 02:45	44. 05:30
44. 6:30	44. 17:30	45. 00:00	45. 02:45	45. 05:30
45. 5:30	45. 16:00	46. 00:00	46. 02:45	46. 05:30
46. 4:30	46. 14:30	47. 00:00	47. 02:45	47. 05:30
47. 3:30	47. 13:00	48. 00:00	48. 02:45	48. 05:30
48. 2:30	48. 11:30	49. 00:00	49. 02:45	49. 05:30
49. 1:30	49. 10:00	50. 00:00	50. 02:45	50. 05:30

PACE BANDS – 50P

Our event pace band is a small one usage wristband which assists with ensuring you keep on pace during the race by providing a breakdown of each mileage split required to make sure you reach your estimated finish time!

Choose from:

1.20, 1.30, 1.40, 1.50, 2.00, 2.10, 2.20, 2.30, 2.40, 2.50, 3.00.

One size only.

HOW TO BUY

With your race entry purchase at the same time as entering the race

OR

At the event – visit us in the Official Merchandise tent.



SNOOD – £5.00

Adaptable, lightweight and soft. The Snood can be worn around your neck, wrist, head or even as a hairband. One size.



RACE BIB CLIPS – £4.00

A new way to attach your race bib to your running top. The Bib Clips are great as they do not cause any damage to your top and they can be reused! One size only – Pack of 4.

HOW TO GET YOUR RACE BIB



When you entered online you had two choices regarding how to receive your Race Bib:

1. Have your race bib posted to you for a postage fee of £1.50 (UK only). If you receive a free T-shirt e.g. VIP or you ordered a Race T-shirt this will also be in your pack.
2. Collect your race bib on Friday 24th or Saturday 25th September from the Race Village.

If you chose Option 1, you may have received your bib already; if not sit back and relax it will land on your doormat in time for race day.

If you chose Option 2, we look forward to seeing you in the Race Village before the day. When you arrive head to the south side (near the River Trent) and look for the Race Pack Collection Only banner, adjacent to the Help Desk.

The Race Pack collection points will be manned by our wonderful volunteers and open during the following times:

Friday 24th Sept	15.30 – 18.30
Saturday 25th Sept	10.00 – 16.00

WHAT DO YOU NEED TO BRING?

Please bring a copy of your booking confirmation email (on your phone is fine) and some form of ID – e.g. driving licence or bankcard.

GETTING THERE

The easiest way to get to the Race Village is via public transport or your own steam (walk, run or cycle). However if you really need to bring your car or motorbike please note that Victoria Embankment has been permanently closed to traffic by Nottingham City Council from Wilford Grove to Bunbury Street.

CAN YOU EXCHANGE YOUR T-SHIRT IF IT DOES NOT FIT?

T-shirt exchanges and general queries are all at the Help Desk. However, please note there will be limited stock available.

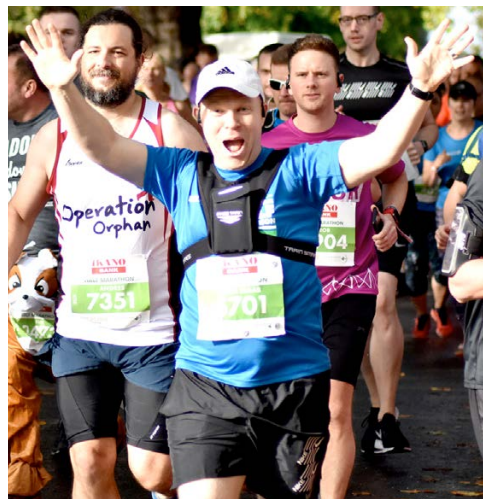
CAN I COLLECT SOMEONE ELSE'S PACK WITH MINE?

Yes, please bring proof that your friend/family member has asked you to collect their bib (text etc.). You will be asked to sign for it.

CAN YOU COLLECT ON SUNDAY 26TH (RACE DAY)

No, unfortunately the Race Pack Collection area will transform into the Baggage Tent on Saturday night ready for thousands of runners bags!

If you have any questions regarding collection please email: info@goldlineevents.co.uk





GETTING THERE

Please plan your journey before you set off and whatever mode of transport you use, please allow extra time for delays or congestion.

Every year we see people arriving late, sometimes through no fault of their own but the consequence is that they don't start their race well and from there it's more of an uphill struggle than it needs to be.

Give yourself the best start and aim to arrive at the Race Village no later than 08.30 as runners will begin assembling on the start line from then.



CYCLING

Nottingham is part of the National Cycle Network and has a large number of cycle routes throughout the city.

If you are unsure of the best route then visit: www.cyclestreets.net where you can input your journey details and customise to your preferences.

There will be an official bike park area set up on the Race Village but please note that all bikes left will be at your own risk.



BUSES

Due to road closures, some bus services in Nottingham will be affected on the day.

Please look on our website for details about the course as well as the Nottingham City Transport website – www.nctx.co.uk and Trent Barton – www.trentbarton.co.uk for further information.



