**Race Brief – Hornsea**

**Sunday 2nd September 2019**

**Governing Body – The Trail Running Association.**

**Start Times:**

**Marathon & 20 Miler – 10:00 am**

**Half Marathon – 10:15 am**

**10k – 10:30 am**

**5k – 10:45 am**

**Please note if you did the Marathon last year. The route is slightly different this year. You no longer have to run on the seafront but the out and back on the Trans Pennine Trail will be slightly longer to ensure the correct difference.**

**RACE HQ**

The Race HQ is on the grass next to Hornsea Leisure Centre on the seafront. HU18 1PZ

**CARPARKING**

There is a large all day parking car park at the back of the leisure centre. Parking is £2.90 for a full day.

**RACE NUMBERS**

Please collect your race number at registration at Race HQ. Your race number must be pinned on the FRONT of your vest. Write your name, address, family/friend contact number and details of any medical conditions or medication taken on the back of your number. Emergency numbers for you to contact on the day are available at registration and you can write them on the back of your number.

**NUMBER EXCHANGE**

Numbers cannot be exchanged unless prior notice is given to the race committee. If numbers are exchanged without prior permission the runners will be disqualified from the race.

**REGISTRATION**

**All Events – 08:15 – 09:55**

There will be a covered area to leave bags and coats etc.

There are toilets available from 08:00

Tea/coffee etc is available in the leisure centre from 0900hrs and from a café on the front form 0800hrs.

**THE RACE**

**The Start and finish area is on the seafront, next to registration.**

**All distances will follow the Trans Pennine Trail and you will be turned around at the correct distance by one of our lovely marshals. You will then run back along the Trans Pennine Trail to the finish area.**

**There is one main road to cross at the beginning of the course, only cross if it is safe to do so. There are lots of little roads, please be aware these roads are mainly used by cyclists, which you cannot hear, always check…..The road crossings will be marked up with yellow ‘Caution Road’ signs.**

**There will be marshals on the course as well as arrows and red tape where appropriate. The course is linear and it would be quite hard to get lost 😊**

**DURING THE RACE**

We hope to start all races promptly. Please inform a race official if you are unable to complete the course and needs to drop out for any reason.

Please respect all other people who are walking, cycling or running around the estate. Listen to the marshal’s instructions.

Take all your rubbish with you or give to a marshal.

**IPODS**

We do not want to spoil the enjoyment of the event for the competitors but we do not endorse the use of Ipods or similar devices for the following safety reasons: -

The runners will need to concentrate on looking for arrows and signs which guide them around the course, Ipods could distract runners and this may lead to them straying from the course.

Runners cannot hear the instructions of marshals.

**Runners may not hear cyclists or other runners behind them, especially when crossing the small roads.**

Competitors use Ipods and similar devices completely at their own risk.

**WATER**

Cupped water will be available at all drinks stations, there will also be a food station on the course for the longer distance runners. Water will be available approx. every 3 miles and at the end of the course. You may place your own drinks, gels etc. at the water stations, please mark them clearly with your name. Do not discard cups or gel sachets on the course. Carry to the next available bin if necessary.

**WEATHER AND CLOTHING**

Please keep an eye on the forecast and dress appropriately. The course is very good trail and grass. It could be muddy in parts if we have lots of rain. I will be out on the course the day before, I will let you know if there are any problems.

The style of shoe you wear is your choice.

We look forward to seeing you all soon.

**TROPHIES, MEDALS, GOODY BAGS & CAKES**

Are all available at the end of your race.

Seaside themed cakes & goodies will be available within the finish area.

Many Thanks

Diane & Cath