

RACE & KIT INSTRUCTIONS - 3 PERSON TEAM

Please arrive at the Village Hall at the time shown on your log card. Buses will not wait for late runners.

The bus will take you down to the ferry.

Runner 1 (Capeside to Lighthouse). Please give your kit bag containing warm clothes snacks and drinks to runner 2 (Lighthouse to Capeside). The bag should be labelled and in a waterproof bag (bin bags and luggage labels are supplied in your goody bag for this purpose). Runner 2 will leave your bag at the lighthouse so you can access it when you finish your race. On alighting from the ferry (Capeside) you can leave any extra clothing in a second, labelled, waterproof bag on the jetty (bin bags and luggage labels are supplied in your goody bag for this purpose). The marshall on Capeside will give you a start time and write this on your log card. You **must** then take your log card with you on your race up to the Lighthouse. At the end of the race the Lighthouse marshall will enter your time on your log card and return it to you. A bus will return you to the ferry where you can pick up any other clothing. **You must hand in your log card to registration as soon as you arrive back at the hall. Failure to do so will prevent us from calculating your time and may lead to disqualification.**

Runner 2 (Lighthouse to Capeside). Please take runner 1's kit bag with you on the bus and leave at the lighthouse. Any extra clothing you have worn on the bus can be left in this kit bag and runner 1 will bring it back to the hall. You will need a kit bag with warm clothing, drinks, snacks etc. for the ferry crossing when you have finished your race. The bag should be labelled and in a waterproof bag (bin bags and luggage labels are supplied in your goody bag for this purpose) and left at the jetty on Capeside before you get on the bus to the Lighthouse. When you arrive at the Lighthouse the marshall will give you a start time and mark this on you log card. You **must** carry the log card with you on your race back to the ferry. When you arrive at the ferry the marshall will log your finishing time on your card. Don't forget to pick up you kit bag before getting back on the ferry. A bus will bring you back to the hall.

You must hand in your log card to registration as soon as you arrive back at the hall failure to do so will prevent us from calculating your time and may lead to disqualification.

Runner 3 (Landside to Hall). Leave any extra clothing on the bus (bin bags and luggage labels are supplied in your goody bag for this purpose). The Landside marshall will write your start time on you log card. You **must** then carry your log card on your race back to the Village Hall where your finish time will be marked on your card. **You must hand in your log card to registration as soon as you arrive back at the hall failure to do so will prevent us from calculating your time and may lead to disqualification.**

Showers are available at the Village Hall, you can leave a small bag with towel, toiletries etc at the Village Hall so that you can get changed after your race. Your kit back from the race may not arrive back at the hall before you do. Soup, sandwiches and cake are available at the Village Hall following your race. Vouchers for lunch can be purchased from the race registration desk.

Good Luck and have a great Race!