TRAMS

On event day there should be a regular tram service in Nottingham. There is a great park and ride service from Clifton, this tram will drop you at the Riverside Way end of Victoria Embankment (closest point to the Race Village).

Please note, there are essential maintenance work on the tram network on the day of the race which will affect the Phoenix Park P&R. Trams will terminate at Bulwell with a replacement bus service.

For any further information please check the Nottingham Tram Operators website: www.thetram.net



TRAINS

Nottingham train station is a 15 minute walk from Victoria Embankment (roughly one mile).

Please check all train times with National Rail www.nationalrail.co.uk or telephone 03457 484950.



PARKING

There are two official race car park sites both within easy walking distance of the Race Village:

Victoria Embankment (NG2 2JY): A limited amount of car parking will be available on part of the Recreation Ground, on a first come first served basis.

This car park has no entry or exit time restrictions. However, please note that due to its proximity to the Race Village it will fill up very quickly and you may experience some minor delays in leaving depending on the time of day.

Nottingham Forest FC (NG2 5FJ): The car park at Nottingham Forest FC is available, costing £3 per car.

Access to the Nottingham Forest car park will be via Lady Bay Bridge and Pavilion Road.



PARK & RIDE

There is no shuttle service to the event from the Park & Ride on Queens Drive.

To Park & Ride please use one of 7 Tram sites with free parking spaces, for more information and map locations for these sites please visit: www.thetram.net/park-and-ride.aspx

BEFORE THE RACE



1. Unless you have ordered postage your Race Bib and T-shirt (if ordered or free with event) will be ready to collect from the Baggage Tent on the Race Village from 15.30 on Friday 24th September – see page 5 for details.
2. Plan your journey – on the day as importantly as you plan your training.
For up to date travel information and road closures visit:
www.robinhoodhalfmarathon.co.uk
3. **PLEASE ENSURE YOU COMPLETE YOUR MEDICAL INFORMATION ON THE REVERSE OF YOUR RACE BIB.**
4. Please note, under UKA rules if a person is found to be running in another runner's bib then they face disqualification and potentially refused entry into future UKA races.

123

RACE NUMBER

Please check your race number matches the number on the race pack envelope. If not contact the race helpline on 0778 813 7117 or email info@goldlineevents.co.uk.

Please do not worry that your chip number is different from your race number.

Your race number contains your timing chip; please do not attempt to remove this. Race numbers must be worn, unaltered, on the front of your running top.

Your race number is unique to you. In the event of an emergency, we use race numbers to identify individuals.

Do not swap race numbers with another runner or allow anyone to use your race number if you are unable to run.

In cases of emergency, a situation of mistaken identity can be very distressing for all involved and can lead to prosecution under UK Athletic rules.

Please be sure to write your emergency contact details on the back of your race number in the space provided.



BAGGAGE

You will find a baggage label with your Race Bib as a separate tag, this will be the same number as your race number. Be sure to keep this tag safe, as you will need this on race day. Loss of your baggage tag will not only delay your start but also delay the collection of your bag. Place your tag in a prominent position on your bag and head to the Baggage Tent.

Please note, just like at an airport, bags must not be left unattended under any circumstances and could result in the event being delayed. It is your responsibility to make sure your bag is safe in the baggage tent so please make sure you hand your bag to a member of staff, even if you are in a hurry. Organisers cannot be held responsible for any losses. At peak times, you may experience queues.



HELP DESK

The Help Desk on the Race Village is open on Saturday 25th and Sunday 26th September to answer any queries you have.

There is a limited supply of replacement race packs so please don't worry if you arranged postage and you've lost yours or the dog ate it!

OPENING TIMES:

Saturday 25th Sept: 10.00 – 16.00

Sunday 26th Sept (Race Day): 07.00 – 15.00

Location: Victoria Embankment Recreation Ground, The Meadows, Nottingham, NG2 2JY

Please note: Race bib collection is not from the Help Desk, see page 5 for collection information.



FIRST TIMERS

The experience you have is important to us and the day has been designed to try to give you the best possible race experience. If this is your first Half Marathon, then please make sure to read all information provided in this race guide.

On the day, be sure to follow instructions provided by marshals & the commentary team via the PA.

For any additional information or queries check our FAQs section online:

www.robinhoodhalfmarathon.co.uk/pages/faq



RACE DAY – SUNDAY 26TH SEPTEMBER

ROBIN HOOD HALF MARATHON, MINI MARATHON AND CORPORATE CHALLENGE

TIMETABLE FOR RACE DAY

07.00	Race Village and Car Park opens
08.30 – 09.15	Half Marathon runners should be in their start zone
09.25	Wheelchair Race Starts
09.30	Half Marathon Race Starts
09.45	Mini Marathon runners enter their start zone
10.00	Mini Marathon Race Starts
10.30	First Elite Wheelchair Finisher
10.30	First Elite Half Marathon Runner Finish
16.00	Race Village Closes

HALF MARATHON START ZONES

With over 7,000 runners on race day we want to ensure the start of your race is safe and you have the best possible experience:

- Please make sure you are in your start zone in plenty of time as the race cannot be delayed for anyone.
- Your start zone will have space for you to self-manage your distance from other runners, please respect other people's space.
- Your race bib is a colour coded race number; you should only start in your allocated colour/start zone. This will help prevent you going too quickly or slowly at the start.

