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Alnwick Harriers

Northumberland Coastal Run

Race Information

Sunday 23rd July 2017

Race Start 10:30am

Welcome to Alnwick Harriers Coastal Run 2017. The race sold out in 6hrs this year, proving again that it is one of the most popular events around. The race is also the winner of the bronze award in the 2017 Running Awards in the Best Half Marathon under 5000 competitors, so thank you to everyone who voted for us.

Enclosed is all the information you should need for the race to help make your race the best experience possible. We hope you have a great day and a successful race.

Arrival + Parking

Parking at the start of the race at Beadnell is very limited so if you are not booked on the race bus, then please share lifts or if possible get dropped off at Beadnell.

We would advise all parking for the race to be in the car park provided by Alnmouth Football Club right next to when you get on the buses. (Sat Nav NE66 3PX). There will be a small charge for parking levied by the football club (£3) but this will ease congestion within Alnmouth village.

For club buses, there are a few spaces in the Alnmouth beach car park on The Wynd, but if there are no spaces left, please advise the bus driver to park at Willowburn Sports Centre in Alnwick and return for pick up after the presentation.

Buses to the Start

Buses will leave on race day, from Hispburn First School (Sat Nav NE66 3PX) from approx. 7:30am and the last bus for stragglers will leave at 8:45am if you need to register on race day. The final bus will leave at 8:50am for people who picked up their number on Saturday but registration will be closed by the time this bus arrives with no facility to pick up your number. Please plan only to get on the last bus if you have registered on Saturday.

The bus will drop passengers off at The Green in Beadnell from where you can follow signs to The Boat House for registration or to the start and toilets as per the below map.

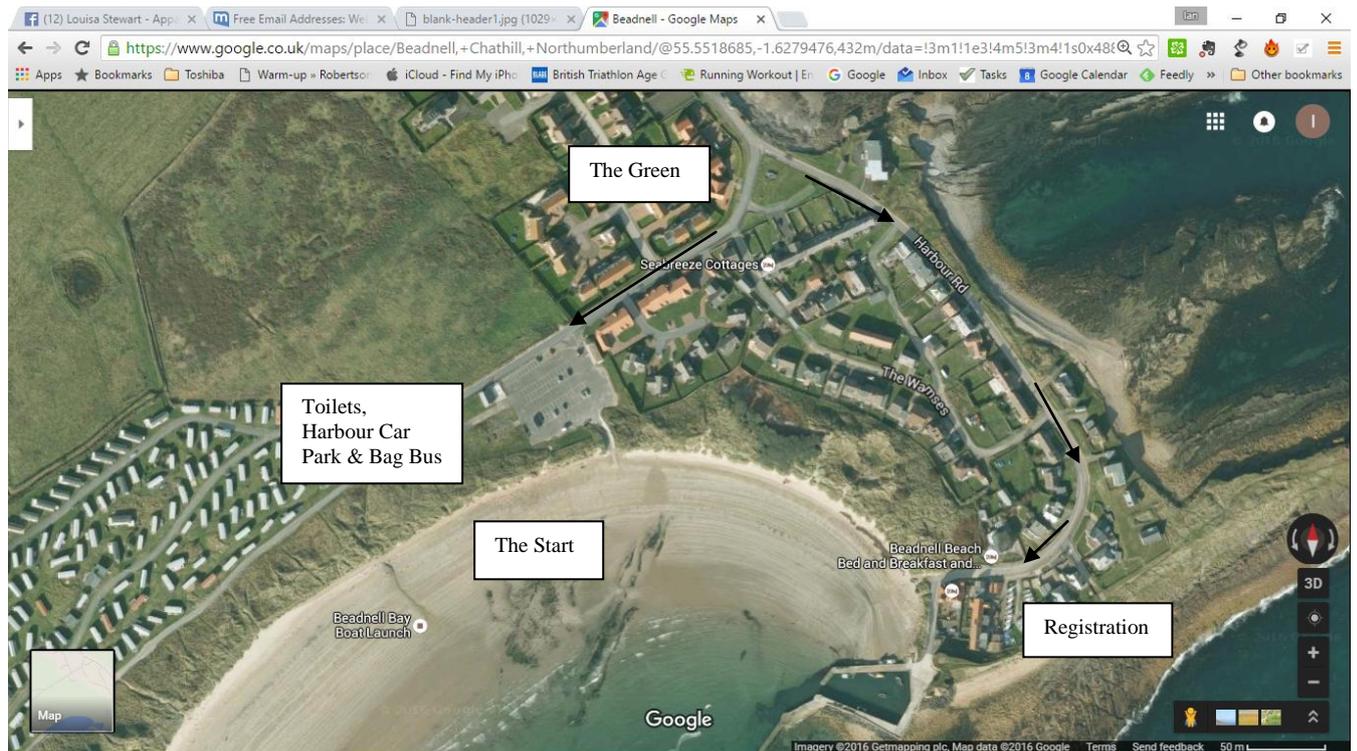
There is no transport back to the start after the race. There are only buses before the race.

