



New Year's Eve & New Year's Day
LIVERBIRD MARATHON DOUBLE
2015 / 2016



Event held under UK Athletics rules.

Race permit granted by Trail Running Association. Permit available to view upon request.
Permit numbers: TRA/230-15 & TRA/09-16

EVENT INFORMATION

Date: 31 Dec 2015 & 1 Jan 2016

Start Time: 10:00 each day

Venue: Liverpool, Riverside Promenade. Start/finish area on promenade near Brunswick Dock, opposite Pipe Centre. Free car park by Pipe Centre on Atlantic Way.

Facebook page: <https://www.facebook.com/pages/Liverbird-Marathon-Double/140992935937374>

Minimum Age: 18 on race day

Distance: approximately 26.2miles. See below for route details.

Entry fee: **£35 for 2 days**
Or £20 for one day.
Add £2 if unattached.
All proceeds are donated to the two charities, as explained below.

Entries:

No postal entries this year. **Please do not send paper forms and cheques as they will not be accepted.**

This year we only accept entries via a donation to one of the two fundraising pages (see below), followed by an email to contact@liverbird-marathon-double.co.uk with the completed entry form (please sign the declaration, scan and attach to the email).

You can choose which charity you want to donate to or you can split the full amount between the two.

Veterans Charity: <http://www.justgiving.com/KajaK>
VC provide fast and direct support to Veterans of all generations.

MACS (The Micro and Anophthalmic Children's Society):
<http://uk.virginmoneygiving.com/LiverbirdMarathonDouble>
MACS support children born without eyes or with underdeveloped eyes.

When making the donation please use your full name and write "liverbird entry" in the message field.



Supporting children
born without eyes or
with underdeveloped
eyes

Registration: starts at 8:30 each day by the start. You will be given one number that should last for the 2 days. **Please bring your own safety pins.**

There limit. There is no time limit on day 1 – simply enjoy your day! On **day 2** the cut off time is **4:30 – 5:00 pm**. We will not leave anyone out there on their own and we'll wait for everyone to finish but please consider your ability to complete the distance in this time before entering day 2.

Marshalls and water stations:

The main checkpoint is by the start / finish area – is available every 6 miles. Please bring your own drinks/anything else you might need for your run, SIGN IT and place it in the designated area where you will be able to access it every 6 miles. We will provide some snacks and water but try to mainly rely on your own to avoid disappointment. The “own drinks” format has worked well because it helps us avoid littering on course –everyone looks after their own rubbish.

We will do our best to provide a marshal with water at the turn around point (3.27 miles) however we rely on the kindness of volunteers for this and cannot guarantee there will be one.

Course details.

The route follows Liverpool Riverside Promenade along the river Mersey. The distance measures 26.2 miles and is very flat. There will be a 3.27 mile out-and-back stretch along the river which will be repeated 4 times. The surface is mainly road/brick or concrete. There is a brief bit of cobble stones and 2 steps. All course is traffic-free, however it is accessible to public and participants must be considerate of pedestrians at all times.

This is a very fast course, its record currently is 2:36:42, previously 2:45.

Toilets and Shower facilities

We don't provide toilets on the route but there are 2 restaurants and toilets may be used at their courtesy. There are public toilets in the Albert Dock (15 min walk from the start). There is a Travelodge (Liverpool Docks) round the corner from the start, if you require accommodation it might be useful to book a room there so you can use the toilet beforehand as well as showers afterwards. There are plenty of bush opportunities on course. In the past runners also used local gyms for showers (you can buy a day pass in advance)

Timing and Results

We provide gun time only. Times are recorded manually, hence there is a small chance of human error. It's best to wear a watch as a back up. **PLEASE DO NOT LEAVE UNTIL YOU MAKE SURE THE TIMEKEEPER WRITES DOWN YOUR TIME IN THE RESULTS TABLE.** This should be done before the medal is given but in certain cases (such as when many people finish at once) it becomes more difficult therefore please remember to make sure we have recorded your time before you leave.

Results for day 1, day 2, and both days will be sent by email to all participants. I will be posting on facebook to advise when emails have been sent.

Awards Medals for all finishers.

Photos. I will be taking photos at the start and your finisher's photos (if you'd like to pose for one) with your medals. These are free of charge.

Accommodation.

The closest accommodation is Travelodge Docks – it is just round the corner from the start. We strongly recommend booking this hotel over others as you would be able to use the toilet just before the start.

Transport and Parking

There is a large parking by the Pipe Centre (Atlantic Way), which is free of charge. The start is just behind the fence from there.

The nearest train station is Brunswick.