If your entry has already been downloaded, we cannot change your start zone. Your start zone has been determined by the estimated time you input on your entry. The start will be released in waves one colour at a time.



COLOUR START ZONES:

White	Elite
Yellow	Sub 1.40
Red	Sub 1.55
Blue	Sub 2.05
Gold	Charity
Green	Sub 2.30
Orange	2.30.00 Plus

Please note all start zone timings are subject to change.

Sub 1.40 means anyone who has a finisher time including and under 1 hour, 39 minutes and 59 seconds.

MINI MARATHON

Once all the half marathon runners have passed Bunbury Street the Mini Marathon Race will start at 10am, please wait to be called to your coloured start zones.

Listen to the PA in the Race Village for instructions.

The Mini Marathon will begin in 2 waves, black and pink. The waves have been allocated by the following age groups:

First Wave – Black Age 11 and over
Plus Corporate Challenge Mini Marathon runners

Second Wave – Pink Age 10 and under
Plus all allocated accompanying adults

Please note you cannot move forward into a different zone.

Please make sure you start in your allocated zone, failure to do this will result in disqualification from the Schools Challenge Results and Awards.

Please note, unlike the Half Marathon, the Mini Marathon and Schools Challenge results will be based on your Chip Time.

RACE DAY – SUNDAY 26TH SEPTEMBER



RACE VILLAGE ACTIVITY

Located on the Victoria Embankment Recreation Ground, the Race Village is right next to the start line and is where you'll find the finish line. Athletes come to drop off their baggage in the morning, soak up the entertainment before and after the race, meet friends and grab a bite to eat and drink. See page 10 for a map of the Race Village.

PACERS

We have a great team of pacers, who will each be wearing a flag with their allocated time. Please allow plenty of time at the start line to find your pacer. Please note that all pacers will be running to their own chip time, not gun time therefore if your need to clarify what splits they are doing, just ask them.

More information on pacers can be found at: www.robinhoodhalfmarathon.co.uk/pages/pace-runners

THE NOTTINGHAM POST CORPORATE CHALLENGE

If you are taking part in the Nottingham Post Corporate Challenge you should have received your race pack in the post. All team members should meet at the Corporate Challenge tent in the Race Village to drop off their bags and get ready for their race.

If you are running the Mini Marathon for your team, you will be starting in the Black zone, whilst Half Marathon team runners will be starting in the Red Zone.

MEDICAL PROVISION

We take the provision of medical care very seriously. There is a First Aid tent in the Race Village managed by crews from St John Ambulance and East Midlands Ambulance Services; they will also be located along the route. We will be in constant contact with the medical teams so we can react quickly to any medical situation that arises. If you require medical attention on the day, please alert a member of the race team or a Route Marshal.



ILLNESS, INJURY & DEFERRALS

If you have tested positive for COVID-19 or have symptoms please **DO NOT ATTEND**.

We strongly recommend you do not compete if you are feeling unwell or injured. If you have concerns prior to race day please contact your doctor or physio before running.

We do have a deferral process, therefore if you are unable to take part in this year's event due to injury or illness and can provide an evidence note by physio or doctor then please submit this to our deferrals page which can be found online:

<https://www.robinhoodhalfmarathon.co.uk/pages/cancellation-refund-policy>

TIMING

Your Race number will record two times, your chip time and your gun time. Your chip time starts when you pass over the start line, whilst your gun time will start when the first start gun is fired.

