



Race Day Information

Dear Runner,

****PLEASE NOTE – New Race HQ Location at Pendennis Castle****

The 8th annual **Run Falmouth** is almost upon us, so here's everything that you'll need to know for race day. We hope you're looking forward to Run Falmouth, the 4th race in the 2020 Cornwall Glass Grand Prix as much as we are.

Coronavirus:

We understand there are concerns about Coronavirus. Current advice is that open-air sports events are not a risk. However, we request that anyone who has returned from overseas affected areas in the last 14 days, has a temperature or is feeling unwell does not attend this event. If you are unsure, please contact us immediately on 01726 66868 (option 3). Hand sanitisers will be available on the day and Pendennis Castle, the Falmouth Hotel and the Portaloos have adequate hand washing facilities.

Essential Race Information:

Registration Opens: 8.00am – 9.30am

Please adhere to this without exception as there is a short walk to the start line

Race Start Time: 10.00am

Race HQ: Pendennis Castle, Castle Drive, Falmouth TR11 4LP

Start: End of Castle Close, just off Castle Drive

Finish: Cliff Road outside the Falmouth Hotel

Registration: This will take place in the courtyard outside the restaurant area of the castle under the cover of our gazebos.

Toilets: There will be portaloos located on Castle Drive (before you go across the draw bridge) as well as access to the public toilets within Pendennis Castle. There will be additional portaloos located outside the Falmouth Hotel for the finish line.

Directions: Click [here](#) for directions to Pendennis Castle [here](#) to open google maps for directions to the Falmouth Hotel.

At the T-junction at the end of Penance Road turn left. The Gyllyngvase car park is on your right, opposite St Michaels Hotel, and the Falmouth Hotel is approx. 300m along the beach front on your left. There will be road closures in place along Cliff Road, Castle Drive and Pendennis Rise from 9.00am until approx. 1.30pm.

Parking: There is free parking available at Pendennis Castle. For further parking info please click [here](#).

Number Collection: All runners will need to go to the registration desks, organised alphabetically by surname, to collect their number individually. All numbers will be named on the reverse.

You must **fill out the reverse of your race number** with Emergency Contact/Medical Info.

At registration you can also hand in any sponsor money that you have collected, (cash or cheques payable to Cornwall Hospice Care). If you have collected sponsorship pledges but still have money to collect, please photocopy your form and hand in the original on the day.

Free Sponsorship Places:

We ask that **all runners move away from the registration desks** to complete their medical information on their numbers.

Pens and safety pins will be on the tables in the Courtyard area next to the registration gazebos.

Baggage: A bag drop facility will be provided and will be located by the drawbridge at the top of Castle Drive in the Cornwall Hospice Care vans. You will need to pass the bag drop vans to get to the start line. Bags will be stored in running number order. After the run has set off the vans will relocate bags to the Falmouth Hotel so you can collect them when you finish.

You will find a tear-off strip on your race number that can be attached to your bag. We recommend you **do not** leave anything valuable in your baggage. Cornwall Hospice Care, Falmouth Road Runners, Pendennis Castle and The Falmouth Hotel will not be held liable for loss or damage to any personal possessions left in the bag drop area.

Headphones: **MP3 players, earphones and headsets are banned from GP races**, anyone reported wearing them will be disqualified.

Marshals: The route marshals must be obeyed at all times; they are volunteering their time and **are there for your safety**. Volunteer marshals cannot stop traffic, and therefore may need to stop you crossing a road if it is unsafe to do so. Any runners not following the instruction of a marshal will be disqualified.

There will be a sweep vehicle following the runners. If at any point you feel that you need assistance, medical or other, then please ask one of the route marshals to make contact with the race headquarters.

If you feel that you need to pull out from the race, please do not just leave the course. You **MUST** inform a marshal and if possible return to the finish to report that you are safe.

First Aid: Medical support will be provided on the day with a paramedic following the route. Please ask a marshal if you feel that you need their services when out on the route.

Race Route:



The route takes in some of the most scenic parts of Falmouth along the coast and inland, but there are some areas where the roads narrow and we urge you to take extra care on these sections. Roads will only be closed at the start/finish of Run Falmouth, thereafter you'll be running on the road with traffic passing.

Please run strictly **on the left** side of the road, **at all times** - unless you've been directed otherwise by a marshal. Although there will be plenty of warning signs to motorists around the route, we would ask you to take care and be aware of passing traffic. **It is advisable to wear bright coloured clothing.**

Cut off time: There is a course completion time limit of 3hrs 15minutes (by 1.15pm). If you haven't completed by this time or don't think you will, you may of course continue but be aware that many of the route marshals will have stood down from their posts by then. There will still be a sweep vehicle/marshal, but you will need to use the pavements etc., as you would as a pedestrian. In addition, you won't be given an official completion time.

