**NORTHUMBERLAND COAST MARATHON 9.00am Sunday September 1st 2019**

**RUNNERS’ INSTRUCTIONS**

Registration; This will be at the START/FINISH line next to the children’s playground beside the River Aln, Alnmouth from 8.00am. Registration will close at 8.40am prompt so please arrive early to park and collect your race number and complete the details on the rear. Numbers must be pinned to the front of your chest.

Start/Finish: Please arrive at the start by 8.55am for a pre-race briefing.

Route Description: Please print the route description and map and bring along with you. There will be some marshals and signage, but as the route is open to the public we can’t guarantee it will remain in position!

Toilets & Baggage: There are male & female toilets in Alnmouth next to the golf course at the bottom of Peazes Lane. We will have a small tent next to the Start/Finish area for baggage storage. Please don’t leave valuables as the club will not accept responsibility for any loss. Most runners come changed. There are also public toilets en route at Boulmer, (next to Lifeboat Station) Craster, (follow signs from village centre - requires a short deviation off course) and Low Newton, (behind public house) Please don’t jeopardise the future of the event by urinating in public places!

Car Parking: Street parking is available free of charge in the village but, being Summer, places are very limited. Please park in the large beach car park to the east of the golf course approx 5 minutes walk from registration – you do pay in the summer season.

Drink Stations: Are at Boulmer, Craster and Newton Links car park both out and back. Water and orange squash in plastic cups will be available at each, along with jelly babies. We regret we are unable to transport runners’ personal drinks.

First Aid: Frontline Medical Services will be providing 3 First Aid Officers and a car and will be in attendance from 9.00am to 2.30pm. (The race time limit is a strict 5hr 30mins after which all on-course support will be removed – though runners may finish at their own risk.)

Presentation: So as to not keep people waiting, we will attempt to present prizes “on the hoof” as runners finish. To help us with this please give our recorder your age-category on finishing. If possible you will get any award due to you there and then. There will be trophies for 1st Male & 1st Female plus awards for 1st M & F in each 5 year age category from Vet 35. These will not be sent out afterwards so try to pick them up on the day at the Finish.

Litter: This section of the Northumberland Coast has been declared as an “Area of Outstanding Natural Beauty” Let’s do our bit to keep it that way by disposing of bottles, gels and plastic cups correctly and by following the Country Code and closing gates behind us.

Footwear: On previous Coast Marathons normal road shoes have proved suitable footwear – but do listen to the weather forecast before making your final decision.

Drop Outs: Please see Route Instructions. As specified on the entry form, we regret that there will no refunds, deferrals or entries on the day.

Course Measurement: The course was Garmin measured at over 26.2 miles. However, if your Garmin records differently feel free to keep on running until you’re satisfied with your distance covered.