

RUNNERS GUIDE



Run
falmouth 2025



**Cornwall
Hospice Care**

• Mount Edgcombe Hospice • St Julia's Hospice •

Caring for our community



When is Run Falmouth 2025?

Sunday 16th March 2025.

What distance is it?

13.1 miles, Run Falmouth is a Half Marathon.

How do I sign up?

Run Falmouth Half Marathon is now sold out. You can join the waiting list via our website, [here](#) and as spaces become available we will notify the waiting in list in order. There will be NO on the day sign ups.

What time shall I arrive?

Registration will open at The Princess Pavilion between 8am and 9.30am. Follow the event signage to our pink gazebo. All runners must register with our team to collect their running number and timing chip.

Where is registration?

Princess Pavilion, Falmouth TR11 4AR. Look for the pink gazebos in the courtyard.

Where and when is the start?

10am on Cliff Road.

How do I find the Princess Pavillion?

The postcode for Princess Pavilion is TR11 4AR. The venue is well signposted within Falmouth, and has pedestrian entrances on Melvill Road and Cliff Road. There will be a road closure in place along Cliff Road and around the Pendennis headland from 9.30am until approx. 1.30pm.

Is Run Falmouth part of the Cornwall Glass Road Running Grand Prix?

Yes, it's the 4th race in the Cornwall Glass Road Running Grand Prix 2025.

Where can I park?

There will be NO parking available at Princess Pavilion. Please do not try to park here – we will place a marshal in the car park. As in previous years, participants will have to find their own parking in Falmouth. There are a number of car parks close to the venue. For further parking info please click [here](#). Please be respectful when parking. Gyllyngvase car park is free and approximately a 10-minute walk from Race HQ. Please allow plenty of time for parking and walking to registration.

Where and when do I collect my number?

All runners will need to go to the registration desks to collect their number individually, these are organised alphabetically by surname. Emergency contact details will be printed on the back - please check yours are correct.

As well as your number you will be given a tag – this is your timing chip and MUST be worn on your ANKLE. This will be collected from you at the finish line.

Please check the Emergency Contact information on the reverse of your running bib is correct before you set off.

Can I wear headphones?

Earphones and headsets of any kind (including bone conducting headsets) are banned from GP races, anyone reported wearing them will be disqualified without exception.

What is the entry fee?

£22 Affiliated Runner
(£24 on day)
£24 Non-Affiliated Runner
(£26 on day)

Bag Drop:

A bag drop facility is provided and will be located under gazebos at Event HQ. Bags will be stored in running number order. You will find a tear-off strip on your race number that must be attached to your bag before you leave it with our team. We ask you not to leave anything valuable in your baggage. Cornwall Hospice Care, Falmouth Running Club and Princess Pavilion will not be held liable for loss or damage to any personal possessions left in the bag drop area.

Toilets:

There will be Portaloos located in the garden at the Princess Pavilion. There are also toilets available within the Princess Pavilion complex.

Spectators:

Spectators are very welcome to come along and support Run Falmouth. There is plenty of space at Princess Pavilion & their cafe and facilities will be open to the public from 8am. The start/finish area has plenty of space for supporters planning to watch. Supporters are also welcome elsewhere on the route but we ask them to be mindful of local residents, to park responsibly and take any litter home with them.

Please note parts of the route are extremely narrow.

Transfers/Deferrals:

If you are no longer take part you can transfer your place to another runner. Transfers are self-managed via SI Entries. If you need to defer your place to another runner please email our Race Director, Jane - jappleton@cornwallhospice.co.uk. The deadline for transfers and deferrals is Wednesday 12th March at midday.

Marshals:

The route marshals must be obeyed at all times; they are volunteering their time and are there for YOUR safety. Volunteer marshals cannot stop traffic so may need to stop you crossing a road if it is unsafe to do so. Any runners not following the instruction of a marshal will be disqualified.

There will be a sweep vehicle (Cornwall & Devon 4x4) following the runners. If at any point you need assistance -medical or other - then please ask one of the route marshals to make contact with the race headquarters.

If you feel that you need to pull out from the race, please do not just leave the course. You **MUST** inform a marshal and return to the finish to report that you are safe and return your chip timing tag please.

