

# MAMMOTH MARATHON

SUNDAY  
MAY 15TH  
2022

 @MammothMarathon

[www.mammothmarathon.co.uk](http://www.mammothmarathon.co.uk)



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# WELCOME



On behalf of North Norfolk District Council, I would like to extend to you a very warm welcome to the inaugural Mammoth Marathon 2022. Whether it's your first marathon or your 50th, and whether you are taking part as a personal challenge, to raise money for your chosen charity, to competitively race, or just for fun, we wish you all the very best with achieving your goals.

We have been overwhelmed with the fantastic response to the event in its first year, and I am delighted that a full entry of 1,000 participants have chosen North Norfolk as their destination for their spring marathon or half marathon.

As well as being a mammoth challenge for many of the participants, the name of this event reflects the most spectacular ice-age relic uncovered on our coast, the West Runton mammoth. North Norfolk's 'Deep History Coast' is host to some of the most fascinating stories of the evolution of Britain and I hope that you have the opportunity to discover some of that during your visit, either by visiting the trail sites or virtually (via the Deep History Coast app).

North Norfolk District Council puts health and wellbeing amongst its core priorities and so I am also very pleased that as a result of running today you are not only maintaining your own health and fitness but providing a role model for the rest of us.

I hope you enjoy your visit to North Norfolk and that you have the chance to return, either as a participant in what we hope will be another event next year; or at a more leisurely pace.

I wish you all the very best of luck today and hope that you have a safe and enjoyable run.

Best wishes,

A handwritten signature in black ink that reads "Virginia Gay". The script is fluid and cursive, with the first name and last name clearly distinguishable.

Cllr Virginia Gay  
Cabinet Member for Culture & Wellbeing

# FULL MARATHON START SEA PALLING

## BUS TRANSFER

Those participants who have pre-booked coach transfer from the finish in Sheringham to the start are required to get themselves to the finish village at Sheringham High School by **7am** to sign in and for the bus to leave promptly at **7.30am**. Please see finish village details for information of where to park to get your transfer. Bus transfer is strictly for participants only.

## ROAD CLOSURE

The start of the full marathon will be subject to a road closure, which will be managed by our traffic management company TMO. Please pay close attention to the timings outlined below.

## TIMINGS

- 7.30am – soft closure/access only commences
- 8-8.30am – coach transfers arrive, drop off point at car park on clink road
- 7.30am-9.10am – runners held at starting village and surrounding areas
- 9.10am – hard closure commences (no access) & runners are called to the start line to get in their pens
- 9.30am – race starts
- 10am – road reopens

## CAR PARKING

Parking at the start will be free to everyone on the day of the race, with runners and spectators parking on Clink Road Car Park. Access is through the road closure on Beach Road and all cars must be parked by **9.10am** before the hard closure/no access commences.


## SPECTATORS

Spectators wishing to watch the start can do so from the pavement side of Beach Road from behind the barriers.


## REFRESHMENTS


Local businesses are supporting the event by opening their doors early on race day to offer a selection of refreshments to runners and spectators. Within easy walking distance of the start line you will find:

Business	Offer	Open
Sandy Hills Café	Full menu – hot food & drinks	8am
Premier Stores	Convenience store	8am

 **START VILLAGE**  
Includes baggage drop, information tent, toilets, etc.

 **PUBLIC/SPECTATOR PARKING**  
Access available until 9am.

 **COACH DROP OFF AREA**

 **ROAD SUBJECT TO ROAD CLOSURE**  
See timings.

 **SPECTATOR AREA**



# HALF MARATHON START MUNDESLEY

## BUS TRANSFER

Those participants who have pre-booked coach transfer from the finish in Sheringham to the start are required to get themselves to the finish village at Sheringham High School by **7.15am** to sign in and for the bus to leave promptly at **7.45am**. Please see finish village details for information of where to park to get your transfer. Bus transfer is strictly for participants only.

## ROAD CLOSURE

The start of the half marathon will be subject to a road closure, which will be managed by our traffic management company TMO. Please pay close attention to the timings outlined below.

