

RACE & KIT INSTRUCTIONS

MULTI TERRAIN MARATHON

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.

You will need extra clothing for the ferry crossing, please take this with you on the bus.

On alighting from the ferry (Capeside) you can leave any extra clothing in a labelled, waterproof bag on the jetty (a bin bag 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 can take your log card with you up to the lighthouse or leave it in your bag at the ferry but you **MUST** present your log card to the marshall on Capeside before you get back on the ferry to return to Landside.

You can then access your kit bag for the return ferry crossing. You may like to put any drinks and snacks in this bag too.

Once you have returned to Landside give your log card to the marshall who will give you another start time and write this on your card. Once again you can leave any extra clothing in your bag. Buses will bring this back to the Village Hall but it may not return to the hall before you do.

You must then carry your log card on the run back to the Village Hall (where your final time will be recorded) and hand it in at the registration desk at the end of your race, **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. 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!