**NORTHUMBERLAND COAST HALF MARATHON August 21st 2016 10.00am**

**ROUTE DESCRIPTION: NB YOU MUST CARRY YOUR COPY WITH YOU**

This is an OFF-ROAD/TRAIL Marathon. There are no mile markers and few signs or marshals, (though these will be in place where necessary). The whole idea of the event is to use these route instructions to make your way along the well-used, well-signposted Northumberland Coastal Path from Alnmouth to the race’s turn south of Craster and return to the Alnmouth for the finish.

***OS Landranger maps 75 & 81 Map show the full route.***

Apart from the sections of beach described below, all you need to do for most of the way is to follow the blue, or blue/white Coastal Path signs. These have all been renewed recently. Provided you keep the sea on your right going north and on your left on returning and avoid running on any roads, you won’t go far wrong! The route is rarely more than a few metres from the sea.

The Garmin measured, half marathon route is as follows:-

**ALNMOUTH TO BOULMER DRINKS STATION:**

1) This year the race’s START is on the beach past Marden Rocks. This will be clearly marked for you. Run North to the CONCRETE STEPS (Marshal here) near Seaton Point.

2) Ascend steps and turn immediate RIGHT at the top, past some old caravans on left, look carefully for the NCP signs to bear LEFT before the newer caravan park, past the farm & then continue straight ahead North to Boulmer. Approaching Boulmer, the footpath goes through the car park & merges with the road at the Lifeboat Access. Stay on path here, & continue past the Fishing Boat Inn on right, then along a gravel section to the DRINKS STATION here (on both the out & back legs.)

**BOULMER TO CRASTER DRINKS STATION:** 3) Continue along gravel path, closing all gates for livestock, to a wooden footbridge across a stream and follow path NORTH to a concrete footbridge at Howick.

4) Cross concrete bridge & turn immediate RIGHT at Coastal Path sign, do not go through gate onto farm track. Go slightly uphill & continue on this path for approx the next 2.5 miles to Craster. (Take care on path near cliffs with large seabird colony) Approaching Craster take the path on the seaward side of the houses to arrive at the DRINKS STATION next to the children’s park before entering the village. **Turn around here.**

**RETURN ROUTE:** Now all you have to do is run back from here EXACTLY the way you came! Go past the start line and continue down the beach until you turn the corner at the River Aln and see the finish line and tent.

**FINISH** is where you registered, in Alnmouth is on the beach by the children’s playground, next to the River Aln.

**REMEMBER:** If you are unable to complete the course please make your way to the nearest Drinks Station & inform one of the marshals there. Transport to the Finish will be arranged. Do not simply walk off the course without informing us. We will have Frontline Medical Services First Aiders patrolling the course to assist anyone in difficulty.

Look out for these… …and these

  