## TIMINGS

- 7.30am – soft closure/access only commences
- 8-8.30am – coach transfers arrive, drop off point at bus stop outside of Gold Park
- 7.30am-9.10am – runners held at starting village and surrounding areas
- 9.10am – hard closure commences (no access) & runners are called to the start line to get in their pens
- 9.30am – race starts
- 10am – 1pm – road remains partially closed until final marathon competitor has passed through. 1pm road reopens

## CAR PARKING

Parking at the start will be free to everyone on the day of the race, with runners and spectators parking on Gold Park Field. Access is through the road closure on Beach Road and all cars must be parked by **9.10am** before the hard closure/no access commences.

## SPECTATORS

Spectators wishing to watch the start can do so from either side of Beach Road from behind the barriers.

## REFRESHMENTS

Several local businesses are supporting the event by opening their doors early on race day to offer a selection of refreshments to runners and spectators. Within easy walking distance of the start line you will find:

Business	Offer	Open
The Ship Inn	Bacon rolls, coffee etc.	8am
Beach Hut Café	Full menu & ice creams	8am
The Corner House	Bacon rolls, coffee etc.	8am
SPAR	Convenience store	7am
The View Restaurant	Light bites and Coffee	8am



**START VILLAGE**  
Includes baggage drop, information tent, toilets, etc.

**PUBLIC/SPECTATOR PARKING**  
Access available until 9am.

**COACH DROP OFF POINT**

**TOILETS**

**SPECTATOR AREA**

**ROAD SUBJECT TO ROAD CLOSURE**  
See timings.

**ENTRY TO CAR PARK**

**MUNDESLEY**

BEACH ROAD

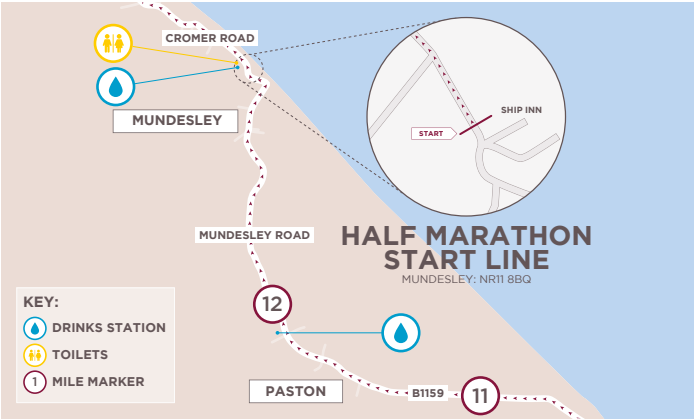
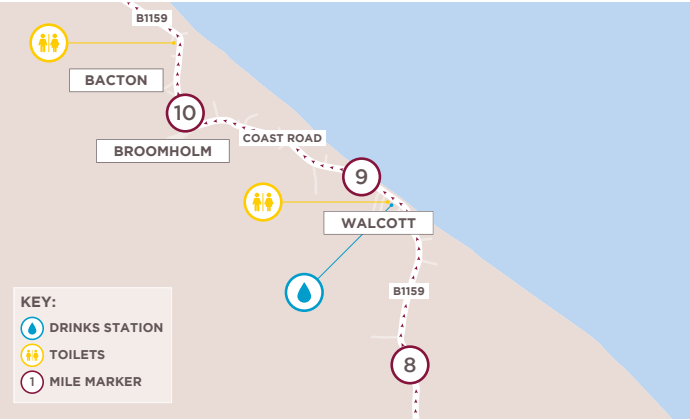
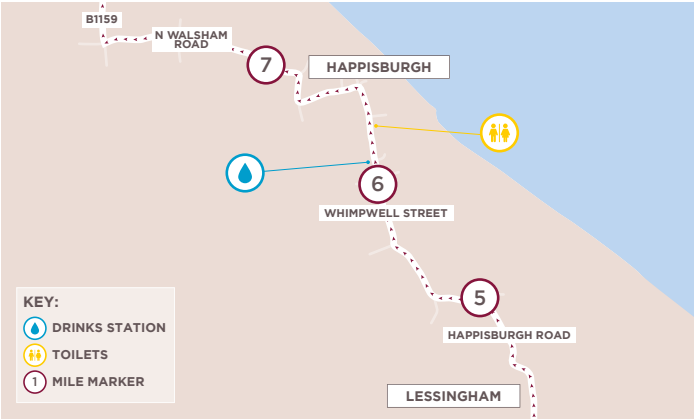
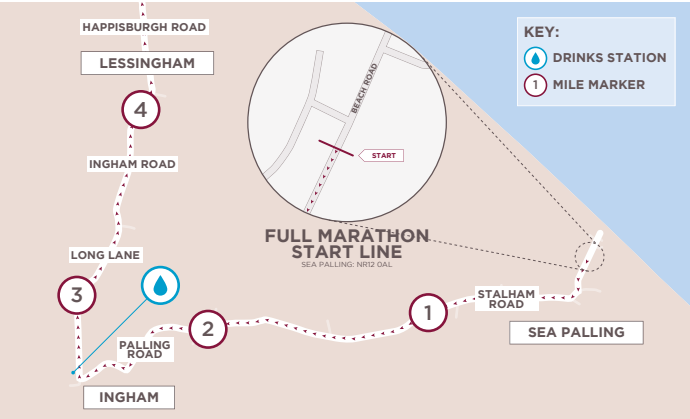
BEACH CLOSE

