

# Thaxted Trail Marathon and Half Marathon

Thank you very much for entering the Thaxted Trail Race on Sunday 12<sup>th</sup> March. Here are the final race details.

## Finding us

Both the marathon and the half marathon will start and finish at Margaret Street Church Hall, Thaxted, CM6 2QN, TL-611-311. There is a free public car park next to the church hall, or if this is full there are car parks opposite the baptist church in Park Street, at the recreation ground in Newbiggen Street, and at Bolford Street Hall. Please car share if at all possible. The council will be checking, so please park sensibly. The church hall has no showers and limited facilities, but there are public toilets in the car park next to the hall. There is no secure bag storage within the hall, but bags can be left at your own risk. Please do not wear muddy shoes in the hall.

## Starting

For anyone not familiar with trail races, these events are very informal, and there is no mass start. You just need to turn up on the morning, collect your written route description, **tell us when you are ready to go**, and we will time you out. You can set off at any time between 9:00 and 10:00 for marathon runners, and 10:00 and 11:00 for half marathon runners. The church hall closes at 4:00, so if you expect to take longer than six hours, please set off early.

## Safety

The race is not marshalled, so **you should carry a mobile phone**, so that you can contact us in case of an emergency. Our phone number will be included on the route description. We would advise you not to run if you feel unwell, under prepared or injured. You are welcome to switch between the marathon and the half marathon when you collect your route description. Please take care on all footbridges and stiles as they can be very slippery, and be aware of tree roots, rabbit holes, and overhanging branches. If you find cows, sheep or horses along the way, please respect them, walk if necessary, and close the gates behind you. Please leave no litter, and be considerate and courteous to others using the countryside. Most importantly, keep yourself safe, and **take great care at all road crossings and on all road sections**.

## Food and drink

You should aim to be self-sufficient on the run. For the marathon, there will be unmanned water stops after 5, 9, 14, 18 and 25 miles, and a manned water stop after 21 miles. For the half marathon, there will be unmanned water stops after 5 and 12 miles, and a manned water stop after 8 miles. Sweets and biscuits will be available at the manned water stop. However, there will be no energy drinks, gels or bars at any of the water stops, so you should carry whatever you need with you. The manned water stop doubles as a checkpoint, so please make sure that your race number is ticked off here.

## Shoes and clothing

We would also advise you to dress accordingly. Trail shoes are recommended, as there are several muddy fields and bridleways. You should also take a waterproof jacket, and a hat and gloves, on the off-chance that we don't get a lovely Spring day.

## Finishing

At the finish, or if you withdraw, **you must report to us, so we can time you back in**, and check you off as having returned safely. As a reward, there will be cake and hot drinks at the finish.

See you all on Sunday.

Paul, Gavin and Ele.