

RUNNERS' INSTRUCTIONS

Welcome to the tenth Eden Project Marathon and Half Marathon!
We hope you enjoy the event.

IMPORTANT INFORMATION:

Please read the following instructions carefully.

- **The Eden Project will open at 8.00am. Biomes open at 9.30am**
Entry will be via the North Gate only
- **You must allow a minimum of 1 hour from entering Eden to get to the start, especially if you need to use the changing area and bag drop**
- **The start for both races is at Pineapple car park**
Please check the enclosed map for details
- **The Marathon will start at 9.30am**
- **The Marathon Start Address will be at 9.20am**
- **The Half Marathon will start at 10.00am**
- **The Half Marathon Start Address will be at 9.50am**
- **Changing and Baggage will be in the Core Building** (see attached map)

There will be clear signage on the day showing you where to go, if in any doubt please ask a member of staff.

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PLEASE NOTE: TO COMPLY WITH UKA REGULATIONS WE DO NOT PERMIT THE WEARING OF HEADPHONES, OR SIMILAR DEVICES (other than those medically prescribed) in the Eden Marathon and Half Marathon.

ANY RUNNER REPORTED WEARING HEADPHONES DURING THE RACE WILL BE DISQUALIFIED.

RUNNING NUMBERS AND TIMING CHIPS

In your envelope you will find your running number and your timing chip with instructions. Marathon runners must wear numbers both front and back. Please bring your own safety pins.

PLEASE ENSURE THAT YOU BRING YOUR RUNNING NUMBER AND YOUR TIMING CHIP WITH YOU ON THE DAY OF THE RACE. DUPLICATES CANNOT BE ISSUED.

Using another competitor's number will lead to disqualification.

PLEASE FILL IN THE REAR OF THE NUMBER GIVING DETAILS OF ANY MEDICAL ISSUES AND CONTACT DETAILS IN CASE OF AN EMERGENCY.

YOUR TIMING CHIP MUST BE WORN ON YOUR ANKLE. If worn incorrectly your time may not be recorded.

There is no pre-race registration this year so please let us know before the event if you are unable to run.

CHANGING AND BAGGAGE STORAGE

If you do not need changing facilities or baggage storage please go directly to the start once you have parked. Changing facilities and baggage storage are located in the Core. Please use the park and ride buses if you require these facilities.

TOILETS ARE AVAILABLE AT THE START AREA AND AT THE CORE

Your race pack contains a baggage tag with your running number on. Please attach this to your baggage and leave in the correct baggage area. There is a secure area for small valuables. Please ask a member of the Eden team in the Core building. Your race number must be pinned to the front of your running top (and also the back if you are running the Marathon). Please bring your own safety pins. Please follow the separate instructions for your chip. Post-race massages will also be available in the Core thanks to our friends from Cornwall College.

WALKING TO THE START AREA (ALLOW AT LEAST 20 MINUTES FROM THE CORE)

The start assembly area is the same for both the Marathon and Half Marathon. It is a 20 minute walk uphill from the Core Building so please allow sufficient time to get there. You can also use the Park and Ride bus to get to the start.

There will be toilets and water available at the start assembly area.

SPECTATORS

Spectators should go to Pineapple car park to watch the start of the race, either on foot or on the Park and Ride bus. There will be refreshments available.

EVENT COLOUR CODING

The two events taking place on race day are colour coded:

Marathon numbers are WHITE on a **RED** background.

Half Marathon numbers are WHITE on a **BLUE** background.

START

The Marathon starts at 9.30am and the Half Marathon starts at 10am.

Announcements will be made for runners to move from the start assembly area to the start lines, directed by Marshals. Please take up your start positions according to your targeted finishing positions to avoid unnecessary congestion at the start.

The Start Address commences at 9.20am for the Marathon and 9.50am for the Half Marathon.

Please listen carefully as this will contain any last-minute information relating to the event.

THE COURSE

The course is multi-terrain with the Marathon being roughly 70% on trails, paths and private roads and 30% on public roads. The Half Marathon is 60% on public roads and 40% on trails and paths. For those doing the Half Marathon the off-road surfaces are generally good underfoot and specialist off-road shoes are not necessary. For those on the Marathon the surface is varied and could be wet and muddy, hence trail shoes would be recommended. The route will be marked with direction signs and Marshals will be posted at various locations.

DRINKS STATIONS

There are drinks stations providing water roughly every 3 miles on the route. There will be SIS Isotonic sports drinks available at the start and finish and at the 7 mile point for both races and the 19 mile point for the marathon.

