



We are delighted to welcome you to our Ferring 5 'n' 5 running event, now in it's second year and taking place this Friday, 3rd July 2026.

Whether you are running the 5 miles, 5km or the kids 2km run, we cannot wait to see you all at Ferring Country Centre for what promises to be a fantastic evening. Below is some important information that will help you leading up to the event, and on the day:

Start and finish

Ferring Country Centre, Rife Way, BN12 5JZ. Kids Mini Mile start – 18:10 | 5 Miles – 18:30 | 5km – 18:35.

Race numbers

Registration will be open from 16:30 to collect race numbers. 5 Mile (White numbers), 5km (Yellow numbers), kids' 2km (Pink numbers). Bib colours will correspond to signage on the course route.

This event is timed by ST App Service and streamed live at the finish.

Car Parking

There will be limited parking available at Ferring Country Centre (marshals will be available to guide drivers where to park). Please walk or car share where possible and arrive in plenty of time.

Aid stations

Due to the short nature of the course, there will be no aid stations on the routes so please ensure you have your own hydration with you. Water will be available at the finish.

Course maps

Maps for each route are available on the website here. It is a trail run, so there are parts of the run that are uneven and narrow, and the route also includes private estates and public footpaths. Please take care and be considerate about other users, being careful not to leave anything behind on the course, including litter.

Marshalling

This is kindly provided by volunteers from Ferring Country Centre. Please respect the advice given by the marshals who are giving up their time to keep you safe. There are two roads on the route for the 5 mile (Golden Ave & Sea Lane) and one for the 5km (Sea Lane), there are also crossing points at Kingston Lane and Coastal Road. You will be guided to where you should cross and when it is safe to do so. Please follow marshals instructions to ensure everyone's safety.

First Aid and Retirement

Ferring Country Centre will be providing assistance, with a first aider on site.

Anyone unable to complete the course should report this to a marshal. There will be a back marshal so no one will get left behind.

Toilets

There are limited toilets at Ferring Country Centre but please be aware there are NO official toilets on the route. However, there are public toilets at the bottom of the Rife by the Bluebird Café.

Sussex Sport Photography

SSP cover the event, and you will be able to access a free download of event photos.

Awards

Medals are awarded to all runners. Bespoke prizes for winners are provided by Ferring Country Centre and will be presented on the day to:

First, second and third male and female, and first boy and girl. It'll also include the winner of the kids 3 race series (Findon, Romero & Ferring)

Finish facilities

Food and drinks will be available from Rangers Café from 5pm. This includes cold food, cakes, ice creams, hot and cold drinks, including alcoholic beverages. The park and jumping pillow and a small part of Dales Farm will be open for your enjoyment for the evening, whilst you soak up the atmosphere and enjoy some post-race refreshments.

Fundraising

2026 marks our 40th Anniversary and we're inviting our community to give, share and grow One Thing — a moment, a skill, a kindness — to help people with learning disabilities flourish in their own way. One Thing reminds us that meaningful change doesn't have to start big; it starts with one human act. One moment of patience. One shared skill. Every visit, every interaction, every one thing you choose to give helps someone at Ferring Country Centre to grow. Thank you for doing your 'one thing' by joining us on Friday.

If you wish to support us further, on Wednesday 15th July, a FCC Cycle Team— made up of 8 riders including 3 Trustees, 2 Senior Staff, 1 volunteer, and 2 valued supporters/Friends of FCC—will take on a 40-mile cycling challenge to celebrate the 40th Anniversary of Ferring Country Centre. Please consider helping us raise funds for a much-needed PA system, a vital piece of equipment that will transform daily life and future opportunities. A reliable, high-quality PA system will ensure everyone can be heard, included, and celebrated—while also helping FCC raise the funds it needs to continue its work long into the future. Every donation, big or small, will make a real difference by helping this essential equipment become a reality. If you wish, you can donate here - <https://www.justgiving.com/page/ferring-country-centre-40-miles>

Good luck and enjoy the evening. We welcome any feedback following the event.

We'll be in contact again in the next few days.