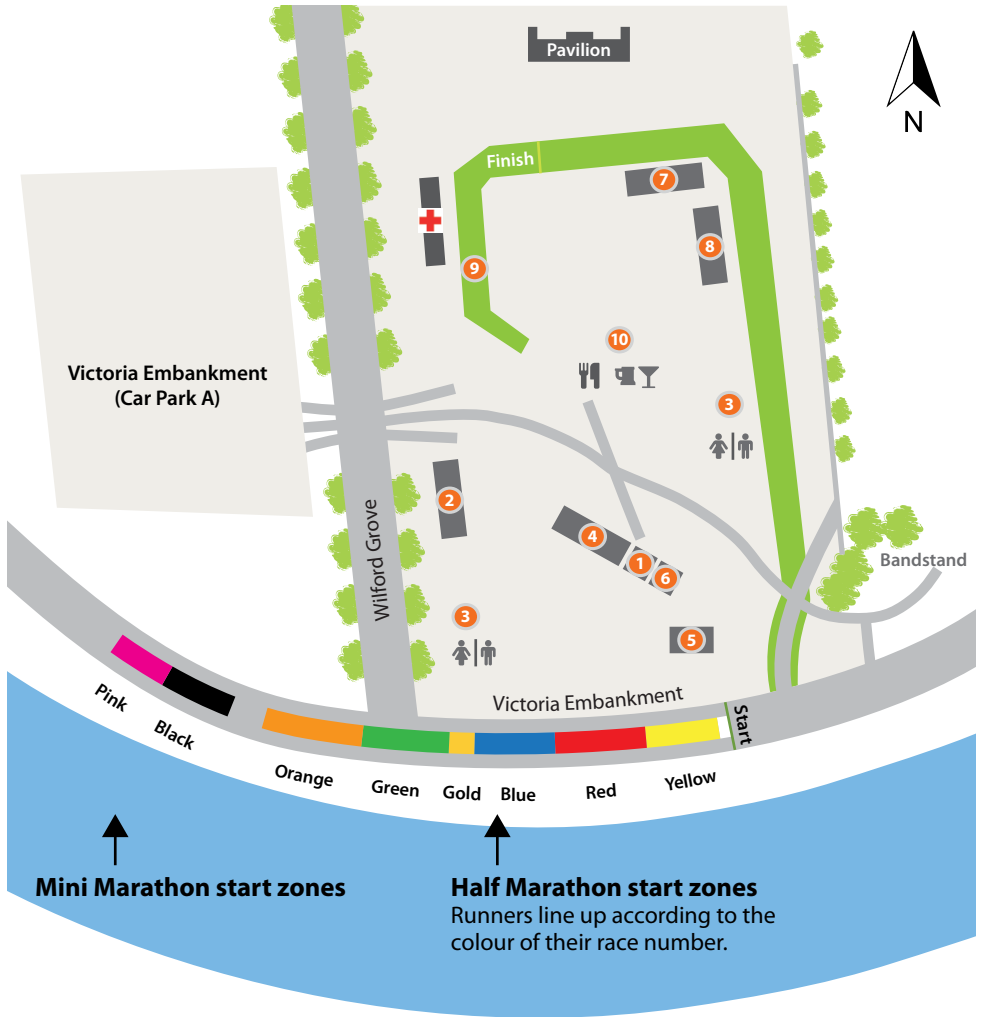
Your timing device is attached to your race bib therefore please do not remove or tamper with it.

Please note all Half Marathon competition results are based on gun time, not chip time.





