



12TH ST MICHAEL'S MOUNT REMEMBRANCE RUN

SUNDAY, 11 NOVEMBER 2018

START 11.02am (2 minutes silence beforehand)
(1 hour 20 minute cut-off time)

Thank you for entering the 12th Remembrance Run!

Please pick up your number from Mounts Bay Sailing Club, Godolphin Steps, West End, Marazion. This is located just behind The Godolphin Arms. Registration is from 9.30am. Pin your number to the front of your running top.

Parking is in Folly Field (the car park on your right-hand side as you come into Marazion from Penzance).

The start and finish line is down the steps directly behind The Godolphin Arms. Please be aware that these are steep and may be slippery if wet.

There are limited changing facilities. Toilets are available in Mounts Bay Sailing Club and public toilets are halfway between the car park and Mounts Bay Sailing Club.

Refreshments are available from Mounts Bay Sailing Club, which also has a licensed bar.

The course is a 4.2 mile or so beach run (high tide is at approximately 6.57am) on sand, shingle, pebbles, seaweed, etc. The river crossing is quite fast flowing and is usually about ankle-deep but may be deeper if heavy rain precedes the run. There are outlet pipes along the beach so care may be needed in manoeuvring around them - marshals will be stationed at these points. At the water stop, which is also the turnaround point, a note of your number will be made to ensure that you run the entire course. The run is purely on the beach and not on the footpath which runs parallel with the beach. As you cross the finish line you will be given your memento. (Route may change due to weather conditions!)

Please be aware that members of the public will also be using the beach at the time of the run. This is a popular beach for dog walking, kite flying, wind-surfing, kite-surfing, kayaking, etc. Please respect other users. Runners with dogs on leads are allowed but will not appear in the main results or the multi-terrain series.

£1 of your entry fee will go to the British Legion in respect of their Poppy Appeal. Please wear your poppy with pride!! **SOMETHING RED MUST BE WORN!**

(UK Athletics Permit No. 20178-TBC)



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