



| The Route  | Important notes   |
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| <ul style="list-style-type: none"> <li>● The route is a single lap of approximately 5.5 miles</li> </ul>   | <ul style="list-style-type: none"> <li>● Help us keep the beach and nature reserve clean – please do not drop litter</li> </ul>     |
| <ul style="list-style-type: none"> <li>● There will be 42 marshals and direction signage along the route.</li> </ul>   | <ul style="list-style-type: none"> <li>● The beach will be open to other users</li> </ul>   |
| <ul style="list-style-type: none"> <li>● There will be tailrunner behind the final runner</li> </ul>   | <ul style="list-style-type: none"> <li>● Please do not wear headphones as you may not hear warnings from marshals</li> </ul>        |
| <ul style="list-style-type: none"> <li>● The route follows a sandy path behind the dunes towards Burnham Over Staithe</li> </ul>   | <ul style="list-style-type: none"> <li>● Be careful on the route – it is uneven in places</li> </ul>                                |
| <ul style="list-style-type: none"> <li>● The route turns right at the Coastal Path and crosses the dunes onto the beach.</li> </ul>  | <ul style="list-style-type: none"> <li>● If you feel unwell or get injured – please let a marshal know</li> </ul>                   |
| <ul style="list-style-type: none"> <li>● Once on the beach the route turns right and runs parallel with the sea</li> </ul>   | <ul style="list-style-type: none"> <li>● If you see a runner that is injured, please let the next marshal know</li> </ul>           |
| <ul style="list-style-type: none"> <li>● There is a water crossing at four miles – the race is at low tide so this will be shallow (around five centimetres deep) there will be two marshals here</li> </ul> | <ul style="list-style-type: none"> <li>● The race has a Trail Runners Association licence and will comply with TRA rules</li> </ul> |
| <ul style="list-style-type: none"> <li>● The route then turns right around the dunes and heads to the finish</li> </ul>  | <ul style="list-style-type: none"> <li>● We must comply with TRA rules, so no dogs or buggies are allowed</li> </ul>                |