Deferrals: Please note the window for deferrals and transfers is now closed. We cannot offer refunds if you are unable to attend.

Water Stations: There will be four water stations on the route at approx. mile 4, 7, and 9 and 11. We are using compostable biodegradable cups at each of our stations, and the water at the finish line will be provided in cans.

Finishing: As you finish the race, please **ensure your running number is clearly visible on the front** of your vest so that the time keepers can record you correctly, and ensure you stay in the finish funnel after you've crossed the line in the correct order. (Please keep your number visible for Bag Collection).

On completion of Run Falmouth we would like to congratulate you by presenting you with a Run Falmouth 2020 medal – and there will be bananas and water. These will be distributed on the lawn outside the hotel after the finish line. There will also be the opportunity to purchase Bacon Baps (£4.00) (vegetarian option available) and Tea/Coffee (£1.75) in the Ballroom after the race.

Results: Results for the race will be available to see on the Cornwall Hospice Care website and on the Falmouth Road Runners site.

Prize Categories: The prize categories are as below. If you would like to join us and attend the prize presentation, this will take place in the Pendennis Ballroom (Falmouth Hotel) at 1pm.

Men: First 3 overall. First 3 U35.

First 3 Vet 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 75-79, 80+

Teams: First 3 (6 runners to count), with prizes for each team member.

Ladies: First 3 overall. First 3 U35.

First 3 Vet 35-39,40-44, 45-49, 50-54, 55-59, 60-64 65-69, 70-74, 75+

Teams: First 3 (6 runners to count), with prizes for each team member.

Fundraising: Did you know that if you raised just £40 in sponsorship for Run Falmouth 2020 you would be funding the cost of a staff nurse for two hours providing care to patients at our hospices? Fundraising events like Run Falmouth are vital to us continuing to provide specialist care to people with terminal illnesses in Cornwall.

You can collect sponsorship via JustGiving or you can download our Run Falmouth sponsor form [here](#). Please ask any sponsors to include their full name, home address & postcode and tick to add Gift Aid if they are eligible, to increase their donation by 25p for every pound sponsored.

'Free' Sponsorship Places: If you signed up for one of our 'Free' places, the sponsorship (min £200) must be paid or evidenced before the day or when you arrive to collect your number. If you have any problems with this please contact me by **5.00 pm on Friday 13th March 2020** (01726 66868, option 3).

If you have any further questions then please don't hesitate to contact me, details below.

Thank you for taking part, have fun, see you on Sunday 15th.

Jane Appleton

Run Falmouth Race Secretary. Event Fundraiser, Cornwall Hospice Care

01726 66868 (option 3) | jappleton@cornwallhospice.co.uk

TERMS AND CONDITIONS OF ENTRY - Run Falmouth

Run Falmouth is organised by Cornwall Hospice Care (registered charity number 1113140) and Falmouth Road Runners. It is licensed by UK Athletics, is held under UKA rules and is a 2020 guest member of the Cornwall Glass Grand Prix series. UKA Race licence no: 2020 – 39332. Course Measurement No: 17/029



- To register; **each** person must register online and pay the appropriate fee: Registration for affiliated runners is £17 and for non-affiliated runners is £19.
- Runners in the Half Marathon race must be **18 years or over** on race day.
- All registration fees are **non-refundable**. The registration fee is per person.

- If you are unable to take part please let us know as soon as possible by calling us on 01726 66868 (option 3) – your place is non transferrable and may be reallocated by the Charity.
- By entering for **Run Falmouth** you agree to your name and any photographs which might be taken of you being used by Cornwall Hospice Care.
- For the safety of all participants, no pets or other animals are permitted on this half marathon.
- Competitors are advised that dogs, wheelchairs, wheeled carriages and cycles are banned, and that competitors cannot be accompanied or followed, either on foot or by vehicular conveyance of any description. (Please note, exceptions can be made at the race director's discretion for visually impaired competitors running with a guide).
- **No** alcohol is to be consumed prior to or during the event.
- MP3 Players, earphones or similar devices are **NOT** permitted on the route.
- Race numbers must be collected from registration on the day and prior to the race start.

By registering for **Run Falmouth you confirm that you are medically fit to run and understand that the organisers will not be held responsible for any injury, illness, damage or loss to you or caused by you, however caused.**

You enter into this event entirely at your own risk, waiving any legal recourse for damages to yourself, which may arise from participation in this event organised by Cornwall Hospice Care.