RACE VILLAGE

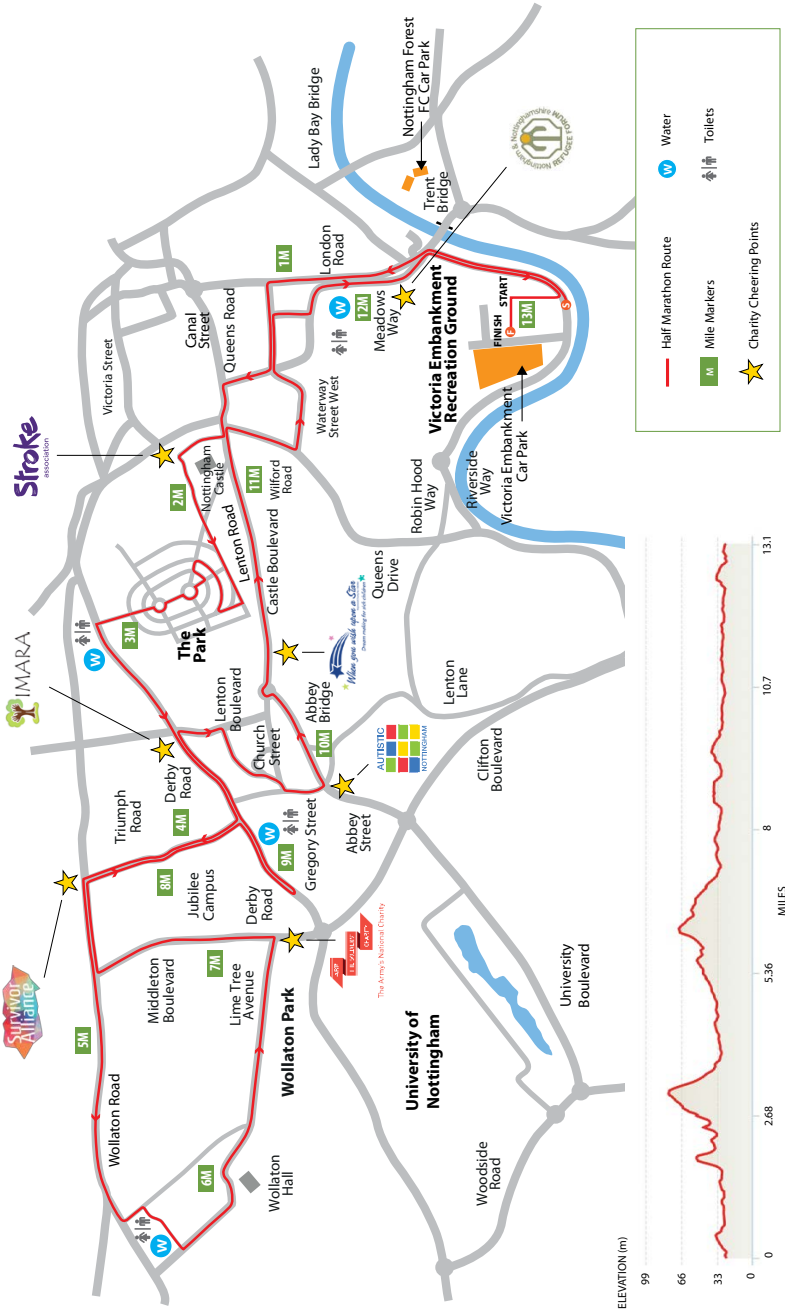


Mini Marathon start zones

Half Marathon start zones
Runners line up according to the colour of their race number.

- | | | | |
|---|-----------------------|---|----------------------------|
|  | Medical Centre |  | Merchandise |
|  | Help Desk |  | VIP |
|  | Charities |  | Corporate Challenge |
|  | Toilets |  | Finish Funnel |
|  | Baggage Tent |  | Refreshments |
|  | Ikano Bank | | |

HALF MARATHON ROUTE



Stroke association



Make your walk drive or cycle count
 The Army's National Charity





Whilst running the Half Marathon route please be sure to follow the signs and listen to the instructions of the marshals.

WATER STATIONS

There will be four Water stations on the route at regular intervals (see map on page 11). It is important to know what your body needs so practice/train using hydration so you know how to keep hydrated during the race. Everyone is different and not everyone needs to take on water at each station. Take on water when you need to.

TOILETS

There will be lots of toilets in the Race Village. With over 7,000 runners getting ready to go to the start line, please expect queues.

LEAD CAR & SWEEP VEHICLE

Both races will be led by a lead car, which drives in front of the lead runners ensuring a clean running line. There is also a sweep vehicle on the Half Marathon, which is located at the rear of the race to support anyone who may be struggling. The sweep vehicle will only carry those in need and will not leave its position at the rear of the race, unless there is an emergency.

Once the sweep vehicle has gone past, roads may begin to re-open in accordance with timings agreed with Nottingham City Council. If the sweep vehicle goes past you, you may be asked to continue on the pavement.

HALF MARATHON SWEEP TIMES

1 Mile	10:10
2 Miles	10:25
3 Miles	10:35
4 Miles	10:50
5 Miles	11:10
6 Miles	11:25
7 Miles	11:40
8 Miles	11:55
9 Miles	12:15
10 Miles	12:35
11 Miles	12:45
12 Miles	12:55
13 Miles	13:10

TAIL WALKER

Every participant in the Half Marathon is important, whether you are a super-fast elite or slower 'party at the back' kind of person. We can't guarantee that a lot of spectators will still be out there to cheer our last runners on but we can guarantee that as long as we are still legally allowed to keep the roads closed you'll be able to complete your race on closed roads and will have a drinks station open when you get to it. For the second year there will be a tail walker at the back of the race, she is very friendly and has offered her services to stay with the last runner/walker to ensure the last person across the finish line has a great experience.

CROWD PARTICIPATION & ENTERTAINMENT

The route will be lined with spectators and charity cheering points to keep those legs pumping when the going gets tough.

MEDICAL ASSISTANCE ON ROUTE

If you require medical attention on the day, please alert a Route Marshal who will be lining the route wearing a yellow high visibility bib, they will be able to call for further medical assistance. There are trained medics positioned strategically around the route, ready to react if needed.

Please ensure you have filled in the medical section on the back of your race number.



RACE PHOTOGRAPHY

On the day MarathonPhotos will be present to make sure they capture your best moments. All race photos will be displayed within 48 hours of the race.

To make sure they don't miss you please make sure your race number is clearly identifiable on the front of your T-shirt.





Donations are helping more people like Angela get good news

Donate right now
at cruk.org/donate

Together we will beat cancer



CANCER
RESEARCH
UK



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666) and the Isle of Man (1103). © Cancer Research UK 2019.



CHARITY PARTNERS

Each year, we work with some truly inspiring charities that help a variety of great causes and 2021 has been no different! In 2019 over £330,000 was raised by our runners for a fantastic range of local and national charities. These are vital funds which each and every charity needs now more than ever before. If you have not decided to run for a charity yet it's not too late – we encourage everyone to run for one of these amazing charities. You will also find most of them in the Race Village – go say hello and drop a few pennies in one of the charity collection tins.

We are proud to support and work with all our partner charities.



HEADLINE CHARITY PARTNER – CANCER RESEARCH UK

www.cancerresearchuk.org

'Today, 1 in 2 people now survive cancer; we want to get to 3 in 4 by 2034. Every step we make towards beating cancer relies on every pound, and every runner. Cancer is happening right now and together we can beat cancer. Join our team and help bring forward the day when all cancers are cured.'



