

Mammoth Marathon Runners Briefing

Please read through this document carefully

This briefing is designed to provide you with a guide to a safe and enjoyable race. We want our runners to be prepared for the rules and regulations and general conduct of the event.

COVID

A key message – If you have Covid-19 symptoms just before or on the event day please **DO NOT** race!

EVENT TIMINGS

STARTS: MUNDESLEY AND SEA PALLING

Half Marathon & Full Marathon Timings	
Coaches Arrive To Locations	8am-8.30am
Baggage Collection Opens	8am-9am
Race Briefing	8.50am-9.05am
Last Cars Parked Before Closure	9am-9.10am
Hard Closure Commences	9.10am
Runners Called to Start Line	9.10am
Race Starts	9.30am

FINISH: SHERINGHAM HIGH SCHOOL

Both races end in the Marathon Village which is located on the playing field at Sheringham High School.

RACE REGISTRATION

Please note that there is **NO** registration on race day. Upon receiving your race pack in the post, this confirms you are registered for the event you entered (Half or Full Marathon). No substitutions or transfer of entries will be allowed on the day. If any runners are caught substituting for another, they will be immediately disqualified from the race.

There are no refunds for cancellations.

TRANSPORTATION

There will be a coach service to the start lines of the half-marathon and full marathon. **Pre-booked** tickets only.

RACE PACK

All runners will have received a race pack in the post which includes your **Race Number** with microchip attached to the back (Please **DO NOT** remove or bend this as it may affect your entry into the race or the timing equipment's ability to record your time), and **Baggage Tag**.

Please note that there is **NO** race pack pick-up on Race Day.

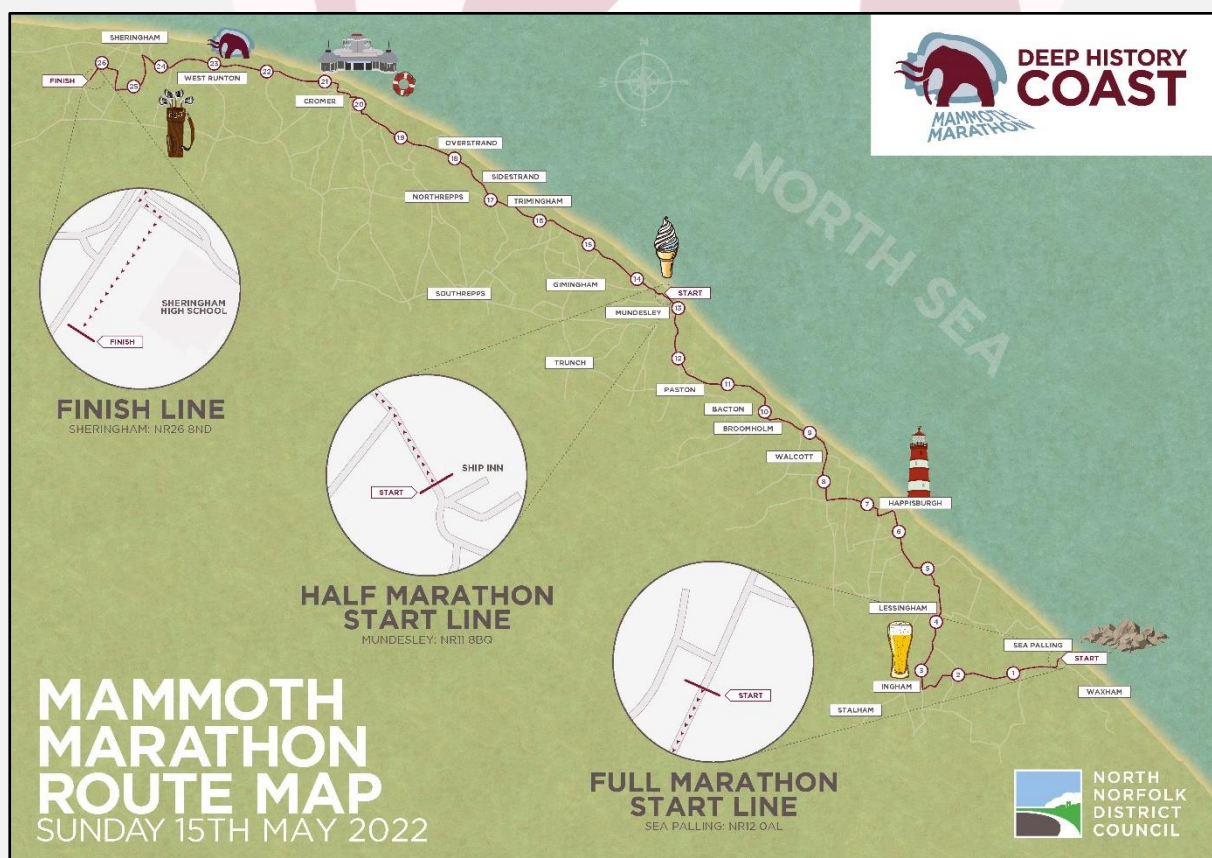
BAGGAGE TRANSFER

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.

RACE ROUTE

The mammoth Marathon course is certified by the UKA (UK Athletics). The Half Marathon will start at Mundesley, with the Full Marathon starting at Sea Palling, both finishing at Sheringham High School.



CUT OFF TIMES

Time limits are in place for both races, with 3 hours allowed to complete the half marathon and 6 hours to complete the full. If any runners in the full marathon pass through Mundesley later than 12:30 they will be given a courtesy ride to the finish line.

RACE DAY BRIEFING

Before the start of both events, runners will be called to assemble at the Start Village for the pre-race briefing. This briefing is compulsory and will be a basic refresher of this document as well as any changes to the general conduct of the race, safety concerns and conditions on the day.

Information that will be covered includes: course layout, marshalling and traffic management, drink stations, and any road hazards.

You need to be race ready at the time of the pre-race briefing, as straight after the briefing you will be asked to head to your start-line pen according to your time.

Runners should run on the **left** hand side of the road unless directed otherwise by an official or marshal. **Do not** run in the middle of the road. Both races are conducted on public roads that are not closed to local traffic. There will be some signs displayed along the course to caution drivers that there are runners on the road and to reduce speed. When crossing roads, ensure that it is safe before proceeding and cross quickly.

There may be potholes in the road, please exercise caution.

IPods/music players/head phones are not allowed for safety reasons. This course is on open roads and it is important competitors are able to hear the traffic or instructions.

Under UKA regulations there are no buggys or dogs on leads allowed.

HYDRATION STATIONS

There are a number of drinks stop along the route at miles 2.5, mile 6, mile 9, mile 12, mile 16 (mile 3 Half), mile 18.5 (mile 5 Half) mile 21.5 (mile 8.5 Half) and mile 24 (mile 11 Half).

FINISHERS BAG

Once you have crossed the finish line you will be directed to the recovery area. Here you can collect your all-important commemorative finishers medal and goodie bag at the marathon village. A snack and water will also be in your goodie bag.

TOILETS

There are porta-loos at both starts (Half and Full) and then some villages have toilet blocks along the route. There are more porta-loos at the finish village at Sheringham High School.

RACE RESULTS

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



FIRST AID

Medical cover will be on hand at the start/finish area, and on the course – speak to a marshal if needed.

WASTE AND 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.

RETURNING TO THE START

Please be aware that if you park at Mundesley or Sea Palling where the starts are, there is no transport provided back to these locations at the end of the event, so please make your own plans to return.

Good luck everyone, enjoy the event and stay safe!