If you paid for the bus when you entered the race, your name will be checked off the list as you get on the bus. A list of entrants and those who have paid for bus transport will be available on the Alnwick Harriers website once the transfer window has closed.

There are no places for people to get the bus to the start if they did not pay for transport.

For drop off with club buses, please do not go in to Beadnell Village, but instead stop buses at the very edge of the village and walk in half a mile or so. Beadnell is very small and last year a bus ended up parking in a disabled bay which prevented a registered car with a blue sticker from parking and so this year we cannot allow ANY club buses in to Beadnell.

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Registration

There are two opportunities to register for the race.

Saturday 22nd July. 12:30-1:45pm at Willowburn Sports Centre (Sat Nav NE66 2JH). Down in the sports hall. Not in the studio where we usually hold registration. Please follow signs through the building. Last year there were traffic problems and people were still coming through the door at 2:30pm and complaining we would not give them their numbers. We need to vacate the room promptly at 2pm so anyone arriving after 1:45pm will only be able to pick up their number if we have not already cleared that section away.

Sunday 23rd July 8:30 – 9:45am at The Boat House in Beadnell (Sat Nav NE67 5BJ). There is no parking (even temporary) at the Boat House so please park at the harbour car park and walk to registration via the beach.

No race numbers will be sent out before the race and it is advised to register on the Saturday if at all possible as The Boat House is quite small and the queues can be long on Sunday to register.

Registration is sorted by surname but if anyone wants to pick up a whole club's numbers on the Saturday, this can be arranged in advance to have your club numbers grouped together. If you want to do this it must be all your club numbers and it needs to be arranged before the registration documents are printed on Friday 14th July. Please contact Tracey Sample on tracey.sample@mail.com. It would be very much appreciated if you did not just come expecting to go round all the registration tables to pick up numbers as you will have to queue at each table and it can take over an hour.

Remember, no chip, no time.

Bag Bus

The baggage bus will leave Beadnell Harbour Car Park at 10.30am. Please use it as it is the only bus that is guaranteed access to the beach after the race and attach an identity label for any unclaimed luggage.

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The Bag Bus will be parked about 200m north of the finish line close to where the club buses park.

Toilet facilities at the start

The School toilets will be open in Hipsburn before you get on the bus.

There are also toilet facilities provided in the harbour car park. You will need 1 x 20p coin for the permanent toilets.

There will be 15 portaloos and 2 urinal stalls at the far edge of the car park. There will be more signs to them this year but look for the brick building on the west corner of the car park and they will be behind that.

Do not use the dunes as this disturbs the natural balance of the ecosystem.

The Race & Route

Starting at 10:30am from the beach at Beadnell, there is no set route to follow. Keep the sea on your left and if you end up in the River Aln, you have run past the finish.

This year we have been requested to start the race further back so runners are a bit more strung out by the time they reach the rocks.

There is a suggested route to follow which is the quickest way, taking you past the aid stations and marshals but please be aware that if you are following other athletes, they may be taking one of the many alternative routes. There will be maps available at the start but plan your route in advance if you want to be sure of going the quickest way or if you want to take the purists way as close to the sea at every opportunity. There are also maps available as a resource on the Website www.alnwickharriers.co.uk

Aid stations providing water are at Low Newton, Craster (Plastic Cups only), Boulmer and the finish. Please dispose of cups bottles and any personal litter in the designated areas after the aid stations and respect the environment.

There are no mile markers on the route due to the fact there are numerous ways to get to the finish line. The half way point is roughly in Craster and there is approximately 1.5 miles left to run once you get on the beach for the final time at Seaton Point.

Your race T-Shirt is available at the finish; just show your number to pick up.

