



Great
Cumbrian
Run 2023

EVENT GUIDE



SPORT IN ACTION

BETTER

WELCOME BACK...

Whether you're taking part in The Great Cumbrian Run for the first time or you're a seasoned pro, we can't wait to see you on the start line! To make sure you're fully prepared, please take the time read this short to event guide prior to race day.



REGISTRATION...

THE SANDS CENTRE CA1 1JQ

You are able to collect your race numbers, timing chip, technical t-shirt and register both on the morning of the event and in the days prior. Registration will be open:

- Friday 29th September 4pm - 8pm
- Saturday 30th September 1pm - 6pm
- Sunday 1st October 7 - 8.30am

If you plan to collect your race number on the morning of the event, please consider road closures around the city and allow plenty of time.

The nearest and recommended parking on race day will be Castle Car Park, CA3 8AN, which is £3 all day. The only access to the Car Park is via Castle Way turning left onto Devonshire Walk. Please note that there will be no entry to the carpark from 8.45am (Devonshire Walk will be closed) and reopened at approx 10.15am.



THE RUN...

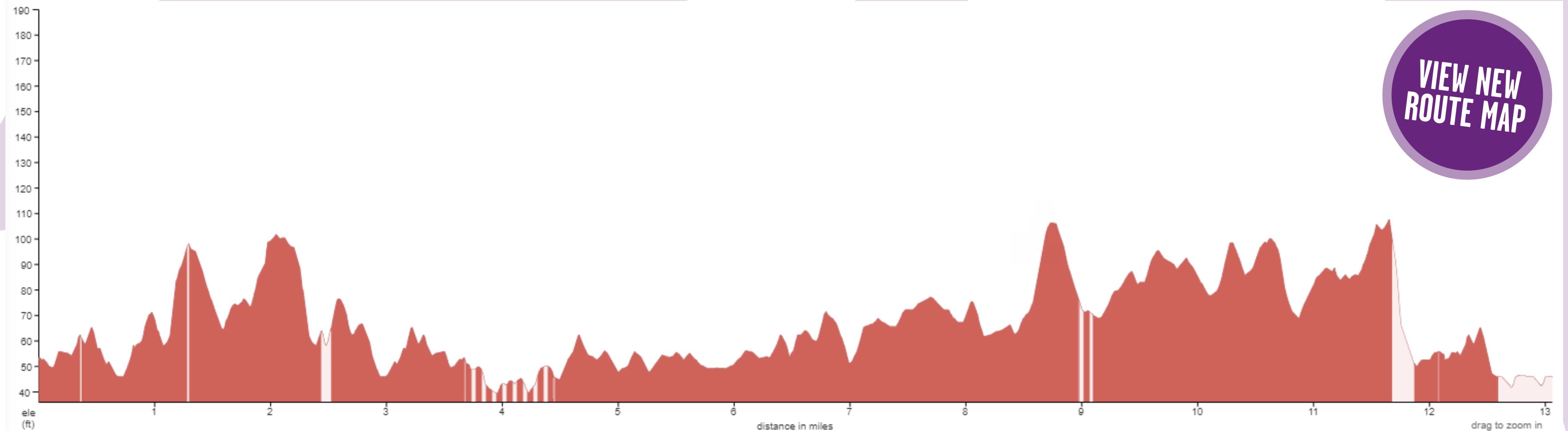
- The event is a 13.1 mile Half Marathon.
- Athlete warm up & briefing is from 8.30am in the Swifts Car Park.
- The Great Cumbrian Run will start at 9:00.
- The Family Run 2 will start at 09:05.
- The Family Fun Run 1 will start at 09:10.
- There will be three water stations throughout the course.
- Water Station 1st Back of the Sands Centre, 2nd Linstock Village & 3rd Whiteclosegate.
- For runner's safety, Bone conductor headphones are the only headphones allowed during the race.
- Always listen to instructions from the marshals that will be present throughout the race.
- The race will officially conclude at 12.30pm at The Sheepmount Stadium.

- Please ensure that you listen and abide to the race instructions issued during the briefing at the start warm up area.
- Throughout the race make sure that you keep to the **left at all times**, with the exception of when instructed otherwise by either marshals or signage

THE ROUTE...

2023 has a brand new route starting behind the newly refurbished Sands Centre heading in to the city centre before heading out to the local villages of Linstock and Brunstock. The Race then heads back to north of the city through Houghton before finishing in front of the Grandstand at The Sheepmount Athletics Stadium. Don't forget to smile when you cross the line for your free photo.

Elevation



AFTER THE RACE...

Once you're back at the event village, there will be opportunities for photos and to socialise with other participants. Hot and cold refreshments will be provided throughout the day including... Riverside Restaurant Menu Includes - Alcohol, soft drinks, snacks & sweets, pizza & alcohol meal deal £11 (non-alcoholic £10) + more

Also available from The Hairy Collie Coffee Baa- hot beverages, sweet treats etc

An area will be available for loved ones to watch you cross the line and receive your medal. Live Race Results will be available *here*, or simply go to timingupnorth.co.uk and select The Great Cumbrian Run. Entries for the 40th Great Cumbrian Run in 2024 will be open on Sunday 1st October (Race Day) at an Early Bird price at www.resultsbase.net

TROPHIES...

There are trophies for 1st, 2nd and 3rd male and female, which will be presented shortly after all award winners have crossed the line in the event village. There will also be trophies for Male and Female Age Group Winners.

AND FINALLY...

We can't wait to welcome you back to The Great Cumbrian Run!

Our event couldn't go ahead without the support of our partners, volunteers and everybody who takes part too... a massive thank you.

Our team of marshals and race team will be available throughout the day of the event to help. Still have a question? Please email cumbrian.run@gll.org or call us on **01228 538686**