

RACE DAY INSTRUCTIONS for SUNDAY 6th AUGUST 2023

Start Time: 10.30am

Thank you for entering Liss Runners' annual open race. We're looking forward to welcoming you to this friendly event and challenging course over the South Downs. 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 War Memorial Sports Field, Petersfield Road, South Harting, West Sussex. The location is on the B2146, 0.5 km west of South Harting, in the Petersfield direction. 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.goggles.stems.

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

Race Start: The start is a 10 minute 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. There will be a lead cyclist, mile markers and key points will be marshalled. *This year the course has been extended to a full 10 miles. The start will be lower down the Foxcombe Lane and there will be a finishing loop on the playing field at the end.*

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: The event is being organised under a permit issued by Run Britain on behalf of England Athletics. A full risk assessment has been carried out and will be on display at Race HQ.

No headphones, please, or dogs or buggies.

The 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 and take care during the race.

There will be professional first aid available at the finish and response vehicles out on the course. 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 two water stations out on the course. Please check on-line for symptoms of heat exhaustion before race day so that you are aware if you or a fellow competitor is affected.

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 race medal at the end of the finishing funnel.

Spot Prizes: All finishers will have the chance to win one of 2 pairs of Hoka's latest trail shoes and one finisher living within a 10-mile radius of Petersfield will be given a free sports massage appointment with Body & Mind Physiotherapy. Winners will be announced at the presentation.

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

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

Race Partners: Thanks to the following partners for supporting the race:

- **Hoka**, who are providing 2 pairs of running shoes as spot prizes (see above).
- Petersfield physiotherapy practice, **Body & Mind Physiotherapy** who, as well as donating a spot prize (see above), will be offering free consultations before the race if you have any niggles and free 10-minute recovery massages after the race, available to participants on a first come- first serve basis.
- Local hospice-at-home charity, **The Rosemary Foundation**, who will be looking after the catering.

Please stay after the race, chat to other runners and bask in the sunshine (or shelter under the trees!) until 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

