

*The most remote and most exclusive run in the world*



The sixth St Helena Festival of Running - supported by NASAS (National Amateur Sports Association of St Helena)  
Contact the St Helena Tourism on 2158 to find out more.



## Wednesday 13 July 2011

Event: **Historical Town Walk**  
Start: 14:30 at the Cenotaph, Seafront  
Cost: £6.00 per head  
Book: Enquire at the Tourist Office on 2158, or Magma Way on 4525

Event: **Welcome Launch**  
Start: 17:00 at the Tourist Office, Jamestown  
Notes: Opportunity to familiarise yourselves with the routes, including safety talks and completing entry forms.

## Thursday 14 July 2011

Event: **3km & 10km Fun Runs**  
Start: 16:30 at Francis Plain  
Notes: The 3 km includes White Gate, Red Hill and Scott's Mill  
The 10km covers White Gate, Scotland & Rosemary Plain  
Book: Enquire at the Tourist Office on 2158  
£2.00 entrance fee towards NASAS  
Full route available from the Tourist Office

## Friday 15 July 2011

Event: **Diana's Peak**  
Start: 09:30 at Stiches Ridge  
Notes: Estimated time: 2 hours round trip  
Difficulty Effort: 5/10 Terrain: 5/10  
Led by SNCG; a very popular walk providing stunning panoramic views around the Island on a clear day, and a chance to see the interesting and endemic ecology. (Can be slippery when wet.)  
Donations to St Helena Nature Conservation Group - SNCG  
Book: Enquire at the Tourist Office on 2158 or Derek Henry on 4580

## Saturday 16 July 2011

Event: **42km Marathon & 21km Half Marathon**  
Start: 09:00 at Francis Plain  
Notes: **42km:** A challenging but rewarding feat along a breathtaking route over varied terrain. Passes through Sandy Bay Ridges, Halley's Mount., Green Hill and Levelwood.  
**21km:** Still a challenge, this route takes you to Red Hill, White Gate, through Sandy Bay Ridges, Gordon's Post and New Ground.  
Book: Enquire at the Tourist Office on 2158  
£2.00 entrance fee towards NASAS  
Full route available from the Tourist Office

## Sunday 17 July 2011

Event: **Lot's Wife's Ponds**  
Start: 09:30 at Sandy Bay Beach  
Notes: Estimated time: 1¼ hours each way  
Difficulty rating: Effort: 6/10 Terrain: 8/10  
Led by Derek Henry; the most popular coastal walk on the Island. The path to the Post Box is clear and well used. The views along the way are spectacular, and the Ponds at the end are large, and sheltered from the sea. Donations to SNCG  
Book: Enquire at the Tourist Office on 2158, or Derek Henry on 4580

## Monday 18 July 2011

Event: **7.5km Diana's Peak Ascent**  
Start: 09:00 at the Seafront, Jamestown  
Notes: A 7.5 km run starting from the Sea Front – the lowest point - via The Run, Peak Hill, Lemon Tree Gut on to Diana's Peak - the highest point.  
Book: Enquire at the Tourist Office on 2158  
£2.00 entrance fee towards NASAS  
Full route available from the Tourist Office

## Wednesday 20 July 2011

Event: **Heart Shaped Waterfall Walk**  
Start: 09:30 at Barnes Road  
Notes: An enjoyable easy-moderate walk up to the spectacular Heart Shaped Waterfall, one of St Helena's 'Seven Wonders'. Follow the newly created National Trust footpath, learn about the history of the Valley and view efforts to recreate the original flora (including the world's rarest tree). Once completed, enjoy a guided, easy walk of The Run. with Cathy Hopkins.  
Cost: £4.00 per person  
Book: Enquire at the Tourist Office on 2158 or National Trust or Cathy Hopkins on 2190 or 3729

Event: **Jacob's Ladder Challenge**  
Start: 16:00 at the foot of the Ladder, Jamestown  
Notes: Challenge yourself to break the current record of 5.17.46 minutes from bottom to top!  
Book: Not essential

Event: **Presentation of prizes**  
Start: 18:00 at Jamestown Community Centre  
Notes: Presentation of certificates, medals and special prizes for outstanding achievements.  
Refreshments available.

## Thursday 21 July 2011

RMS departs

### IMPORTANT, Please note:

**ENTRANCE FOR ALL NASAS RACES (i.e. 3km, 10km, 42km, 21km marathons and Diana's Peak Ascent & Jacob's Ladder Challenge) requires sponsor forms or a donation to NASAS.**

**Sponsor forms can be collected from the Tourist Office.**

- \* There is no restriction for entrants who wish to walk, stroll or bring your dog
- \* There are PRIZES to be won and certificates for all participants
- \* Water will be provided at strategic points for all the running activities
- \* Please ensure that you have good running/walking shoes
- \* Please take your litter home with you
- \* There will be marshalls along the routes of the fun runs, 21km and 42km marathons and the Diana's Peak Ascent to provide direction, water and snacks.

*Many thanks to our sponsors:*

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Queen Mary Store  
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