

## **Truro Half Marathon – Sunday 15<sup>th</sup> 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** – Race numbers will be available in Wetherspoons Tyr Dowr pub on Lemon Quay from 8.00am – 9.00am. 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. If you give your place to another runner you must inform us before the event, by email to [thm@trurorunningclub.org.uk](mailto:thm@trurorunningclub.org.uk) or at registration on the morning before the race. Runner changes/swaps must be completed by 08:30am. ‘On the day entries’ will also close at 8.30am sharp!

**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 Mannings Restaurant.

**Bag Storage** – we will be providing bag storage however space is very limited and so to avoid queueing please leave your bags in your vehicles if possible, there are car parks in easy walking distance.

**Lemon Quay weather warning!** – in previous years we’ve been able to make use of a large marquee which has been used for a different event on the previous day. Unfortunately it’s unlikely that we will have this facility this year, whilst we are able to use Wetherspoons Tyr Dowr pub for registration we may not have any other ‘covered’ space in the event of bad weather!

**The Route** - The race will start and finish on Lemon Quay, outside Primark (TR1 2LW). The route is the same as last year, and due to popular demand (and the fact that the council have still not repaired the bridge damaged in 2017) will include the diversion which includes yet another challenging hill to make the already tough course even more interesting!

<http://www.trurorunningclub.org.uk/maps/trurohalf/map-trurohalfmarathon.html>

**Plastic Free** – Last year we achieved ‘Plastic Free’ status and it is our aim to avoid all single use plastic once again this year. There will be drink stations around the course, some of the cups we’re using are made of a compostable material called PLA others will be good old-fashioned paper, and even the cable ties are re-usable. There will also be a water station on Lemon Quay where runners can refill their own 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 pass waste to a marshall.

**Momentoes** – If you have registered before the day you will receive a bright yellow race vest (perfect for late summer, but can double up as an extra high-viz winter layer!) and a unique style medal. You’ll also have a banana and a chocolate bar to replenish your energy. If you register on the day we cannot unfortunately guarantee that you will receive a vest & medal – however unless we are absolutely stormed with people you should be ok!

**Refreshments** – There are plenty of shops around Lemon Quay where you can buy hot & cold drink and food. Wetherspoons will also be serving breakfast if you fancy a pre-race snack! There will also be a mobile coffee van and homemade cakes will be on sale courtesy of the Oarsome Foursome who are raising funds for their charity row across the Atlantic.

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

**Swap Box** – don't forget to bring along your unwanted (but still in good condition) running kit to swap or donate. This is a local, Cornish initiative by runners for runners (and the planet) to get people swapping their running gear.

*Our thanks go to our main sponsor Duchy Plant Hire and also long-time supporters Goundrys Estate Agents. Thanks also to Tesco Truro for donating the bananas and Wetherspoons for hosting registration.*

If we haven't answered any other queries you may have please email [thm@trurorunningclub.org](mailto:thm@trurorunningclub.org).



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