First Aid:

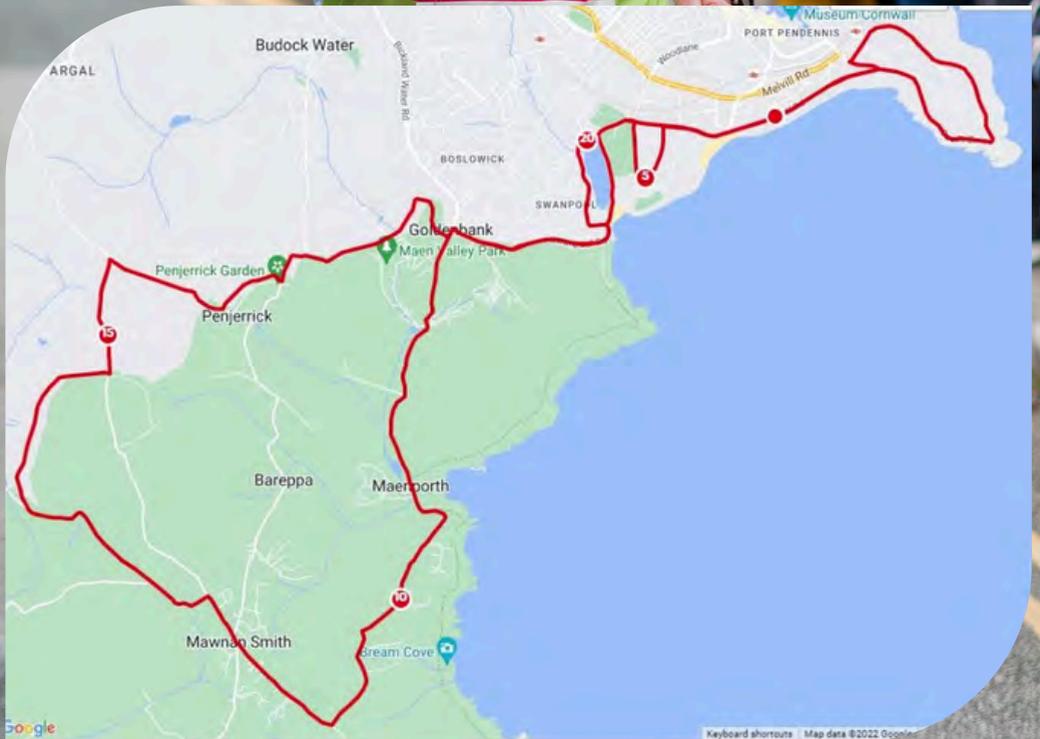
Medical support will be provided by Omega Medical on the day with paramedics at Event HQ and on the route. Please ask a marshal if you feel that you need their services when out on the route.

Cut off time:

There is a course completion time limit of 3hrs 15 minutes - by 1.15pm. If you haven't completed by this time or don't think you will, you are very welcome to continue but be aware that route marshals may have stood down from their posts by then. The Sweep Vehicle will remain with you, but you must use the pavements etc. as you would as a pedestrian. In addition, you won't be given an official completion time. We will endeavour to present all finishers with a medal outside of the cut-off time.

Race Route:

The route takes in some of the most scenic parts of Falmouth along the coast and inland, but there are some areas where the roads narrow and we urge you to take extra care on these sections. Roads will only be closed on a small section of the course, thereafter you'll be running on the road with traffic passing. Please run strictly on the left side of the road at all times - unless you've been directed otherwise by a marshal. Although there will be plenty of warning signs to motorists around the route, we ask you to take care and be aware of passing traffic. It is advisable to wear bright coloured clothing.



Click [HERE](#) for a full, detailed map of the route

Water Stations:

There will be four water stations on the route at approximately mile 4, mile 7, mile 9 and mile 11. We will use compostable biodegradable cups at each of our stations.

Finishing:

As you finish the race, please ensure your running number is clearly visible on your front, and ensure you stay in the correct order in the finish funnel after you've crossed the line. (Please keep your number visible for Bag Collection).

On completion of Run Falmouth we would like to congratulate you by presenting you with a Run Falmouth 2025 medal - these will be distributed at the end of the finish funnel. There will be bananas and water available and, new for 2025 our Drinks Sponsor, Jolly's Drinks will also have other exciting drink options available for you to try! Look out for them in our finish zone. The Princess Pavilion café will also be open for refreshments from 8am.

Results:

Results for the race will be available to see on the Cornwall Hospice Care website and on the Falmouth Road Runners site. The results will be live as participants cross the finish.

Prize Categories:

The prize categories are;

Men: First 3 overall. First 3 U35. First 3 Vet 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 75-79, 80+

Teams: First 3 (6 runners to count), with prizes for each team member.

Ladies: First 3 overall. First 3 U35. First 3 Vet 35-39,40-44, 45-49, 50-54, 55-59, 60-64 65-69, 70-74, 75+

Teams: First 3 (6 runners to count), with prizes for each team member.

We would love you to join us for the prize presentations at 13.00 at the Bandstand in the Princess Pavilion Gardens

Event Sponsors:

We are delighted to announce our Event Sponsors for Run Falmouth 2025;

Sapphire Running Zone

For the second year, the Sapphire Running Zone are supporting Run Falmouth and have offered 3 pairs of running trainers worth £150 each! To find out how you can secure one of these check out our competition information on page 9! They are also offering all runners free membership to their basic plan - you can sign up [here](#) to access our specific area of their website (using password CHC25) This is full of tips and advice for running and also fundraising!