MARINA ROAD

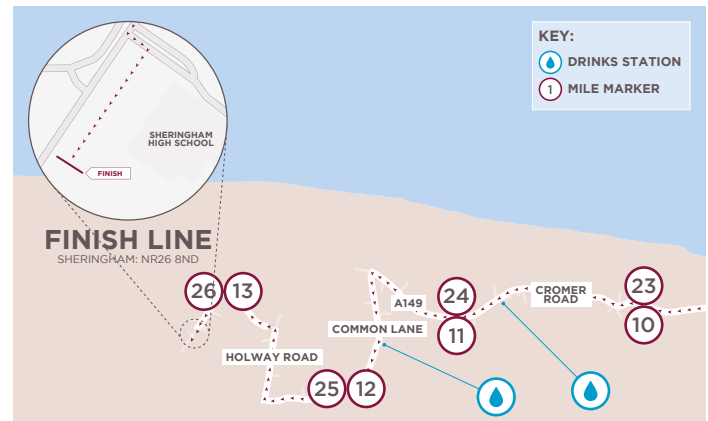
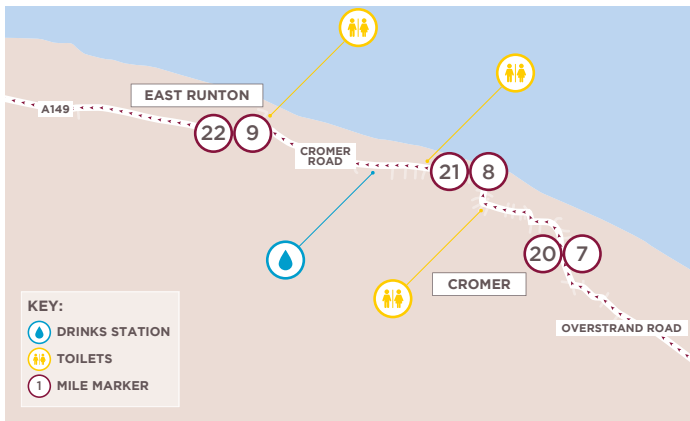
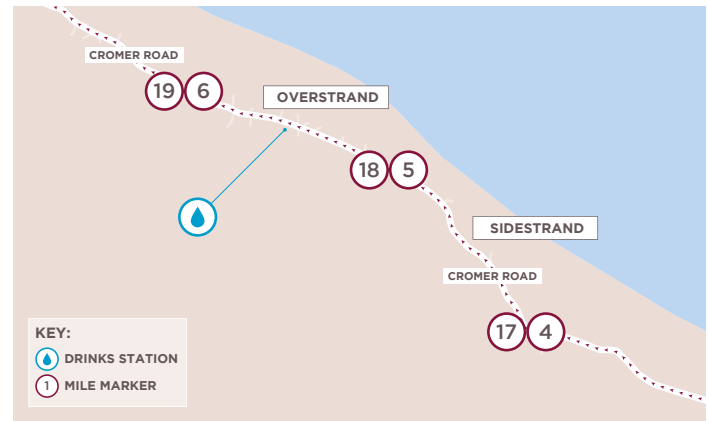
**START**

