

Raw Energy Pursuits

Bluebell Trail Runs - Sunday 23rd April 2017

START TIMES: 10km at 10:15am - 10 Mile at 10.30am.

Thank you for entering the 13th Bluebell Trail Run which is organised by Raw Energy Pursuits. We'd like to thank our sponsor Pinea Designs Garden & Landscaping and partner Clif Bar for continuing to support this event.

RACE HQ (The Fox Pub, Arundel Road, Patching, West Sussex BN13 3UJ) is located north of the village of Angmering between Arundel & Worthing on the north side of the A27 on the outskirts of Angmering Park Estate, Angmering, West Sussex (This is the old A27 by Patching Pond). **Directions: From the west;** continue on the A27 past Arundel and head east passing the Woodmans Arms PH. Take either the first or second slip road (Signposted A280 to Horsham/London) and follow the signs. **From the east;** continue on the A27 past Worthing (heading west) passing Swanbourne Hospital and the Coach & Horses PH. Take the next slip road and turn right over the A27 (Signposted A280 Horsham/London) and at the next roundabout (north side of the A27) take the first exit towards Patching and follow the signs. **From the north;** travel south down the A24, right at Findon Village roundabout (Signs for A280 Littlehampton) follow Long Furlong and at the next roundabout turn right towards Patching. Angmering Railway Station is 2 miles away. **THESE ARE THE INSTRUCTIONS FOR THE RACE HQ - FOR PARKING SEE BELOW.**

REGISTRATION: There is no need to register unless you have either forgotten your race number, need to collect your number or have a query. There will be **NO ENTRIES ON THE DAY** this year. The registration marquee is located behind the pub.

IMPORTANT PARKING NOTICE: Please park as directed by the marshals. We have two options for parking depending on the weather and ground conditions. **Option 1** is in the field opposite The Fox Pub. **Option 2** is The Oval Race Centre on the south side of the A27 with a short walk to Race HQ. **THE PARKING LOCATION WILL BE NOTIFIED ON FACEBOOK AND BY EMAIL IN THE LEAD UP TO THE EVENT** and on www.rawenergypursuits.co.uk. We're hoping to be back in the field (Option 1) this year due to the dry weather. This will make arriving at the event much easier than the last few years and it's only a short walk to The Fox and Race HQ.

RACE START: THE 10KM RACE WILL START FIRST at 1015hrs and the 10 mile Trail Run will start at 1030hrs. This is the same as last year so please don't be late for your start. Please wait in The Fox Pub garden until you are called down as the start is on the road. Please do not wait in the road as it will be open to traffic prior to the start of the race.

COURSE: Both courses follow the same route for the first 3km and then split; the 10m route deviates (right) to take in an extra loop before rejoining the 10k course. The tracks are generally hard packed trails although it can get muddy depending on weather conditions so please make sure you have a suitable pair of shoes. It is undulating from the start so please make sure you warm up sufficiently before you start.

Athletes will be advised via the website as to the condition of the course and updated on race day during the race briefing at the start. A mountain bike rider will lead the runners of both races along course and will be in contact with other riders and marshals for safety and prior warning. We will also do a sweep of the course after the race for stragglers and strays! Advance warning signs for the public and horse riders will be placed around the course before the event. Whilst there shouldn't be any race horses on the course on Sunday, PLEASE be careful if there are as they can be unpredictable. Throughout the course race officials and marshals will be in contact via mobile phone and radio.

10km Course Details: The run will start just west of The Fox Pub on the main Patching Road, which is a wide section of road narrowing after about 400 meters into Swillage Lane and then the Angmering Park Estate. After the initial 1km downhill section the next 2km is a gradual climb to the top of Monarchs Way. At the top of Monarchs Way, the 10m/10k courses split, the 10k route turns left and follows the track towards the Gamekeepers Cottage and continues along the tarmac section of Monarchs Way. The water station is on Monarchs Way by the Gamekeepers Cottage. This is also the location of the second water stop for the 10 milers who rejoin the 10k route at this point. Continue along the tarmac road to the end where you will turn left (Gibbet Piece 5.75km) this section of the park is downhill. At the end of this section (6.75km) turn left and then after 200m turn right by the cottages and the tree which has an orange dot on it. Enter a small section of coppiced wood before emerging onto a firm grassy but **uneven trail** to the edge of an open field by the Highland Cattle & sheep (WATCH YOUR STEP HERE). Run straight across the road and down the side of a field (downhill and then sharp uphill) before stepping over a stile. Run straight across and then turn right downhill in preparation for the final km passing the stables and Seldon Farm. There may be a tractor using the same section of road here so please keep to the side of the road if possible and then prepare to climb the last 200m to the finish and Race HQ. The finish is in the garden of The Fox Pub, so please bear this in mind if you are racing other athletes as the finish area is tight and narrow (this year it is also very wet).