A local budget taxi company is called Delta and can be booked at 0151 124 7373.

The fare from the main Liverpool rail station (Lime Street) costs £3.60 - £3.80 using Delta taxi (black cabs will be more expensive).

Weather

I cannot stress this enough, please dress appropriately for winter. The course is very exposed and there is a VERY STRONG COLD WIND MOST OF THE TIME. Be prepared for wind and rain. See the photo



to see what I mean. Every year there are runners having to withdraw due to hypothermia. Please dress appropriately!

Supporters

The route is quite family friendly, there are 2 restaurants on the course and multiple benches where your family could stay and support you. There is also a large playground, an outdoor gym, and a newly built climbing wall and adventure park. A bit further away (not on run course) there is Albert Dock with multiple restaurants, Liverpool Museum, the Beatles Museum with an Elvis store and other attractions.

Volunteers.

If a family member/ friend is coming with you why not consider volunteering and becoming a Marshal for the day? With some help from your side we would be able to set up another water point on route. The roles include: manning a water point at turn around point (3 miles walk from the start or a short drive if you have a car with you), taking photographs of runners (we provide the camera), helping with water at start/finish area or helping with lap counting/ timing. If you agree to become a marshal please dress for winter conditions, possible rain and strong wind.

Free race entry to all marshals, or free race entry to you if you bring a marshal. Please contact us to arrange this beforehand.

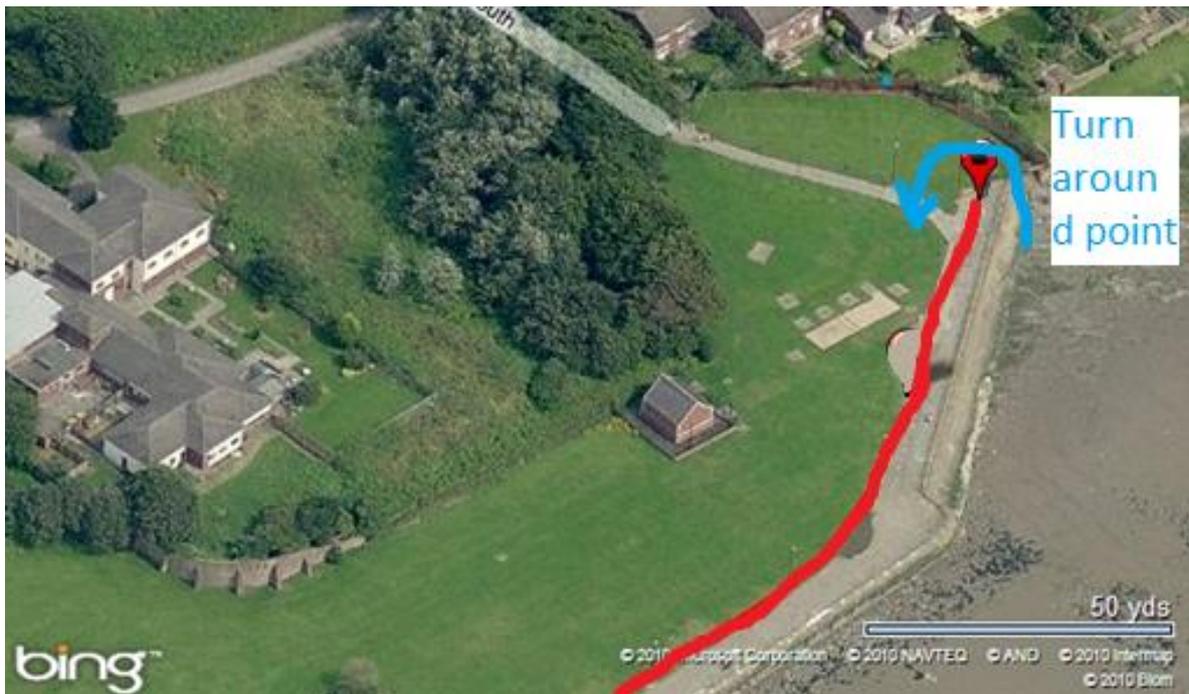
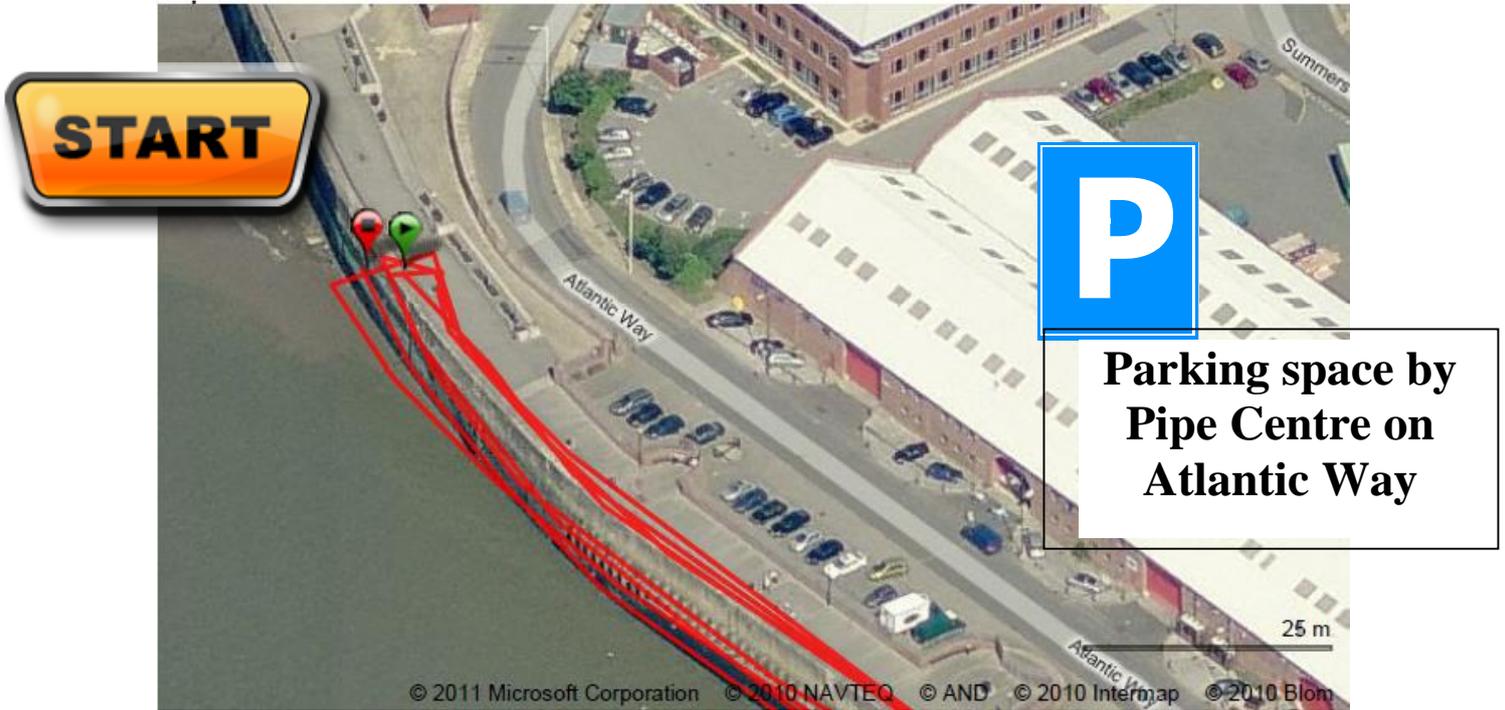
Contact details