ALZHEIMER'S SOCIETY

www.alzheimers.org.uk

Dementia is the UK's biggest killer. We can beat it, but we can't do it alone. Dementia devastates lives. By 2021, it is predicted that one million people will have the condition. Now more than ever, we must all come together and unite against dementia. By joining team Alzheimer's Society you are helping to provide life changing support for people with dementia, and funding research into a cure to put an end to dementia for good.



ABF SOLDIERS CHARITY

www.soldierscharity.org

We are The Soldiers' Charity: 'For Soldiers – For Life!' As the Army's National Charity ABF provide a lifetime of support to soldiers, veterans and their immediate families in times of need. Our work touches the lives of around 75,000 people each year, at home and around the world.



NOTTINGHAM HOSPITALS CHARITY

www.nottinghamhospitalscharity.org.uk

Enhancing patient care at Nottingham University Hospitals NHS Trust's Queen's Medical Centre & City Hospital. Your fundraising will provide added extras such as improved facilities, equipment, research & staff development. Join our team of runners and raise money for the area of our hospitals closest to your heart or wherever the need is greatest by setting up your fundraising page here www.justgiving.com/campaign/RHHM21



STROKE ASSOCIATION

www.stroke.org.uk

Stroke is sudden and devastating, striking every five minutes in the UK. It can take away your speech, your ability to walk, your memory and your independence. The Stroke Association works to help those affected by stroke take back control, reclaim their independence and live their lives again. Join Team Stroke and help us to make a difference today. Together we can conquer stroke.



SURVIVORS ALLIANCE

www.survivoralliance.org

Survivor Alliance unites and empowers survivors of modern slavery and human trafficking to be leaders in our community and advocate on our own behalf. We have members from all over the world, including over 50 in the UK, many of whom are asylum seekers. Our Nottingham Chapter provides survivors with leadership training, peer support and community-building activities. Your donation will help us bridge the digital divide and purchase training materials.



WHEN YOU WISH UPON A STAR

www.whenyouwishuponastar.org.uk

Celebrating over 30 years of granting magical wishes. In 2021, When You Wish Upon a Star will be celebrating 31 years of granting wishes to children living with life threatening illnesses throughout the UK. Since 1990, over 18,500 Wishes have been granted and you can help us create even more magical memories for our Wish Children and their families by supporting us at this exciting time in the charity's history - your support really will make their dreams come true!

CHARITY PARTNERS



CHILDREN'S BEREAVEMENT CENTRE

www.childrensbereavementcentre.co.uk

A local registered charity providing early intervention support for children and young people, age 3-18, in Nottinghamshire and parts of Lincolnshire who are experiencing life-changing trauma due to the death or terminal-illness of someone they love. Based in Newark, the charity has been providing its unique range of specialist support in Nottinghamshire for 16 years. During that time we have helped thousands of children and their families and years later we remain the only specific specialist bereavement service for 3-18 year olds in the area.



IMARA

www.imara.org.uk

Providing independent specialist services to children, teenagers and families affected by child sexual abuse. Imara works across Nottinghamshire and aims to empower and promote recovery by offering early intervention after a disclosure or discovery of child sexual abuse. Imara offers; Access to pre-trial therapy, specialising in trauma-informed practice and creative arts approaches best suited to children and young people; Impartial and accurate information, support and consistent contact throughout the police investigation and criminal justice process; Practical support with education, health, housing and financial concern; Specialist risk and needs assessment, and referral to appropriate support and services.



MAGGIES

www.maggiescentres.org

Based in the grounds of the City Hospital, Maggie's Nottingham is a drop in centre offering free support to people with cancer and their loved ones. We help with the challenges that cancer brings in a calm, welcoming, non-clinical environment. The centre offers people a break from the hospital, the chance to meet people who know what you're going through and a range of activities that improve wellbeing.



NOTTINGHAM AND NOTTINGHAMSHIRE REFUGEE FORUM

www.nottsrefugeeforum.org.uk

Offering advice, support and friendship to Nottingham's refugees and asylum seekers. Our vision is a society where Asylum Seekers and Refugees are welcomed, receive just and compassionate treatment and support in rebuilding their lives. Our mission is to support asylum seekers and refugees in Nottingham and Nottinghamshire in gaining just outcomes, rebuilding their lives and integrating into society. We do this by providing a safe and welcoming space where everyone is treated with respect, compassion and dignity, offering free and impartial specialist advice, empowering service users to rebuild their own lives, positively embracing and celebrating differences, offering practical support to those who have no means to support themselves and building effective partnerships with community groups and relevant organisations.



AUTISTIC NOTTINGHAM

www.autisticnottingham.org

A charity run entirely by and for Autistic adults without intellectual disabilities (which you may know as Asperger's Syndrome or High Functioning Autism), to fight the misconceptions around Autism that cause barriers. Since becoming a registered charity in 2019 we have expanded into three unique services for Autistic adults; Advocacy, Support & Social. Our Advocacy service is staffed by qualified Advocates who work short term with Autistic people to break down difficult barriers (such as accessing services, completing benefit applications etc). We run support groups as well as a support service for those who have a social care budget for support workers, and we host a variety of accessible and supportive social events.



