

Hi

This is the final update for the Angmering Bluebell Trail Run on Sunday.

The weather forecast for Sunday is currently showing 10-11degrees at 1000hrs, with light 9mph southerly winds. Sunny spells are expected for most of the day.

The course is currently dry with one small muddy patch at around 2.5km. On the 10 mile course a section of 'The View' (2¼ - 2¾ miles) is uneven with a number of tree roots, please watch where you are going. All runners should make sure they leave something in the tank for the short but steep hill at the end, it's only 250m long but it comes just at the wrong time; once you're up it though you're virtually at the finish.

The Angmering Park Estate has looked stunning for the last few days with the bluebells, red kites, lapwings, buzzards, hares, and even a few white deer roaming around; it'll be a great run on Sunday.

Parking is now confirmed as OPTION 1 which is almost in field opposite The Fox pub and Race HQ. There'll be a team of marshals getting you parked as quickly as possible but please be patient and don't leave it to the last minute to arrive; the race will start on time. Please DO NOT park anywhere near The Fox Pub or on this stretch of road where the single white lines are or on the verges as this will cause an obstruction and friction with local residents. Local traffic, tractors and horses are regularly on this section of road.

Running jackets and tops can be left at the race marquee behind the pub if necessary; please don't bring any valuables as we cannot accept responsibility. Only athletes and race crew will have access to this area. Make sure you give yourself plenty of time to walk to the start area from the car park.

If you didn't receive your race pack in the post, go to the registration marquee with your ID and we'll issue you another number.

We will be using our own electronic timing system hosted by Results Base. Live results will be available at the finish on your smartphone/android/iPhone device via www.resultsbase.net/mobile/ or via www.resultsbase.net. Please let us know if you have any timing queries. Results Base also have an app for Android devices from Google Play ([HERE](#)) and for the Apple family of 'iDevices' it's on the App Store ([HERE](#)).

Dinkyccino's professional barista will be at the event once again for the best coffee in Sussex. Our hosts at The Fox Pub will be open for food & drinks as normal and are planning to provide bacon & sausage baps during the race in the marquee! They're also hoping they'll be firing up their BBQ from 1115hrs.

Coverage of the London Marathon will be in the marquee and this is where you'll find Rachel from Face Fanatics who'll be providing complimentary face painting for your kids (& adults).

Please remember to arrive in plenty of time and use the facilities as we can't delay the start for any of the races. 12 portable loos will be located behind the marquee in the pub garden and there are more toilets in the pub. Please let the 10km runners use the loos first as they start at 1015. The 10 mile race starts at 1030.

Clif Bars & water will be available after the race. Don't forget your race entry fee also includes unlimited image downloads from www.sussexsportphotography.com This is the link to the photo gallery <http://sspimg.com/REP-Bluebell-Gallery-2017>

We look forward to seeing you on Sunday

Team Raw Energy
www.rawenergypursuits.co.uk