PASTON ROAD

# THE ROUTE



Download your copy of these maps from [www.mammothmarathon.co.uk](http://www.mammothmarathon.co.uk)



# RACE DAY HEALTH & SAFETY

Here are some key considerations to help to keep the event as safe and enjoyable for everyone as possible:

- You will be running on roads which will have traffic on them. Exercise extreme caution at all times, run in single file, keep to the left, use pavements and paths when they are available and obey marshals at all times.
- Medical cover is available throughout the course.
- Road crossings and right turns on the course will be managed by our traffic management company utilising stop/go boards to stop the traffic to allow runners through, please obey their instructions at all times.
- Consider wearing bright clothing to make yourself more visible to other road users.
- If you do not finish the course you must report to a marshal before leaving so that you can be accounted for.
- A sweep vehicle will be in operation for those runners who fall behind the set time limit or are unable to continue.
- The use of any type of ear phones is not allowed on this course.
- Water stations are provided approx. every 3 miles, please take these opportunities to stay hydrated.
- There may be potholes along the route. Exercise caution.
- Check the forecast before race day. Bring appropriate clothing and consider sun screen if it is expected to be hot.
- Please keep all bags and belongings with you at all times before & after the race, and report anything suspicious to a marshal.
- Please place all of your litter in the bins provided.
- Toilets are available along the course and can be seen on the course map and will be signposted along the route.
- Please be considerate to other people on the course.
- Ensure that all relevant medical information has been submitted on your booking form and your details are entered on the reverse of your race number.
- Please act responsibly with respect to Covid-19 considerations. Please respect all other participants and helpers by following the usual precautions throughout event day.

## SPECTATORS

- If you have friends and family watching you run please make sure they are aware of the suggested viewing points information.
- Please be advised that there will be strictly no spectators allowed outside of Bacton Gas Terminal.
- The best spectator points on the course are at Mundesley (half way/start) and Runton Road Cromer (mile 21/8). Both sites have car parking and safe areas to stand and watch.
- Other points on the course which have safe areas to stand and cheer the competitors on include – Coast Road Walcott, Mundesley Road entering Trimingham, Cromer Road exiting Trimingham, Cromer Road Overstrand and Cromer Road Beeston.
- We are also sure that the competitors would love some support as they come up Common Lane in Sheringham!
- We advise that you plan your spectator points well in advance and work out where you can park and stand for each one, and the time it will take you to get there.
- We also advise that you plan your route to avoid the race route where possible.
- Don't forget to leave yourself time to get parked and to the finish village in time to greet your loved ones.

# IMPORTANT RACE INFORMATION

## TIME LIMIT

Time limits are in place for both races, with 3 hours allowed to complete the half marathon and 6 hours to complete the full.

## CHIP TIMING & RESULTS

Your race number includes your timing chip, which is secured to the back. Please **do not** lose or bend this as it may affect your entry into the race or the timing equipment's ability to record your time. Your results can be accessed using the QR code supplied.



The results QR code will also be dotted around the finish village for you or your friends to use.

## PHOTOGRAPHY

Photography is being provided by Epic Action Imagery. You will receive a link via email to access and purchase your photos, or you can find a link to their website via the Mammoth Marathon webpage. Please ensure your email address is accurate on your Active account.

## BAGGAGE TRANSFER

We will transfer one bag per participant from the starts to the finish. You have a tear off strip at the bottom of your race number which should be attached to your bag. Please ensure your bag is with our team well in advance of the start of the race to avoid a rush.

Please note: Although every care will be taken to transfer baggage safely and securely organisers do not take responsibility for any lost or damaged belongings, and participants who choose to use this service do so at their own risk.

## WASTE & RECYCLING

We aim to make the Mammoth Marathon an event which fully supports the Council's green agenda. This year we are putting the following measures in place to support this.

- Drinks stations will use water bottles, which are more easily recycled than other options.
- Litter bins will be supplied throughout the course at regular intervals for runners to discard their litter.
- Runners who are seen to drop litter on the course risk being disqualified.
- Use our bins - drink, drain, deposit.
- Goody bags and their contents will be plastic free.