Back Marker. For the safety of the last runners, a Back Marker will follow the Race at 2hr 45 min pace. The Coastal Run is a serious race, not a fun run so anyone finishing after that, may not receive an official time and marshals may no longer be on the course. It is important that any runners wishing to drop out before the finish should tell a marshal.

Headphones are not allowed during the race. This is a relatively new rule from England Athletics as of 1st April 2016 for any race on, or partially on, open roads. As there are short stretches of the race through Craster and Boulmer for which the road is mandatory, we have to comply with this rule. Marshals will be instructed to take note of any competitor running with headphones, and without exception they will be disqualified with finish times removed from the results.

Post race, there are lots of coffee shops, restaurants and pubs in Alnmouth with great food. You will be welcomed at them all.

Prize Giving

The Presentation will be in Alnmouth Links Golf Club at approximately 1:45–2pm. This is the very first building you will pass as you come off the beach at the end of the race.

The prize list is big so if you think you have done well in your 5 year age category (see results from www.resultsbase.net before the prize giving) please stay to collect your prizes.

One competitor, one prize so the category prizes will roll down if the winners are in the top ten overall.

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Prize Categories

Male Overall 1 st to 10 th	Female Overall 1 st to 10 th
	FV35 1 st to 3 rd
MV40 1 st to 3 rd	FV40 1 st to 3 rd
MV45 1 st to 3 rd	FV45 1 st to 3 rd
MV50 1 st to 3 rd	FV50 1 st to 3 rd
MV55 1 st to 3 rd	FV55 1 st to 3 rd
MV60 1 st to 3 rd	FV60 1 st to 3 rd
MV65 1 st to 3 rd	FV65 1 st to 3 rd
MV70 1 st to 3 rd	FV70 1 st to 3 rd
MV75 1 st to 3 rd	FV75 1 st to 3 rd
MV80 1 st to 3 rd	
Male Team 1 st (3 finishers per club to count)	Female Team 1 st (3 finishers per club to count)

Please stay and support the competitors who have won prizes.

Preliminary results should be on line at www.resultsbase.net almost immediately after the final finisher crosses the line and a full set of final results will be published on www.alnwickharriers.co.uk as soon as all queries and disqualifications are resolved.

Number Transfers

We do not allow anyone to run as a different athlete on the day but numbers can be changed over on the Results Base website www.resultsbase.net through your personal profile. The person you are transferring to must have a profile set up with Results Base before the transfer can happen and any exchange of money has to be arranged privately. There is NO option to buy bus tickets with transfers but if the person you are transferring from had purchased a bus ticket, then this will be transferred to your name.

You will also have your race T-shirt size of the original competitor but there is some opportunity to swap shirts at the finish line if it is not a suitable size. This facility will only be available if the marshals think there are enough shirts of each size left for the people left to cross the line.

There are no deferrals or refunds for people who want to drop out but there are always plenty of people wanting to do the race.

The cut off date for transfers is Thursday 13th July 2017. Once the registration documents are printed out, there will be no further transfers allowed.

A list of competitors by surname will be published on the website www.alnwickharriers.co.uk on Friday 14th July 2017. Please check your details on this list as errors cannot be corrected on the day.

If you have had a number transfer, it is worth bringing a printed out copy of the proof of your transfer. There is no phone reception in Beadnell so it is not possible to download your email confirmation whilst in registration and without proof, you won't get to race.

Please also check your racing category is correct, you are in the right club and you are down as having purchased a bus ticket, if you did indeed do so.

Last year there were a number of transfers who did not show up on the list so please check carefully and contact Tracey Sample if there is any errors tracey.sample@mail.com.

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Map of suggested route



There will be more detailed maps available at the start line/ registration

Marshals

If you have people cheering you on who want to help out or if you are injured but would still like to be involved on the day. Please let us know. We are always looking for help to make sure the event goes smoothly. If you want to volunteer to be part of the team, please contact Tracey Sample on tracey.sample@mail.com

Finally

Alnwick Harriers would like to wish everyone a great race.

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We would also like to thank the sponsor, Eclipse Translations for their ongoing support of the event

We could not run the race without the support of Start Fitness



Alnwick Harriers hope we have listened to previous comments and made the Coastal Run a brilliant day out and if you have any feedback after the race, we would love to hear it so we can keep on improving.
See you all on race day.

Alnwick Harriers Coastal Run Organising Committee