

PRE-RACE INSTRUCTIONS FOR THE HARTING MT RACE ON SUNDAY 5th AUGUST
2018

START TIME: 10.30 a.m.

Thank you for entering this approximate 10 mile long, Liss Runners organised race.

Note: Race numbers will not be sent out. Please pick them up at the entries desk on race day. A list of entrants received before 3rd August will be on our website.

Car Park and Race Headquarters location: On sports field of the South Harting Sports Pavilion: grid reference SU 781.197, nearest post code: GU31 3QG, 1km to the West of the Village of South Harting, off the B2146 Petersfield Road, approximately 3 miles to the South East of Petersfield, Hampshire.

Changing, Showers and Toilet facilities: There are a few toilets available in the Pavilion and port-a-loos will be placed near to the sports field entrance. We are hoping to have use of the showers in the pavilion but it is likely there will be only limited facilities for the ladies. We will be offering limited hot drinks and cake, at the finish for a small fee, along with free bottled drinking water.

First Aid: There will be first aid available at the finish and limited first aid around the course.

Note: There will be no cardiac equipment present and hospitals are some way away.

Please do not run if you feel unwell before the start. If you become injured or ill on the course contact the nearest marshal (or get a fellow runner to) or wait for the sweep marshals.

Rubbish: The course is in the South Downs National Park. Let's do our best to keep it rubbish free. Please place any rubbish, cups etc. in the bins provided or as close to the marshal points as possible.

Race Start: The start is at least a 5 minute walk away from the car park. Please leave enough time. Take a left turn out of the Sports field and follow the main road uphill. At the top, the start is in the small lane on the left at the bottom of the steep hill. **Beware of the traffic on the main road and especially at the race finish where the route goes down the main road before turning into the sports field.**

Markings: The course will be marked by large black arrows on yellow background signs at course turns. After each turn there will be a small sign as confirmation. Key points will be marshalled. The mile location points will also be marked

Medals: Each finisher will be given a medal at the end of the finishing funnel.

Prizes: A prize will be awarded to both the overall winners. Then trophies will be given out to the first three senior and veteran categories (L18-34, L35-49 and M18-39, M40-54).

Also to the first in the following age categories: L50-59, L60+, M55-64 and M65+).

They are to be given out as soon as possible after all winners have been calculated.

Other users of the race route: the public paths and tracks making up the race route will not be closed. Please have respect for any members of the public encountered **especially horse riders**; even if you have to stop due to horses becoming dangerous. We have tried to inform as many residents around the course as possible.

All there is left to say is Liss Runners look forward to seeing you on the day and hope you have an enjoyable run.

Pre-race questions etc. to Tom Frost. Tel. 033 0222 2794 (working day); 01730 814098 (rest). E-mail: tom.frost@westsussex.gov.uk . Club website: www.liss-runners.org.uk