# THE FINISH VILLAGE SHERINGHAM HIGH SCHOOL

## LOCATION

The finish village for both races will be at Sheringham High School - Holt Road, Sheringham NR26 8ND.

## GETTING THERE / PARKING

There is no parking available at the finish village for competitors or spectators. We have made provision for approx. 200 cars on Pretty Corner Woods field – entry off Holway Road, Sheringham NR26 8PA. From here it is less than 1/2 mile walk to the finish village (see map).

Please note, parking at Pretty Corner Woods is dependent on the weather on race weekend.

Public parking in Sheringham is available at:

Car Park	Location	Distance to Finish Village
Station Approach	NR26 8RG	15 minute walk
Morris Street	NR26 8JY	15 minute walk
Chequers	NR26 8BQ	20 minute walk
Cliff Road	NR26 8BJ	20 minute walk

You may also like to consider arriving by train, with trains arriving and departing Sheringham regularly. This service is operated by Greater Anglia ([www.greateranglia.co.uk](http://www.greateranglia.co.uk)) and would leave you with a short 15 minute walk to the finish village.

## AT THE VILLAGE

As well as the all-important finish line you, and your friends & family, will find the following things for your enjoyment:

**Post-Race Services** – these will be provided by level 3 sports massage students from City College Norwich. Pop in and see them to take away those aches and pains.

**Refreshments** – we have organised a wide variety of refreshments for you who will be serving hot & cold food and drinks all day from 9am. Vegan and Vegetarian options have been catered for.

**Activities & entertainment** – children (and grown-ups!) will have the opportunity to try a few different games and activities throughout the day provided by a variety of our finish village partners.

Scattered throughout the day you can also enjoy some live music and entertainment on the stage.

**Trade and charity stalls** – we will also have a selection of trade and charity stalls for you to browse and talk to. Please do pop by, see what they have on offer and have a chat about the wonderful work that they do. These have all supported us in our first year and we would love it if you could support them too.

**Awards** – prizes will be awarded to the top three men and women, plus the fastest man and woman in each age category. These awards will be made on the stage periodically on the day and will be announced prior to the awards taking place.

# SHERINGHAM

B1157


HOLT ROAD


FINISH

 SPECTATOR AREA

 ROUTE TO FINISH LINE

 PRESENTATIONS AREA

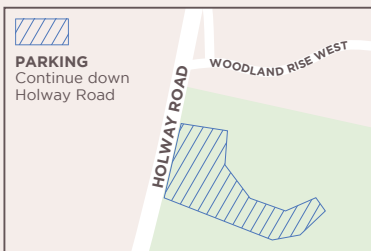
 POST RACE SERVICES  
Goody bag collection, baggage pick up, massage etc.

 STALLS  
Refreshments stalls, activity stalls etc.

 HAVE A GO ACTIVITIES

 TOILETS

SHERINGHAM  
HIGH SCHOOL



# See **YOU** at the finish line!



Your amazing efforts at the 2022 Mammoth Marathon will make a direct difference to the lives of local people affected by cancer.

[www.big-c.co.uk](http://www.big-c.co.uk)

Registered charity number 281730.

Official Race Charity Partner



At Break, we believe that whatever a child's start in life, with the right support there is no limit to what they can achieve.

When you raise funds for Break, you are helping us to transform children's futures. Thank you.

To find out more or to donate to Break, visit us at [break-charity.org](http://break-charity.org) or follow us on social media.



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activities including Football  
• Active Antz • Parties  
• Roller Skating

## **STALHAM SPORTS CENTRE**

Sports Hall • various  
activities including Football  
• Active Antz • Parties

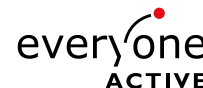
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Everyone Active working in partnership with North Norfolk District Council.

# EXPLORE THE DEEP HISTORY COAST...



## AND DISCOVERY THE ADVENTURE THAT AWAITS YOU.

Download the free DHC Explore app or visit the North Norfolk Visitor Centre in Cromer for more information or to start your journey through time.



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