



### Pre-event brief notes - Bay2Bay Coastal Run

Welcome to the Bay2Bay Coastal Run.

#### Timing chip

All competitors will receive a bib number at registration; Please write your contact, medical, and emergency details on the back of your Bib. Your bib is your timing chip. You need to keep your bib on for the duration of the event to get a finish time & placing.

- **Medical cover** is provided at the Start, along the route and at the finish line. If you need any medical assistance during the event, notify the nearest marshal and they will arrange for the medical team to see you.
- A pre-event briefing will take place at the start line at 9.25am.
- The start is [on the beach](#). A short walk from the visitor centre, follow the signs for the beach, head down the steps and the start will be right in front of you marked by the VO2Max Flags
- The run route link is here: [Bay2Bay Coastal run route – Strava link](#). It is your responsibility to know the course.
- We recommend you wear appropriate footwear for this Coastal / trail run.
- Do not litter; carry your rubbish and use the bins provided
- if you are unable to continue and need to withdraw during the event, please inform the nearest marshal. The marshal will arrange your transport to the finish.
- The route is fully marshalled, has event signage & VO2Max flags at key points along the route; keep to the coastal footpath unless otherwise instructed by a marshal or an event sign.
- Cycle marshals wearing Hi Viz vests will also be along the route if you need assistance.
- Please be aware of any members of the public on the beach & coastal footpath as it is a public area.
- Ensure your event bib number is always clearly visible from the front throughout the event.
- Along Druridge bay & Cresswell beach, you could run directly down the beach, or you could do a little detour, so you do not get your feet wet!
- There is an aid / water station at Cresswell village at 4.5mile. we also have use of the village hall at the aid station, if anyone is unable to continue at this point, inform the aid station marshals and they will contact the sweeper vehicle to collect you and take you to the finish.
- **Crossing Point 1:** The coastal path crosses the C110 minor road at 4.5 miles in Cresswell village, next to the aid/water station. Cross the road only when it is



safe to do so. A marshal will be present, but they cannot stop the traffic for you to cross the road.

- Public toilets are also available at Creswell village (after you have crossed the road) & at the aid station (village hall).
- At the golden sands caravan cark in Cresswell, the coastal path joins the grass verge beside the C110 minor road from Lynemouth. Always stay on the coastal footpath along this point.
- **Crossing Point 2:** The coastal path crosses back over the C110 minor road at 5.15 miles at Coastguard house / Snab point. Cross the road only when it is safe to do so. A marshal will be present, but they cannot stop the traffic for you to cross the road.
- At Lynemouth Beach, 7.2mile (just behind Lynemouth Power Station) you could run directly along the beach to Newbiggin beacon point (old pill boxes) or you could do a little detour along the coastal path that skirts the Golf club, so you do not get your feet wet!
- At 8.4mile, Newbiggin Golf course opposite hole 3 summer tee box, the run route signs & flags will direct you onto the old Newbiggin beach. Keep to the beach along this point, then scramble up the sand & rock path behind St Bartholomew's church, follow the footpath around the church and down the steps in front of the maritime centre, then run down the ramp onto the beach.
- As you run along Newbiggin beach, wave to the couple statue and come off the beach at the Horseshoe steps (centre of beach, opposite couple statue / Hunkleton stone) there will be a marshal & VO2Max Flags at this point to direct you. Turn right on the promenade, towards the finish, 500m left, you're nearly there!
- The **Finish** will be on the [promenade opposite the old ship public house](#). Have your race number on show at the front for the finish photos and **SMILE!**
- Collect your finishers medal & VO2Max merchandise.
- An aid station is available at the finish line. High 5 gels, drink, snack & sweets will be available.
- **Presentations** for 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> Female & Male overall & 1<sup>st</sup> Female / Male Canicross category will take place as soon as the top three competitors have crossed the line. Age group winners will be sent their vouchers via email, as we appreciate it takes longer to sort age group placings out due to the length of event and varying finish times.