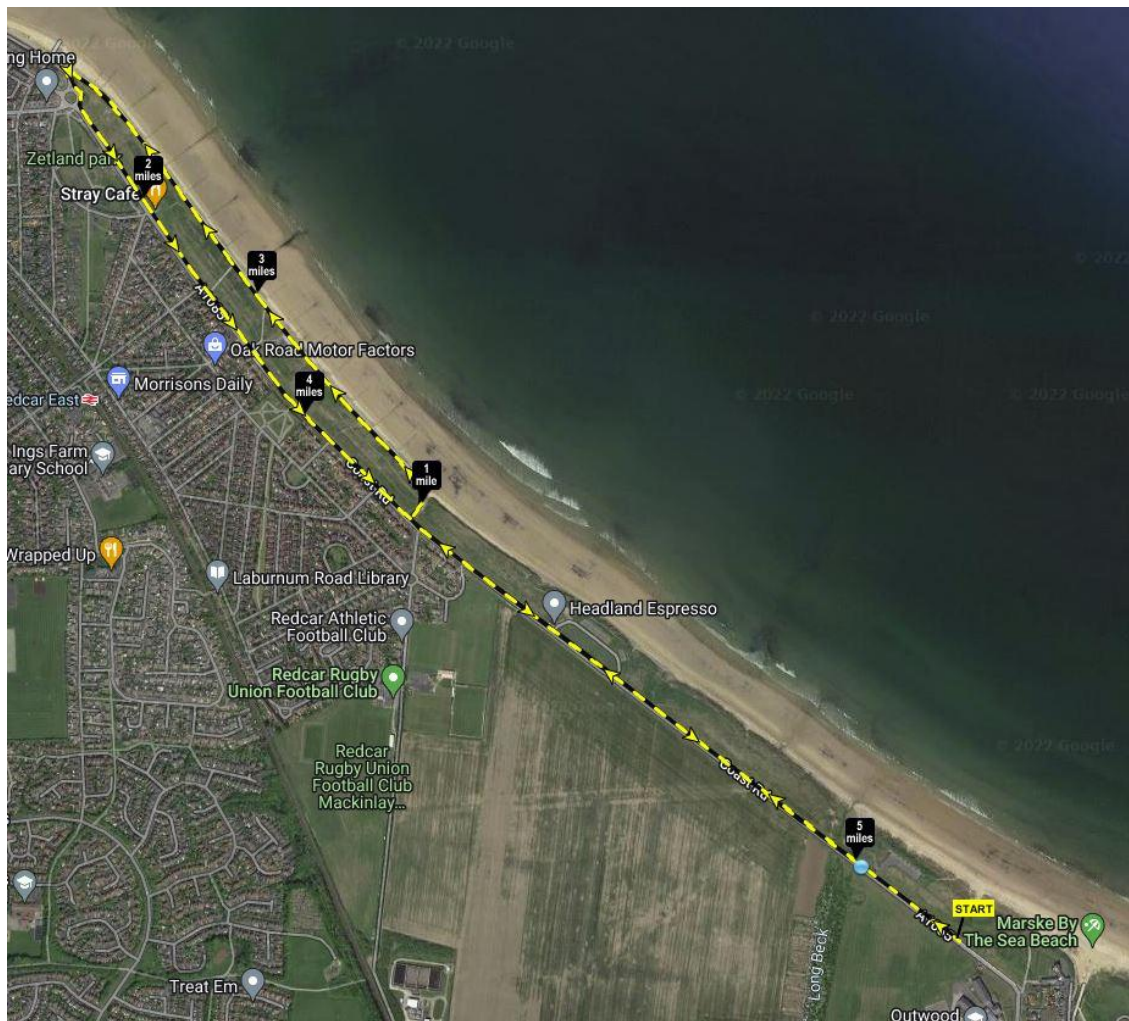
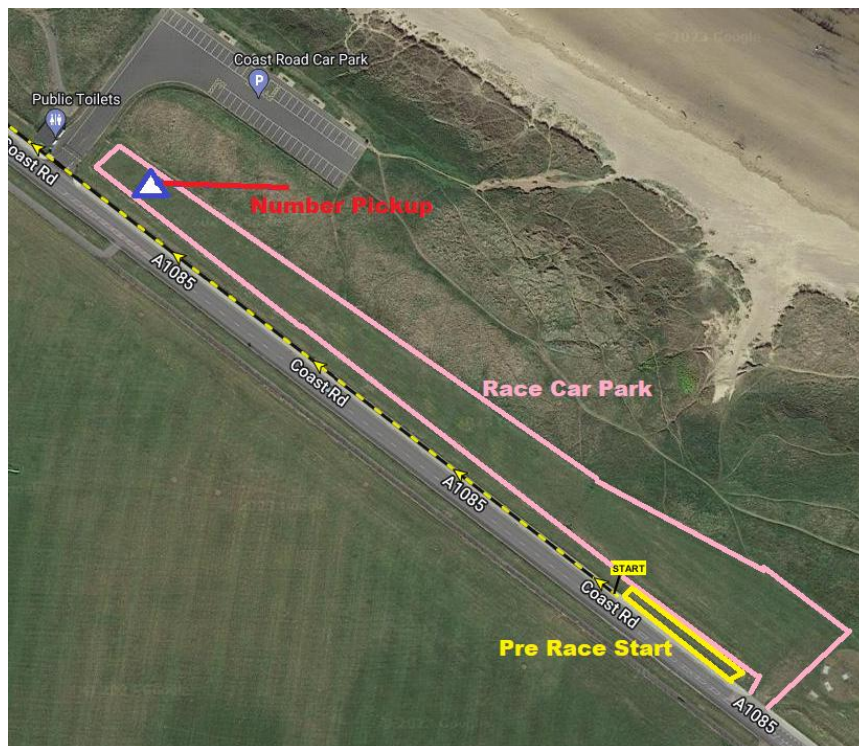


## Overall Route and start location



Start, Race Parking and Number Pickup are at the Marske end of the Coast road as shown below.





