

The IMERYYS Marathon & Half 2015

Runner's Instructions

Welcome to the Fourth IMERYYS Marathon and Half Marathon!

Please read the following instructions carefully as they will guide you through the various activities over the weekend and on race day.

Sunday 17th May: Race Day

Parking All competitors and supporters will be directed to parking places either in the college or in the close vicinity by Marshals and it will be a short walk to registration. If parking in the college there will be restrictions as to when your car can be retrieved as there are other events and a fun run taking place in the college grounds and traffic will not be able to move whilst these are ongoing (the college car parks will be closed between 09:30 to 11:00). Vehicles will be parked at the owner's risk.

Registration The Registration will be in the A Level Centre within the Cornwall College and open from 8:00am. There is the facility for On the Day entries for both events. Postcode for the college building is PL25 4DJ

Running Numbers Running Numbers for pre registered runners must be collected on the day from Registration.

Marathon runners will have two numbers and must pin them on the front and rear of their running tops. This is to assist marshals and other runners in identifying which event a competitor is in.

Half marathon runners will have only one number and it must be pinned on the front of the running top.

PLEASE FILL IN THE REAR OF THE NUMBER GIVING DETAILS OF ANY HEALTH PROBLEMS AND CONTACT DETAILS IN CASE OF AN EMERGENCY.

Changing and Baggage Storage

There are limited changing facilities in the college and baggage storage and retrieval will be in the 6th form college building.

Event Colour Coding

The two events taking place on race day are colour coded

The Marathon numbers are RED on a WHITE background
The Half Marathon numbers are BLUE on a WHITE background

Mass Start

There is a mass start with both the marathon and half starting together at 10:00am

Announcements will be made to get the runners to move from the start assembly area to the start lines. Marshals will direct the runners towards the start lines. Please

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take up your start positions according to your targeted finishing positions to avoid unnecessary congestion at the start.

The Start Address will commence at 09:50am. Please listen carefully as this will contain any last minute information relating to the event.

The Course

The Course is multi terrain with the Marathon being roughly 80% on trails, paths and private roads and 20% on public roads. The Half Marathon is 60% on trails and paths and 40% on Public Roads. The off-road surfaces are varied from hard paths, rocky surfaces and some muddy sections off-road or multi terrain shoes are recommended. The route will be marked with direction signs and Marshals will be posted at various locations.

Both the Marathon and the Half Marathon runners will be together until just after the 7 mile mark when they will be split. There will be marshals and signs directing half marathon runners to turn LEFT and the marathon runners to continue STRAIGHT AHEAD.

Drinks Stations There are drinks stations roughly every 3 miles on the route providing water. There will be SIS Isotonic sports drinks available for the marathon runners at 6 mile, 8 mile, 10 mile and 20 mile drinks stations. There will be rubbish bags at each drinks station in which bottles, discarded cups, gel packets etc. can be deposited or collected and disposed of by the Marshals.

Litter We are indebted to IMERY'S for allowing us to use their land for this event and grateful to have the support of the local authorities and landowners. We hope to make this an annual event so please help us in this regard by not dropping litter along the route. Marshals can dispose of any litter you leave at drinks stations.

First Aid St. John's Ambulance will be in attendance and First Aiders will be placed strategically around the course. If you require their assistance or see a fellow competitor who requires assistance then please report to a Marshal. 4-wheel drive vehicles will be sited at approximately 6 miles and 23 miles on the Marathon route and 8 miles on the Half Marathon route.

Road Crossings The event is run under a traffic management plan agreed with the highways authority. We DO NOT have the assistance of the police at any of the road crossings these are being managed by volunteer marshals. For your own safety and that of the other road users please obey the marshals instructions and if necessary stop until it is safe to cross the road.

The use of I-Pods, MP3 players or any personal music devices is not allowed in either race.

Dropping Out

If for any reason you are unable to continue in the race please inform a Marshal who will contact the organisers and give advice on transport back to the start.

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Marathon Runners pulling out after the first loop

We are enforcing a time limit on the Marathon as we have to clear the course. Hence ANY MARATHON RUNNER WHO HAS NOT REACHED THE COURSE SPIT at 8 miles by 11:36am will be diverted onto the half marathon course.

This is the last opportunity for a marathon runner to drop back to do the half marathon. If anyone wishes to NOT continue with the marathon but to do the half they should inform the marshal at this point who will record the fact and mark their number.

The Finish Your time will be recorded as finish. The Marshals at the finish are not able to give you your time or position at that point, you need to wait until the results are collated and printouts will be updated at regular intervals..

The Memento

Immediately after the finish you will be presented with your memento. There will be drinks available in this vicinity

Baggage Retrieval and Changing

Baggage retrieval will be in the 6th Form building PLEASE NOTE: There are no showers available.

Massage Free massage will be available provided by Cornwall College.

Results Posting

The Provisional Results for both events will be posted on a notice board as soon as possible. Please check the results and inform the help desk if you believe there is an error.

Prize Presentations

There are prizes for many different categories so please check the Provisional Results to see if you are a prize winner. The presentation of prizes for the Half Marathon will commence at 12:30 and the Marathon Presentation at 14:30.

From The Event Organisers

This event is an ambitious venture jointly organised by St Austell Running Club IMERYYS and Cornwall College. We sincerely hope that you enjoy whichever race you compete in and we look forward to this continuing as an annual event, so any feedback will be welcomed.