NOTTS COUNTY FOUNDATION

www.nottscountyfoundation.org.uk

Delivering a wide range of sport related projects to the wider community, working with some of the most disadvantaged and vulnerable people in Nottinghamshire. Projects include supporting cancer rehabilitation, promoting positive mental health and encouraging healthy lifestyles, among many others. Our aim is to provide life-changing opportunities to improve people's health, aspirations, confidence, behaviour, education, provide social opportunities and support others back into employment.



Each year we rely on the generosity of so many individuals, charities, organisations, scout groups, sports and running clubs who help us make this event happen.

There are over 600 people involved on the day, all giving their time to make your run the best it can be.

Individual volunteers are recruited directly through the event website known as Race Makers, or groups of volunteers come from various local organisations that have assisted the races for many years.

Most volunteers started their day while you were just getting up, they have been unpacking medals and goody bags in the finish funnel, arranging tables and chairs in the VIP and Corporate Challenge tents, sorting out water on the route or standing at the end of a road to ensure the route is safe and ready for you.

Please say a BIG THANK YOU to Domestic and General for supporting this vital part of the race and to all our wonderful volunteers – give them a big smile and a cheer if you can.

THERE IS STILL TIME TO BECOME A RACE MAKER

Want to be part of the Robin Hood Marathon Events on Sunday 26th September but don't want to run? Then become part of our dedicated volunteering team and be one of the Robin Hood Marathon Events 'Race Makers'.

Being a volunteer 'Race Maker' is extremely rewarding, it is a chance to meet new friends and like-minded people but it is not for the faint hearted. It can be a long, tiring day and come rain or shine we will need your support to help make this fabulous event happen.

OUR COMMITMENT

Goldline Events is committed to 'Helping Runners Be The Best They Can Be', giving them access to the best equipment and creating the best runner experience in all of our events – as a volunteer 'Race Maker' you can expect the same commitment: we will train you to be the best you can be in your role, provide you with the equipment you need to fulfil your role and ensure you have the best experience of the day.

We are looking for long-term commitment and that means we want to see you next year!

Apply online at:

www.robinhoodhalfmarathon.co.uk/pages/become-a-volunteer-race-maker

POWERED BY



**Domestic
& General**

Nottingham City is an important place to Domestic & General. Currently home to our largest Contact Centre, in Autumn 2022 we will open our new flagship operations hub right in the centre of the Nottingham Business District, which is an area being invigorated by D&G's development. Our new plans will unlock around £50m of direct investment for Nottingham and reaffirms our longstanding commitment to the city and the people who live there.

Sponsoring the volunteers at the Robin Hood Half Marathon is another step forward in our support of the local community and our commitment to fundraise for the important work of Nottingham Hospitals Charity.

There is no denying that volunteers are the heart and soul of the race weekend and the tireless efforts they put in make a real difference to each and every runner. Good luck to all volunteers and runners on the day!



AFTER THE RACE



So, you've crossed the finish line and have achieved your goal, **WELL DONE**.

You may have raised thousands for charity, you're probably very emotional and posing proudly with your finishers medal for that all important photo.

Whether you managed your best finishing time or are simply glad to have finished, there are still a few things coming your way over the coming days:

RESULTS

The race results we produce will show two times, your chip time and your gun time. Your gun time is your official Half Marathon race time in accordance with UKA rules.

You will receive an email on the evening of race day to confirm your provisional finish time and place.

The full list of provisional results will be posted on our official website on the day of the race.

Please note that some results must be verified before being made official. It can take up to 5 days for the results to be listed as official, this is due to any queries runners may have about their result or timing. We appreciate your patience if there is a slight delay, we will work as quickly as we can to verify the results.

If you have any queries about your result or chip timing then please get in touch with our timing providers as soon as possible so they can look into this effectively. Please email any queries to goldline@frsystems.co.uk

PRIZES

If you are a prize winner you will be contacted directly by a member of the events team, roughly 7-10 days after the event. Please note all Half Marathon and Corporate Challenge competition prizes are awarded by gun time, not chip time.

FEEDBACK

We work hard each year to provide a high level event to all runners, therefore if you have any feedback post event, please send it to us at: info@goldlineevents.co.uk

SCHOOLS CHALLENGE

Each year we award over 100 prizes to children across the county, a child is automatically entered into the School Challenge if their school was included on their entry. Following the race the School Challenge results will be calculated by the events team once the Mini Marathon results have been listed as official. Please bear with us during this time as the awarding system is a time consuming process. Once confirmed the Schools Challenge winners will be contacted and invited to an awards evening via the email address, which was input on their entry.

Please note that all Schools Challenge results will be based on the runners chip time.

