

# PRACTICAL INFORMATION

#### Event date

Sunday September 27<sup>th</sup> 2015

### Number de participants

 ${\bf Max.~1500~participants~are~authorized~for~the~well being,~the~comfort~and~security~of~all~participants~.}$ 

### **Distances**

5 km 10 km

Half Marathon: 21,0975 km Marathon: 42,195 km

All distances are measured exactly between the departure and the arrival line.

#### **Departure & Arrival**

In the Centre of Wevelgem - Lauwestraat.

## **Starting time table:**

5 & 10 km: 10.00 am Half Marathon & Marathon: 11:30 am

### **Marathon track**

Free of traffic, flat and on asphalt roads, 35km alongside the riverbanks of the river Leie

### Drinks and supply during the race:

8 supply posts, water, energy drinks and food rich in carbohydrates (raisins, bananas...)

A more varied assortment is available towards the end (Coca Cola..)
We guaranty a full supply for all participants, recreational and more slower runners.

# **Km indication**

1/2/3/4/5/10/115/20/21, 5/25/30/35/36/37/38/39/40/41/42/finish

# **Time clocks**

At the start, on a quad for the first in the race and at the finish line

### **Time registration**

Chip registration (start and finish)

### **Cycling companion**

Due to security reasons, there are NO bicycles allowed on the racing track.

There are plenty of supplies provided for all runners, throughout the period of the contest – so extra supplies or help will not be necessary.

### Time limit

5 & 10 km: time limit of 1 hour30 minutes

Half and full marathon: Set at 5 hour 30 minutes. (Average speed of 7,76km/h) The track will remain free of traffic as long as the time limit hasn't passed.













### **Recovery area**

A big closed of zone where the athletes can recuperate. Free extended variation of drinks and food, massage.

Presence of a doctor and medical team.

### **Changing rooms & showers:**

Porseleinhallen – Lauwestraat – Wevelgem (about 100m from start & finish line)

### Luggage

Secure luggage are is provided in the Porseleinhallen.

### **Subscriptions**

Online only, open from the 1th of January. We ask to pay you fee within 5 work day due to the fact that only 500 participants for the marathon and 1000 for the half marathon are allowed.

# **Prizes:**

5&10km: - Every runner will receive a goody bag.

- T-shirt

Half Marathon: - Every runner will receive a goody bag.

- Half Marathon finishers T-shirt

Marathon: - Every runner will receive a goody bag.

- Marathon Finishers T-shirt

- Unique designed 2015 Marathon Finishers Medal

# **Subscription fee**

5&10km: 5 km & 10 km: €6 + Free T-shirt

Day inscription (on site. Only cash accepted): €8 (No T-shirt for day inscriptions)

Half Marathon: 1 January until 10th September: € 12

After 10 September and day inscriptions: €15

Marathon: 1 January until 31 march: € 25

1 april until 30 june: € 30 1 july until 10 september: € 35

Day inscriptions: € 45