LITTER

The theme of these events is regeneration and a sustainable environment and we are lucky to have the support of the local authorities and landowners. To help us maintain this annual event, please help us by not dropping litter along the route. Marshals will dispose of any litter you leave at drinks stations.

FIRST AID

Cornwall Search and Rescue will be providing first aid support around the course. If you need assistance or see a fellow competitor in trouble please report to a Marshal. Four-wheel drive vehicles will be situated at approximately 6 miles and 23 miles on the Marathon route and 8 miles on the Half Marathon route.

First aid will also be available at the meeting point - see attached map.

ROAD CROSSINGS

This event is run on public roads and paths so there will be other road users on the route. Please follow instructions given by the Marshals as they are there to ensure your safety and that of other road users.

DROPPING OUT

If, for any reason, you are unable to continue in the race please inform a Marshal who will contact the organisers and give advice on transport back to Eden. Please note in some of the off-road sections this may necessitate a walk to the nearest road section. There will be sweep teams for both events so if necessary wait for the sweep team who will organise getting you back.

Marathon Runners who decide to drop back to the half marathon. We are enforcing a time limit on the Marathon as we have to clear the course. Hence ANY MARATHON RUNNERS WHO HAVE NOT COMPLETED THE FIRST 7¾ MILES OF THE COURSE WITHIN 1 HOUR 30 MINUTES WILL BE DIVERTED ON TO THE HALF-MARATHON COURSE. They will have their number marked and provided they finish the Half-Marathon route they will be given a Half-Marathon medal in recognition of their completion of 13.1 miles. This option is available for any other Marathon runner who wishes to divert to the Half Marathon after 7 miles. If you do not reach mile 13 (Lanlivery) within two hours 50 minutes, and mile 17 (Luxulyan) within three hours 30 minutes, you will not be allowed to complete the course and will be transported back to Eden. You will not be eligible for a medal but you will of course receive your t-shirt, pasty and pint. Please inform a Marshal of your intention to divert.

THE FINISH

There will be one finish mat for both Marathon and Half Marathon. Gun and Chip time results will be recorded. Prizes will be allocated on Gun time.

MEDALS AND T-SHIRTS

Immediately after the finish you will be presented with your memento and drinks will be available. You will also be able to collect your t-shirt and your vouchers for your free pasty and beer. These can be collected in the Biome Link Building.

Please change first – this is a public area!

BAGGAGE RETRIEVAL AND CHANGING

Signs will direct you back to the baggage retrieval and the changing areas in the Core Building.

PLEASE NOTE: there are no showers available.

RESULTS POSTING

Results for both events will be posted as soon as possible. These will be available in the Arena and in the Core Building. Please inform the help desk if you believe there is an error.

PRIZE PRESENTATIONS

There are first prizes for a number of different categories. Presentations for the Half-Marathon will commence at 1pm and for the Marathon at 3pm in the Biome Link in both cases.

SUPPORTERS' FREE ADMISSION VOUCHER

Also enclosed is a voucher entitling your supporters to free admission to the Eden Project on October 13 (one voucher per group). They will be able to view the finish and the presentation as well as explore Eden itself. There is no limit on numbers.

SUNDAY OCTOBER 13: RACE DAY

The Eden Project will be open from 8.00am. All competitors and supporters will be directed to parking places by Eden staff and then to the race start or the Visitor Centre. Eden Park and Ride buses will be operating. Your supporters will need to show their vouchers for admission, one voucher per group. There will be a desk in the Main Gallery (by ticketing) to resolve any queries or amendments to details.

FROM THE EVENT ORGANISERS

This ambitious event is jointly organised by the Eden Project and St Austell Running Club. We sincerely hope that you enjoy whichever race you compete in and we hope you will return to compete in next year's event – registration will open in November. This event provides an ideal opportunity to monitor the progress of the Eden Project and the regeneration of the St Austell Area at close hand.

- 1 ARENA**
Race Finish
Water Stations
Spectator viewing
Medal and T-shirt collection point
Results
- 2 CORE**
Changing Rooms
Baggage Desks
Toilets
Post Race Massage
Results
- 3 PINEAPPLE CAR PARK**
Toilets
Water Stations
Hot Drinks and Snacks
Race Start
Pre-Race Address
- 4 LINK BUILDING**
Prize Presentations
Free Pint and Pasty Collection Point
Toilets
Results
- 5 PARK AND RIDE**
- 6 VISITOR CENTRE**
Main Entry
Toilets
Race Queries....
- 7** Meeting Point and First Aid

