

PRE-RACE INSTRUCTIONS for SUNDAY 7th AUGUST 2022

Start Time: 10.30 am

Thank you for entering Liss Runners' annual open race. We're looking forward to welcoming you to this friendly event run over a challenging but beautiful course. These are the final instructions for the day.

Race Numbers will not be sent out beforehand. Please pick them up at the entries desk on race day; open from 8.45am until 10.15am.

Car Park and Race Headquarters: Harting Sports Field, Petersfield Road, South Harting, East Sussex. The location is on the B2146 between Petersfield and South Harting, 0.5 km West of South Harting. Look out for the signs. GU31 5QA is the nearest postcode but this may not take you direct to the location. OS grid reference is SU 781.197. What Three Words: opens.google.stems.

Changing, Showers and Toilet Facilities: There are a few toilets available in the Pavilion as well as port-a-loos. Changing and shower facilities are limited, especially for female participants.

Race Start: The start is around 10 minutes walk away from the Sports Field. Please allow enough time.

Course Directions: 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 and there will be mile markers.

Other Users Out on the Course: All paths and tracks will remain open to other users. Please respect their rights to be there. If any horses are encountered, take special care and stop if necessary, to avoid any potentially serious incidents.

Health & Safety: This biggest safety concern is the B2146. Competitors will need to walk along this road for 300m up to the start and return along the same section at the end of the race. There will be road warning signs and marshals, but traffic can be fast moving. Please use the wide grass verge rather than walking/running on the road surface itself.

The course is uneven underfoot in many places but also has sections of road. Please wear appropriate footwear.

There will be professional first aid available at the finish. If you become injured or ill on the course, wait for the sweep team. They will help you get to the next marshal point from where you can be driven back to Race HQ. Please do not run if you feel unwell before the start. The nearest A&E hospital is St Richards, 12 miles away in Chichester.

We usually have great weather. To help you stay hydrated, there will be three water stations out on the course.

Refreshments: All participants will be offered a free bottle of water at the finish. There will be tea, coffee and an excellent selection of cakes for sale from the pavilion.

Rubbish: The course is in the South Downs National Park. Let's help keep it rubbish free. At water stations, please place used cups in the bins provided.

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

Awards: Trophies will be awarded to the first three overall, male and female, and to the first in each vet category (V40, V50, V60, V70). Where a vet places in the first three overall, they will get both trophies. Prize money will depend on the final number of entries.

Please stay for the presentation, which is planned to take place not later than 12.45pm.

Finally, Liss Runners look forward to seeing you on the day and hope you have an enjoyable run.

Andy Turner
Race Director