

Truro Half Marathon sponsored by Duchy Plant Hire – Sunday 15th September 2019 – 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 opens 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' area which will be on Lemon Quay.

The Route - The race will start and finish on Lemon Quay, outside Primark (TR1 2LW). The route is likely to be the same as last year, pending lane repairs in the 'country section'. The start/finish area will be on Lemon Quay <http://www.trurorunningclub.org.uk/maps/trurohalf/map-trurohalfmarathon.html>

Plastic Free – our aim is to retain our plastic free status. There will be drink stations around the course as usual, which will dispense paper cups. 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 marshal.

Mementoes – We have yet to decide on the race memento for this year, but be assured you'll receive something great to remember your race, along with a medal and goody bag.

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 towards a TRC member's team bid to row The Atlantic in December 2019.

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 Duchy Plant Hire, and thanks also to Goundrys Estate Agents for their ongoing support of this event.

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



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