

10:30 AM START 26 JUNE 2016 DISTANCE: APPROX 13.4 MILES

**(PROCEEDS FROM THIS EVENT WILL BENEFIT SEVERAL
MERSEA ISLAND LIONS CHARITIES)**

RUNNERS INFORMATION PLEASE READ CAREFULLY

Welcome and thank you for entering the annual 'Round the Island All Terrain Race'. We look forward to seeing you on the day and hope that the event will be a memorable one for runners and spectators alike.

Parking: This is available in Willoughby Avenue Car Park, Victoria Esplanade, West Mersea. The entrance will be signposted and parking will be free of charge for competitors up to 2:00pm, after which normal charges will apply. Please park as directed and do not block in fellow runners. The car park is likely to fill up quickly so please leave sufficient time to park and secure your vehicle.

Number Collection: Please collect your number between 9:00am and 10:10am from the "Collection Area". To avoid having to queue please don't leave it until the last minute. Number collection will close at 10.20 a.m. and anyone arriving after this time will not be allowed to take part.

Course Changes: Please check the information boards as there is a further course change this year at Mersea Outdoors as well as last years' changes at Village Green, Cudmore Grove, Coopers Beach and Seaview Holiday Park.

Changing: There are no changing facilities. Please come ready changed and arrange for your valuables to be looked after. The organisers will accept no responsibility for any loss. There are 2 sets of Public conveniences are available nearby.

Car keys: For those wishing to leave car keys – please ask when you collect your number for a label tag. Write your surname and race number on the tag, attach to your keys and hand to the ladies in the merchandise tent. They will place keys in a deed box which will be locked and remain under their control until you re-claim your keys when you finish the race.

The Start: This is on the beach close to the 'Two Sugars Café' (almost opposite the entrance to the car park) at 10:30am prompt.

Running Number: Please make sure your running number is securely attached to your vest with four safety pins. The running number must not be altered in any way as this is the only means of ascertaining your name for your finishing position and time. Anyone not finishing with their number will be disqualified. For your own safety, and that of other runners, please do not use personal stereo systems.

The Course: Runs clockwise around the Island, and apart from small sections of road between the Boardwalk to Dabchicks Sailing Club, The Strood, Rewshalls Farm to Essex Outdoors (Youth Camp) and from Seaview Holiday Park to the finish, it is all on sea walls, tracks and the beach.

We recommend that you wear a good strong pair of trainers. Racing flats are definitely unsuitable.

If you see any runner in difficulty please inform the nearest marshal

If you decide to abandon your run, you must inform a marshal (or the “sweeper” cyclists) who will let race control know your number. (This is to avoid search parties being sent out to look for missing competitors who succumb to the allure of local bars or the beach!)

Drinks Stations: There are 5 drink stations around the course and one at the finish. (If it is a hot day it is also advisable to carry your own drinks bottle).

Marshals: Will be stationed at hazardous points to direct the runners. Their instructions must be obeyed always, as failure to do so may not only jeopardise the future of the event it may also result in immediate disqualification. Course maps will be on display at registration. There will be sweeper cyclists following the last runner.

The Finish: In Willoughby Avenue Car Park—medals will be presented to all finishers as they cross the finishing line.

First Aid: Will be provided by St John Ambulance on the course and at the finish if required. If you see a fellow runner requiring urgent assistance please inform the nearest marshal.

Presentation: Trophies will be awarded to all winners in each group. These will be presented on the day, as soon as possible after the results have been formulated. N.B. only one trophy per runner. All entrants are encouraged to wait until the presentations.

Thanks: We are indebted to our sponsors and all the helpers prior to, and on the day, without whom we would not be able to hold this event.

Feedback: We would welcome any comments you may have regarding the race, and suggestions as to how we could improve it.

Please e-mail me, roychamberlain99@gmail.com or telephone 01206 385822.