

RACE DAY INSTRUCTIONS for SUNDAY 4th 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 race day.

Race Numbers: Please pick them up at the registration desk on race day; open from 8.45am until 10.15am. We have taken steps to avoid a repeat of last year's delays with number distribution.

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. Please proceed carefully around the perimeter of the playing field when parking/leaving, avoiding the cricket pitch.

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 ten-mile course will be marked by yellow/green signs with large black arrows. There will be a lead cyclist, mile markers and marshals at all key points

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 permit 27703 issued by Run Events on behalf of England Athletics. A full risk assessment has been carried out and will be displayed 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 or call for medical support. Please do not run if you feel unwell before the start.

It could be a hot day again. 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: 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 runners 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.** In addition to the spot prizes, there will be a **Hoka try-out session**. If you don't already own Hoka shoes, borrow a pair for the duration of the race and see how comfortable and quick they are!
- 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.
- After donations to charity, profits from the event will be used to reduce entry fees for next year's race.

Presentation: Please stay after the race, chat to other runners and bask in the sunshine (or shelter under the trees!) until the presentation, which will take place not later than 12.45pm.

Finally, Liss Runners look forward to seeing you on the day and hope you enjoy the event.

Andy Turner
Race Director



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