10 Mile Course Details: The run will start just west of The Fox Pub on the main Patching Road, which is a wide section of road narrowing after about 400 meters into Swillage Lane and then the Angmering Park Estate. After the initial downhill section ($\frac{3}{4}$ mile), the next $1\frac{1}{2}$ miles is a gradual climb to the top of Monarchs Way. At the top of Monarchs Way (2miles) the 10m and 10k routes split. The 10m route turns right and heads towards the top of the ridge and through a 5 bar gate which will be marshaled, this is The View. Follow the track to the next 5 bar gate and turn right and head downhill on a chalk track (this section is privately owned - **PLEASE NO RECCES BEFORE RACE DAY**). At the bottom of the track you will join the main track to Lee Farm and you are now at the bottom of the South Downs National Park - this is the **first water station (3 $\frac{1}{2}$ miles)**. Turn left passing the pheasant coop and then continue west (4 miles) before heading up a tough grassy climb through the sheep field and trig point (no dogs please). Once over the top and through the gate (5 miles) head downhill and pass the Donkey Sanctuary.

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Permission has been given for you to run on the private tarmac road or on a soft trail used by the stables for their race horses. Both options lead to the Monarchs way where you re-join the 10k route at the Gamekeepers Cottage - this is the **second water station (6½ miles)** and First Aid will be at this point. PLEASE DO NOT USE THIS ROUTE OR OTHER PRIVATE TRACKS PRIOR TO THE RACE - THEY ARE PRIVATE. Turn right and continue along the tarmac road to the end where you will turn left & head downhill (Gibbet Piece 7 miles). At the end of this section turn left and then after 200m turn right by the cottages and the tree which an **orange** dot on it (8 miles). Enter a small section of coppiced wood before emerging onto a firm grassy but uneven trail to the edge of an open field by the Highland Cattle - (WATCH YOUR STEP HERE). Run straight across the road and down the side of a field (downhill and then sharp uphill) before stepping over a stile. Run straight across (9 miles) and then turn right downhill in preparation for the final mile passing the stables & Seldon Lane. There may be the odd tractor using the same section of road here so please keep to the side of the road if possible and then prepare to climb the last 200m to the finish and Race HQ. The finish will be in the garden of The Fox Pub, so please bear this in mind if you are racing other athletes as the finish area is tight and narrow.

PLEASE DON'T RECCE THE PRIVATE TRACKS ON THE 10 MILE COURSE. IT IS YOUR RESPONSIBILITY TO FAMILIARISE YOURSELF WITH THE COURSE, but it will be well signed and marshalled.

Finish

All competitors will receive free unlimited race photographs (as opposed to a medal) from Sussex Sport Photography and a Clif Bar.

Presentation & Prizes

Prize giving for the 1ST, 2ND, 3RD male and females overall for both races will take place by the finish area.

Category prizes (1st Male and Female Vets over 40, Supervets over 50, Vintage over 60 & Juniors under 18) will be sent out the following week. This is to ensure race numbers haven't been swapped with different genders resulting in eligible prize winners going unrewarded. Prizes categories are based on your age on race day (23/04/17).

Catering

The Fox Pub will be providing tea, coffee, bacon and sausage rolls during the event - they are also open for lunches so don't miss out on their great food. Dinkyccino will also be sending their professional barista to the event to provide coffee to spectators and competitors. PLEASE TAKE YOUR LITTER HOME WITH YOU!

Medical Advice

If you have any known medical conditions please inform us before the race and write your condition on the back of the number. First Aid will be stationed at the finish and on the course by the water station (Monarchs Way approx 5km)

Toilets

A bank of portable toilets will be located at the rear of the large marquee at Race HQ - signs will direct you there. Please use these if possible as opposed to the ones in the Fox Pub. These are the only toilets prior to the start of the race so please make sure you leave plenty of time. **WE WOULD ADVISE YOU TO LEAVE PLENTY OF TIME AS QUEUES WILL NO DOUBT FORM.**

Results & Timing

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/ Results will be also be available immediately following the event via www.resultsbase.net & later the same day on www.rawenergypursuits.co.uk. Please let us know if you have any timing queries.

Photographs

Your entry includes free unlimited race photographs. Our colleagues at Sussex Sport Photography will be taking the shots for the day which will be available online within a day or so - www.sussexsportphotography.com

Accommodation

Norfolk House B & B is right on the course and a great location for a weekend - Go to www.norfolkhousebandb.co.uk for more details or contact 01903 871219. Alternatively contact either Arundel Tourist Office www.arundel.org.uk for details or Worthing Borough Council Tourist Office on 01903 221307. The closest venue is the Premier Inn, Roundstone Lane, East Preston, BN16 1EB, 0870 850 6394. Camping near the finish is available at www.foxwoodcamping.co.uk or Furze Field www.ukcampsite.co.uk/sites/details.asp?revid=12106. Alternatively, www.ecclesden.co.uk or washcamp@amserve.com www.washcamp.com

Departing from the race: Local police may be monitoring the 'No Entry' into Angmering Village via Dappers Lane - You have been warned!!

Have a great race
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www.rawenergypursuits.co.uk

