

## **Guidance Notes regarding the Coastal Run 2022**

Please refer to the maps and general information sheets alongside this information for a full overview of the event.

Alnwick Harriers are pleased to inform you that your race numbers will be shortly with you for the event on the 24th July at 9am. Posting will take place by the first week in July. Your race numbers will have your number/name/T-shirt size/ and bus motif if bought on registration. To collect your T-Shirt at the end of the event please go to the marked area with your race number clearly showing, so the Marshalls can allocate according to your size.

### **Route:**

As mentioned in the race information this year's route has sadly had to be altered to accommodate the nesting birds on the Long Nanny Sanctuary. The National Trust will not give us permission to run along the front of the Sanctuary along the coastline as in all our previous years, so we are now going to be heading inland which means a tricky start across the car park at Beadnell. Every precaution is being put in place to ensure your safety but please be aware there may be more of a bottleneck at the start of the event this year. You will be running along the marked coastal route and marshalls will be regularly placed to ensure you are clear where you need to go. The route is highlighted on the accompanying maps. Please use the bridge at the Long Nanny Sanctuary and not through the stream as the sand dunes are not equipped to stay firm with such a large footfall.

### **Coaches:**

All seats are allocated so please do not ask for a seat on the day, our Marshalls have been given clear instructions not to allow this to happen.

### **Water:**

We are making this year's event a more environmentally friendly one, so we are not using single use plastic bottles at the water stations. Water will be in paper cups for you to drink from but appreciate they are no use to carry with you. We would encourage all runners to ensure they take on enough water leading up to the event and during it, be it stopping at the stations for an extra cup or carrying their own supply. Please stay hydrated, especially if it is a hot day.

### **Cut off Time:**

This year we are going to have our back Marshall completing the event in 3 hours 15 minutes. If you are behind the allocated Marshall, you will still be able to claim your race T-Shirt but your details will not be recorded on our results page. Marshalls along the route will also disperse as the back Marshall passes them.

### **Prize Giving:**

Our prize giving ceremony will be taking place around 11.30/12 ish at the Golf Club's 1st Green (weather permitting). We will be giving prizes out for the first 10 men and first 10 women

home. We will also be giving one prize for all age categories blocked in 5-year age groups. Runners can claim more than one prize. No team prizes are being handed out this year.

**Medical Support:**

Rapid Reaction is our medical cover and will be stationed along the route. Any difficulties during the event please inform a Marshall who will be able to contact the nearest medic to the injured person. For any serious concerns please always contact 999.