Dear Tidal Triple Runner,

Please find below a summary of the final instructions for the Barrow Coastal Marathon, the first of 3 marathons in our Tidal Triple Series, on Friday 2nd June 2017.

***(Please note, we cannot make ANY changes to entries at this late stage)***

**REGISTRATION – Opens at 7.30 am**

**Rampside Village Hall – At the front of the hall.**

**LA13 0PY**

**RACE Numbers**

All race numbers will be given out at registration on the day from the Village Hall. Race numbers must be displayed clearly on the front of your apparel at all times during the event.

**START TIME**

**09.00 am** – we do not do early starts I’m afraid.

There will be a mandatory race brief 15 minutes before the start time.

There is a **6 hour** cut off time for our marathon distance events.

**PARKING – for your sat navigation, use LA13 0PY**

There is limited parking (about 5/6 spaces) at the side of the Village Hall however there is ample parking along the main street adjacent to the village hall. All parking in the area is **FREE** of charge but please park responsibly.

 **The VENUES**

**TOILETS & FACILITIES, BAGGAGE**

**The REGISTRATION VENUE**

Please come to the registration area first. The Rampside Village Hall will be open to us at 7.30 am and give us use of their facilities. There are toilets in the Village Hall which will be open for our use. The start line is located just outside of the Village Hall.

Hot drinks will also be available to runners.

**The START AREA**

The start / finish area is in front of the Village Hall on the footpath.

**Turnaround Point** – There are good public toilets (signed) about 50 meters before the turnaround point water station at the far end of the towpath (so 5.3km from the start) by the Molesey Lock.  This is right next to the run route.

There are further toilets 1 km before the turnaround point (so 4.3km from the start) located at the ‘Thyme on the River’ Café at Molesey cricket club, also right near the run route.  These are in the cricket club behind the café.

At the second checkpoint (Concle Inn Pub) there are toilets here which the Concle have kindly allowed us to use.

**BAGGAGE**

There is space inside the Village Hall where runners can leave any bags. These will be carefully positioned to be in our view at all times, but leaving baggage / clothes is at your own risk. I would strongly urge you ***not*** to leave any valuables here.

**RACE HQ – Start & Finish Area & Aid Station**

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**The ROUTE & WEATHER**

To be updated/

Either trail shoes or road shoes are perfectly suitable options – I have reccy'd this route when the ground has been waterlogged and I wore road shoes. For the most part road shoes were suitable for the course, there was only one section of trail towards the end of the lap which does get very muddy and boggy but even trail shoes would get muddy and clogged up here.

Please note that the "Old Line Trail" is a public right of way, so I would ask that you give due consideration to all other users.  As the route is an ‘out and back’ you will be passing other runners coming in the opposite direction, so please give care and attention to this and have a safe run.  Use the opportunity to hurl encouragement, amongst other things, at your fellow runners.

Describe the route here….

All runners begin with the River Thames on their left hand side and run through Sunbury Lock where the lock gates should be opened for the start.  Navigation is about as easy as it can get – just follow the river!  There is a short, 200m section near the start, which is the only time the river is not completely visible.  If you can’t see the river, then somehow you are lost.  Retrace your steps until you can see the river and you are found.

At 5.3km or 3.3 miles runners will reach the turning point at the Molesey Lock Cafe, postcode **KT8 9AF** where a water station and good public toilet facilities are located.  There will be a yellow sign and bollard – please go all the way to the bollard before turning back on each lap.  This time the aid station will be manned by Neil Jones (as always) and the effervescent David Davidson who many of you know.  At the start area we’ll have other familiar faces too and you’ll be in safe hands with our marshals.  Don’t forget they have volunteered and have given up their time to support you, so please give them a smile as you blast past.

**EMERGENCY CONTACT DETAILS for your phone**

In the event of a medical emergency call the emergency services on 999 **AND** contact the Race Director, Chris Kay, directly on 07508124580 **AND** always pass a message onto the next available runner (in case you do not have a mobile phone, this step is particularly important as the message is then relayed back to Race HQ). If you are that next available runner, come directly to race HQ and inform the Race Director or one of the Marshals.

Whilst it is not compulsory to carry a mobile phone during this event we do highly recommend it. Regardless, please program this mobile number into your phone.

Race Director:    **Chris Kay**

Mobile:                **07508124580**

Email:                   **tri-island-running@outlook.com**

**FIRST AID & Medical**

A first aid kit is located at the race HQ and at checkpoints 1 & 2.

A Medical, Emergency and Ambulance Evacuation Plan is located at Race HQ in a red waterproof folder.

Foil blankets are kept at Race HQ & the two Aid Stations for both emergency purposes and can be requested at any time.

**And FINALLY**

Our races are generally small and designed to be low key and FUN!

We hope you have a great day out with us and we look forward to welcoming you!!

**Tri-Island Running Ltd**

*For our full terms & conditions, we ask all participants to go to our website and familiarise yourself with our T&C’s and general race rules.*