

# Race Information – The Norfolk Marathon – Sunday 28<sup>th</sup> April 2024

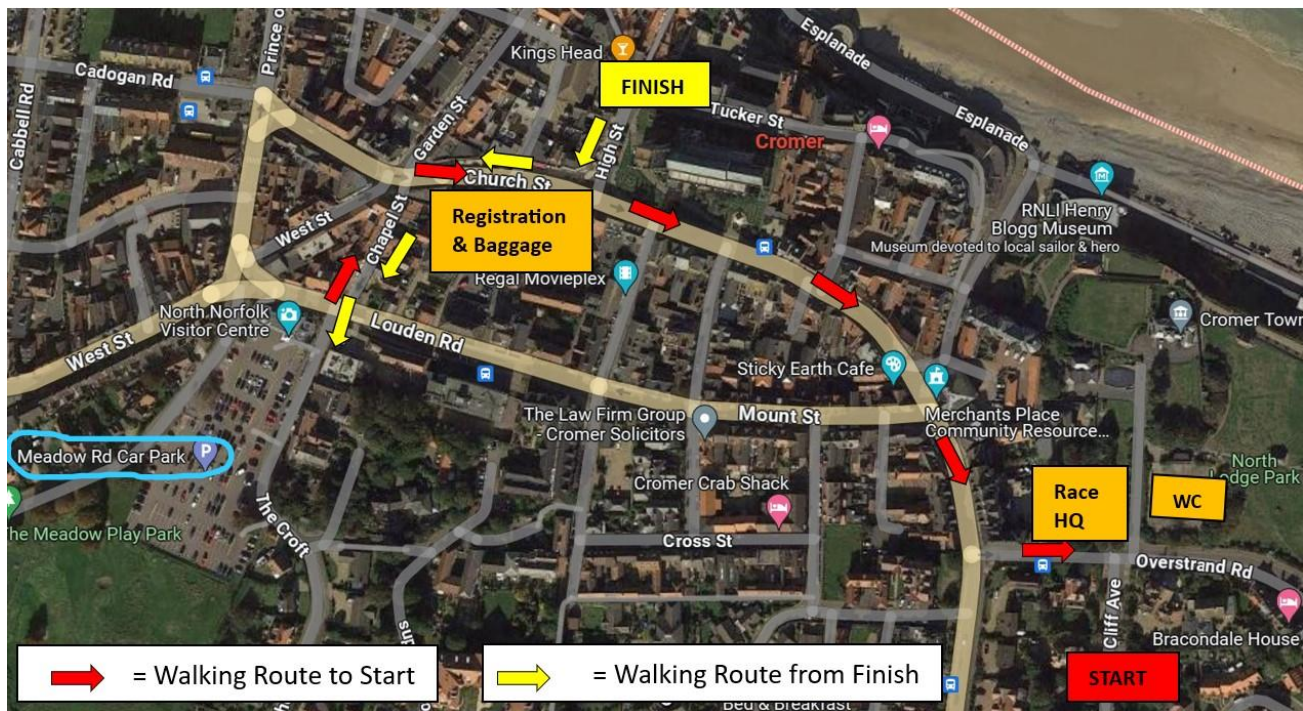
**PLEASE MAKE SURE YOU READ ALL THE BELOW INFORMATION** and share with any other participants that you entered.

## Car Parks

The official car parks for the race will be [Meadow Road](#) and [Runton Road](#) (both of these car parks are Pay & Display).

**Meadow Road** (24 West St, Cromer NR27 9DS) 265 spaces:

This is walking distance from both the start and finish line.



**Runton Road** (61-63 Runton Rd, Cromer NR27 9AU) 1,037 spaces:

The car park approximately 1 mile from the start line, so we will be putting on regular shuttle buses between 7.30-9.00am for those that don't fancy a warm-up walk/jog before the race.



## Start

The race will start at 9.30am and it will be a mass start with approximately 1,000 runners. To make the start as smooth as possible and reduce overtaking on the course we will ask runners to line up according to their predicted finish time.

The **start line** is on Cliff Avenue, opposite the entrance of North Lodge Park on Overstrand Road.

<https://maps.app.goo.gl/ba7VhepjBEpg3BFv6> .

## Sponsors

A big thank you to Tarmac Traffic Management for sponsoring the event and for providing all our Traffic Management needs.

## Race Numbers / Registration Desk

If you paid to have your race number posted to you, these will be sent out a week or so before the race. If you did not do this then you can collect one on the morning of the race at Cromer Parish Church from 7:30am – see images above for location.