For more information about the Schools Challenge and the prizes available please visit:

www.robinhoodhalfmarathon.co.uk/pages/robin-hood-mini-marathon

NOTTINGHAM POST CORPORATE CHALLENGE

The Nottingham Post Corporate Challenge team's score will be calculated as the total of the chip times of the fastest two members running the Half Marathon and the fastest two members running the Mini Marathon.

All other team members' times will be excluded, so that all teams can be fairly compared no matter the size of the team.

The results are not finalised on race day, there is a slight delay whilst the Half Marathon and Mini Marathon results are confirmed and listed as official. Once made official the first, second and third place teams will be contacted.

WILL YOU BE ONE OF OUR LUCKY HALF MARATHON WINNERS?

Find a Golden Ticket with your finish line goodies for a **FREE** Half Marathon entry to our 2022 event.

There are 40 tickets to celebrate 40 years of the Robin Hood Half Marathon.





THANK YOU TO ALL

SPONSORS & PARTNERS

This race could not happen without the fantastic help and support of so many people who work tirelessly before, during and after the event to help us bring it to life. We would like to say a massive thank you to all our sponsors, partners and agencies who have helped us along the way.

- Domestic and General
- Ikano Bank
- Cancer Research UK
- Nottingham Post
- Westlab Salts
- Up and Running Nottingham
- iTAB
- Nottingham Audi
- Hilton Hotel
- Nottingham City Council
- The Park Estates

CHARITY PARTNERS

- ABF The Soldiers Charity
- Alzheimers Society
- Autistic Nottingham
- Children's Bereavement Centre
- Imara
- Maggies
- Nottingham Hospitals Charity
- Nottm & Notts Refugee Forum
- Notts County Foundation
- Stroke Association
- Survivors Alliance
- When You Wish Upon a Star

OUR RACE TEAM

A massive thank you to the guys and girls who can be found in the Race Village, building your event on the route, marking out mile markers who help us make this one of the best races out there.

VOLUNTEERS & RACE MAKERS

A special thank you goes out to our army of brilliant volunteers and marshals, without whom this event simply could not happen. Thank you for giving us your time and helping us make this such a fantastic event and great day for everyone. Whether you are from a charity, club, group or individual Race Maker, we appreciate you all for being involved in this year's event.

COMMUNITY AMBASSADORS

In 2019 we welcomed applications from you, our running community, for a new voluntary position called a Community Ambassador. As you would expect, applications were plentiful and of a very high standard. We were delighted with the team we welcomed on board: Des, Gaby, Kirstie, Natalie and Tom. Each of them brings different experiences; different paces and different stories to the role, but all have incredible passion for our races and the running community as a whole. www.robinhoodhalfmarathon.co.uk/pages/community-ambassadors

RUNNERS

Most of all we want to say thank you to all the runners this year, whether you have taken part in the Mini Marathon or the Half Marathon. You are the reason we do this and we hope you enjoy your day as much as we enjoy organising it!

INTERESTED IN BEING INVOLVED IN 2022?

If you are interested in being involved in next year's Robin Hood Marathon Events, please get in touch with us. We have a range of roles available from volunteering, entertaining and performing. If you want to find out more, please email us at info@goldlineevents.co.uk

WHAT'S NEXT

We hope you enjoyed this year's Robin Hood Marathon Events and we would love to have you back next year.

If you've got the bug and can't wait a whole year, why not join us for the Reading Half Marathon and Green Park Challenge on the 7th November 2021.

We'd love to see you there: www.readinghalfmarathon.com



GOLDLINE EVENTS

CREATING MEMORIES THAT LAST



Specialising in mass participation running events

Working across the UK to bring you a fantastic range of high profile races.



Whether you're new to running or a seasoned athlete we'll have a race for you, it's time to take on your next challenge with distances from one mile to 13.1 miles.



www.goldlineevents.co.uk





40 YEARS OF RUNNING
1981 – 2021

HAPPY BIRTHDAY TO US
HAPPY BIRTHDAY TO US
HAPPY BIRTHDAY ROBIN HOOD HALF
HAPPY BIRTHDAY TO US.

HIP HIP HOORAY

You are all invited to celebrate with us on Sunday 26th September
as the Robin Hood Half Marathon reaches the **BIG 40**.

They say life begins at 40 and boy are we ready for it!

ROBIN HOOD
MARATHON EVENTS
25TH SEPTEMBER 2022



EARLY BIRD – SAVE OVER £5.00 ON YOUR ENTRY FEE

It is so good to be back where we belong, and time waits for no runner – our fantastic Early Bird discounts on race entries for 2022 will be on sale from Monday 27th September and you won't want to miss out on these discounts!

RAN IN 2021 – SAVE EVEN MORE

Check your inbox Sunday evening for a unique 2021 finisher code giving you **ANOTHER £5.00 OFF** the Early Bird offer for 2022 – so you'll save EVEN more.

That buzz of the crowds, the sounds of the cheers and the feel-good factor on the streets of Nottingham – we can't wait to experience it again next year.

We're ready for 2022 – how about you?



www.robinhoodhalfmarathon.co.uk