Access to the car park will be from 8:30 when the bollards will be removed until 11:30, when the bollards will be replaced. There is not a useful postcode but this is the what3words ref:

**w3w** [///stop.scary.cling](https://www.what3words.com/stop.scary.cling)

Please park as directed by the volunteer marshals.

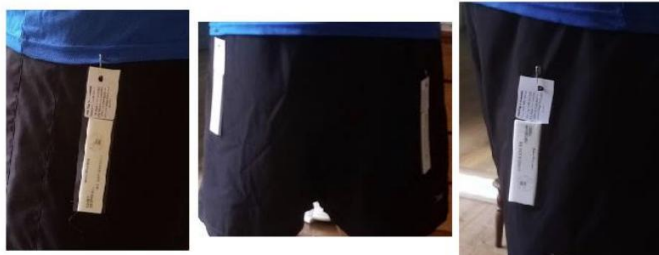
**If you wish to remain on site beyond these times, then use the nearby public car park**

**Public Toilets are available at two car parks on the Coast Road**

**Number pick up.**

This will be to the left of the car park entrance from 8:45 am. Your envelope will contain your number and two chip timing tags – please attach them as shown below.

There will NOT be a chip on the back your bib number, but two chips which you are asked to pin either to your shorts or the bottom of your vest as shown below. Please make sure that they are able to hang and move freely.



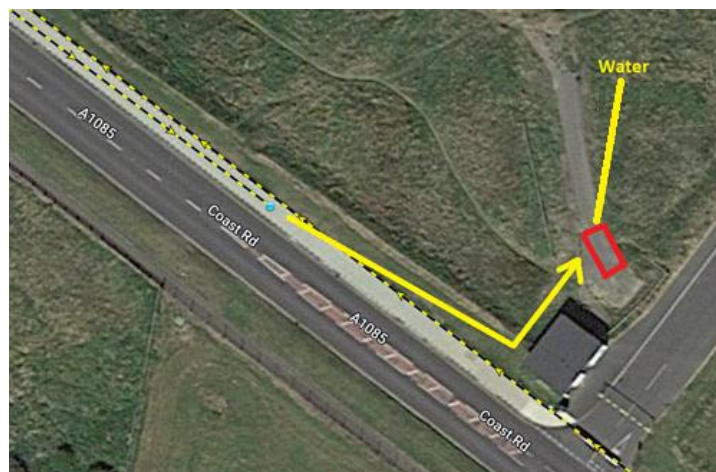
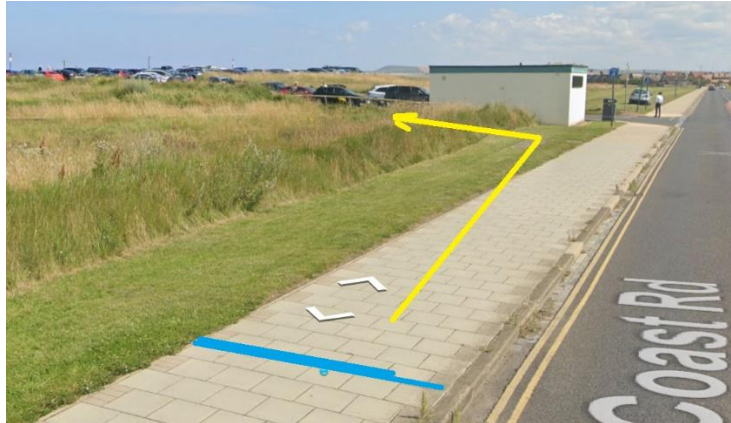
THESE ARE RE-USABLE so please make sure you return them in the basket provided near the exit gate. **Please do not pin the tags back into pairs.**



## Race Assembly

As race time approaches ie 9:55, gather on the grass verge between the pavement and parking area, thus keeping the path clear for members of the public (especially cyclists). The race is due to start at 10am, however we may delay the start by minute or so until the immediate route is clear of other users

## Finish: what to do (and not to do)



The finish is just before the car park (blue line) – once you have crossed the finish mats please clear the area, following the yellow line to get a bottle of water. You then collect your medal from my car, where you collected your number from. Please return your tags (not pinned together) in this area also.

## Cool down

Please be considerate to those slower runners yet to finish and cool down on the other side of the road or grass area, and **not on the actual course**

## Results and Prizes

Provisional Results will be posted here:

[www.arrowliveresults.com/EasterCoastRoad5MileRace17342](http://www.arrowliveresults.com/EasterCoastRoad5MileRace17342)

And when finalised will be sent to runbritain and available here:

<https://www.runbritainrankings.com/results/resultslookup.aspx>

## Prizes

We will award a prize to the first male and female and the next 22 best age related performances.