Kaja Kosla,

Liverbird Marathon Double

Email: contact@liverbird-marathon-double.co.uk,

Start/finish area & parking.





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ENTRY FORM
 PLEASE USE BLOCK CAPITALS

Return the completed form to contact@liverbird-marathon-double.co.uk

Name _____

Club or unattached: _____

EA affiliation number (for attached runners only): _____

Date of Birth _____ **Age on Race day** _____

Predicted finishing time: _____

Address _____ **Post Code** _____

Tel No _____

Email address PLEASE WRITE CLEARLY TO RECEIVE PRE RACE COMMUNICATION and results

I wish to enter (tick all that apply)

- Day 1 (31/12/2014) - £20**
- Day 2 (1/01/2015) - £20**
- Both days - £35**
- ADD £2 IF UNATTACHED**



*Supporting children
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 with underdeveloped
 eyes*

I have made the payment for £_____ to:
 (choose one or split the payment if you wish)

- Veterans Charity <http://www.justgiving.com/KajaK>
- MACS: <http://uk.virginmoneygiving.com/LiverbirdMarathonDouble>



Declaration.

I agree to abide by the rules of the event and I assure to stay considerate of pedestrians present on the route. I confirm that I am healthy, have no medical condition that would diminish my ability to run a marathon. I confirm that I participate at my own risk and that no liability is accepted by the organisers for injury, damage or loss sustained by me before, during or after the event. I understand that particular rules may apply to entrants taking part in this event and I undertake to make myself aware of these rules before I start.

Signature _____ **Date** _____