Thank you for agreeing to be a team member for one of the following events:

- Miles Race (5 laps of the Orme - marathon distance)
- Smiles Run (3 laps of the Orme run as pairs - metric marathon).

Date/time: Sunday 29th November 2026 – Registration 08:00. Run Start 08:30

Event HQ: Clontarf Hotel, West Shore, LL30 2AR.

Preparing for the run:

- Dress for the conditions – it could be cold and wet
- Be bright – be seen
- Bring extra clothes for waiting at the start and finish
- Bring change for team/coffee etc. at Event HQ
- Consider carrying a phone when running.

On the run:

- Make sure you are ready at Event HQ/Abbey road for your turn
- You must carry your team's baton while running
- Keep to paths at all times and take care when crossing roads
- The route is simple, around the Orme anti-clockwise, returning to the start point
- Keep to the Orme side of Abbey Road for its full length past The Empire Hotel
- Cross the road near the Grand Hotel to join the path around the Orme
- Be careful at the pier entrance because the path is closed
- When you pass the half-way water station you must tell the volunteer your team number so they can keep a log of who has passed
- If running a half lap you must make your own way to/from the half-way water station
- Make sure your Team Manager knows where you are at all times
- Do not go home without checking in at Event HQ
- Have fun and support the other runners!

The route – anti-clockwise

