

Truro Half Marathon – Sunday 16th September – 9.30am start

Parking – there are plenty of public car parks near the start/finish area, all are Pay and Display.

Race Numbers/Registration – Registration will take place in the Wetherspoons pub Try Down on Lemon Quay and will open at 8.00am. There will be desks with signs to indicate where you can collect your number. Club bulk entries will be made up for each club to collect on the day. Club numbers for non-runners MUST be returned to Jan Sargent before the start of the race. Any changes to runners (swapping entries) MUST also be advised to Jan BEFORE the race.



Toilets – there are two separate sets of public loos. One at the bus station end of Lemon Quay, the other at the bottom of Lemon Street next to Manning's Restaurant.

Bag Storage – bags can be left in our 'bag storage' lorry which will be on Lemon Quay.

The Route - The race will start and finish on Lemon Quay, outside Primark (TR1 2LW). The route is very similar to previous years however the start/finish area has moved slightly due to building works on Lemon Quay and there is a new 'diversion' around the Cowlands area due to a landslide on part of the 'country' section. This diversion includes another challenging hill to make the already tough course even more interesting! <http://www.trurorunningclub.org.uk/maps/trurohalf/map-trurohalfmarathon.html>

Plastic Free – our aim is to be a plastic free event for the first time. We've been working with Surfers Against Sewage to achieve our Plastic Free status. There will be drink stations around the course as usual, the cups we're using are made of a compostable material called PLA, bibs are made of recyclable paper, and even the cable ties are re-usable! There will also be a water station on Lemon Quay where runners and supporters can refill their reusable bottles. Please help us to retain this status by disposing of your waste carefully, hold on to any gel wrappers/waste on route and use the bins or hand waste to a marshall.

Mementos – As winter is approaching our race memento this year is a beanie style warm hat. A reusable cotton goodie bag will include a 'Can O Water' (not a plastic bottle!) along with a banana.

Refreshments – There are plenty of shops around Lemon Quay where you can buy hot & cold drinks and food. There will also be a mobile coffee van and a complimentary Fruit Stall for runners, courtesy of Tesco. Homemade cakes will also be on sale, with funds raised going to charity.

Massage- Pre & Post run massage will be available, you will be asked to make a donation to charity if you choose to use this.

Our thanks go to our main sponsor Toni&Guy (Truro) and other sponsors Duchy Plant Hire, Can O water & Goundrys Estate Agents.

If we haven't answered any other queries you may have please email thm@trurorunningclub.org.