Jolly's Drinks

We are excited to tell you about our Drink Sponsor [Jolly's Drinks](#)! With years of experience creating soft drinks in Cornwall, Jolly's guarantee from the first sip, you will feel as if you're shining from the inside out. Whether it's the heat of their Ginger Beer or sweet strawberries in their Pink Lemonade, they do not hold back on flavour! Whether you're pushing limits and conquering the day, or just chilling with friends, Jolly's Drinks will fuel your spirit! Jolly's will be with us in the event village all day with samples to try and will give all finishers a drink at the finish line.

The Gym Project

Our third collaboration is with The Gym Project. Based in Falmouth they are very keen to support this local event and have offered 10 individual monthly gym memberships! To find out how to secure one of these, worth £ read about our competition on page 9! They will also be hosting one of our water stations and providing electrolytes!

Fundraising:

Just £48 on your JustGiving page will fund the cost of a staff nurse for two hours, providing care to patients at one of our hospices. Fundraising events like Run Falmouth are vital to us continuing to provide specialist care to people with terminal illnesses in Cornwall. You can collect sponsorship via JustGiving [here](#) or you can download our Run Falmouth sponsor form [here](#). Please ask any sponsors to include their full name, home address & postcode and tick to add Gift Aid if they are eligible, to increase their donation by 25p for every £1 sponsored. Any monies raised can be paid in at our Registration Desks when you collect your number and timing chip. Cheques payable to Cornwall Hospice Care. Alternatively you can pay in sponsorship money [HERE](#).

Competition:

We have some amazing prizes up for grabs! You could win one of our London Marathon Golden Bond places just by setting up a fundraising page! Every £1 you raise is an entry into the FREE prize draw! You can also win one of 3 £150 vouchers to spend on a pair of trainers kindly donated by the Sapphire Running Zone! Additionally, 10 lucky winners will receive a month's membership at The Gym Project in Falmouth! To be in with a chance of winning one of these amazing prizes setup your JustGiving page today! (please head to our website to see London Marathon competition Terms and Conditions [here](#) and the trainer/gym membership Terms and Conditions [here](#)).

I look forward to welcoming you to the start line!

Jane Appleton

Run Falmouth Race Director

Events and Community Manager, Cornwall Hospice Care

01726 66868 (option 3) | jappleton@cornwallhospice.co.uk

TERMS AND CONDITIONS OF ENTRY

Run Falmouth is organised by Cornwall Hospice Care (registered charity number 1113140) and supported by Falmouth Road Runners. It is licensed by UK Athletics, is held under UKA rules and is a 2025 guest member of the Cornwall Glass Grand Prix series.

UKA Race licence no: **2024 - 46227**

Course Measurement No: 22/577

- To register; each person must register online and pay the appropriate fee.
- Advance registration for affiliated runners is £22 and for non-affiliated runners is £24. On the day registration for affiliated runners is £24 and for non-affiliated runners is £26. If Run Falmouth sells out in advance, there will be NO on the day registration.
- Runners in the Half Marathon race must be 18 years or over on race day.
- All registration fees are non-refundable. The registration fee is per person.
- If you are unable to take part please let us know as soon as possible by calling us on 01726 66868 (option 3) – your place is non-transferrable and may be reallocated by the charity.
- By entering Run Falmouth you agree to your name and any photographs or video which might be taken of you being used by Cornwall Hospice Care.
- For the safety of all participants, no pets or other animals are permitted on this half marathon.

- Competitors are advised that dogs, wheelchairs, wheeled carriages and cycles are banned, and that competitors cannot be accompanied or followed, either on foot or by vehicular conveyance of any description. (Please note, exceptions can be made at the race director's discretion for visually impaired competitors running with a guide).
- No alcohol is to be consumed prior to or during the event.
- MP3 Players, earphones (including bone conducting headsets) or similar devices are NOT permitted on the route.
- Race numbers and chip timing tags must be collected from registration on the day and prior to the race start.

By registering for Run Falmouth you confirm that you are medically fit to run and understand that the organisers will not be held responsible for any injury, illness, damage or loss to you or caused by you, however caused.

You enter into this event entirely at your own risk, waiving any legal recourse for damages to yourself, which may arise from participation in this event organised by Cornwall Hospice Care.



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Caring for our community



Thank you for funding the care we give.

Web: www.cornwallhospicecare.co.uk

Email: fundraising@cornwallhospice.co.uk

Call: 01726 66868 (option 3)

Cornwall Hospice Care

Fundraising Office, Daniels Lane,

St Austell, Cornwall, PL25 3HS

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Registered Charity No. 1113140