## Cut-off Time

Please remember there is a 6-hour cut-off time. If you fall behind this projected time, you will be asked to retire and will get a lift to the finish area with our sweeper vehicle.

## Toilets

There will be toilets available at the start area. There will also be a toilet available on route at approximately 3 miles (Northrepps Village Hall), 13 miles (The Crown Inn at Trunch) and 17 miles (Gimingham Village Hall).

## Bag Drop

There will be a bag drop at Cromer Parish Hall on Church Street, which is located near to the start and finish. Please use the baggage label attached to your race number if you wish to use the bag drop. This is the same location as race registration.

## Drop-Off Point

Runners can be dropped off on Norwich Road or Church Street in Cromer, but please note you won't be able to park there, it is a drop off only area.

## Headphones/Earphones

Only Bone Conducting Headphones/Earphones are allowed, in line with UKA guidelines.

## No dogs allowed

NO DOGS are allowed to join participants. They can join spectators if they are on a short lead and under close control.

## The Route

You can see the full route here <https://www.mapmyrun.com/routes/view/5650182013/>.

## Water Stations

There will be 7 water stations on the course approximately every 5km (using biodegradable cups) and at the finish line. **Please dispose of the cups in the bins provided.** Runners must not dispose of their cups at the side of the road or in people's gardens – any littering will result in disqualification.

If you need to fill up your own bottle or pouch, you can do so at each station.

There will be bananas at water station 4 (mile 13) and non-dissolvable electrolyte tablets at water station 5 (mile 16).

## Pacers

Please note that there will not be any pacers.

## Photographers

We will have 2x official photographers on the course. All photos will be available after the race to download for free.

## Finish

The **finish line** is on Tucker Street in the centre of Cromer. <https://maps.app.goo.gl/Jrj7LKNyKfMSyDfU8> .

Your well-deserved medal will be ready for you to collect along with water and a selection of cookies and donuts.

Any baggage may be collected from Cromer Parish Hall before 4pm.

## Post-Race Sports Massage

Tom Taylor from [Movement and Mobility Personal Training and Sports Therapy](#) will be offering free 5-10 minutes Sports Massages for runners in Cromer Parish Hall for runners with very tired legs!

## Spectators

There are some great points for you to have family and friends at during the run. Please note there are likely to be roads closures in place around these points, so they may have to follow a Diversion to get there. If spectators are bringing dogs, please keep them under control and on a short lead.

Much of the route is not accessible to spectators due to the road closures and narrow country lanes.

Please ensure that all spectators keep to the footpaths to prevent any collisions with participants.

Note that none of the spectator points in Cromer are accessible by vehicle due to road closures, they will have to park in the same car parks as the participants.

- Overstrand Road (between North Lodge Park and Cromwell Road), Cromer. <https://maps.app.goo.gl/jrFu4WVgsCRcGbSA8>
- Southrepps High Street and Vernon Arms in Southrepps. <https://maps.app.goo.gl/UQ2XmG53gPkzfvUw8>
- Southrepps Road in Antingham. <https://maps.app.goo.gl/3pkUZpJpXAue3CmD9>
- Chapel Road in Trunch. <https://maps.app.goo.gl/oWKaWtnmPKna8Gtx6>
- The Crown Inn in Trunch. <https://maps.app.goo.gl/Xfpmp97xwBW2BnAm7>
- Gimingham Village Hall. <https://maps.app.goo.gl/k2ztN84ui146ZEqv9>
- Top Road, Trimingham (limited space). <https://maps.app.goo.gl/ggZJSFtpHG45K55d6>
- Foundry Arms in Northrepps. <https://maps.app.goo.gl/hnKiHs8e9B2PhnHQ7>
- Overstrand Road, Cromer – between <https://maps.app.goo.gl/cjs4FbPWGmqLtztk7> and <https://maps.app.goo.gl/KMB3QoJLXGDCJXLu8>
- North Lodge Park, Cromer. <https://maps.app.goo.gl/csURYS4zPiQJeEpy7>
- Brunswick Terrace in Cromer. <https://maps.app.goo.gl/DKcVbtznFr9AZjJWA>
- Surrey Street, Brook Street and Tucker Street in Cromer between <https://maps.app.goo.gl/JXunGQPYwu7pUK6o6> and <https://maps.app.goo.gl/YE3PZfxsjLiM49bo9>

Many thanks and have a great run!

The Norfolk Marathon team at EPIC Norfolk.