



Hi

We hope you're looking forward to tomorrow's run.

The forecast looks perfect, sunny, 20 degrees and a light westerly breeze.

We're almost sold out with 250 runners which is great news and thank you for entering.

Please make sure you leave plenty of time to arrive. The kids' race starts at 6:10pm, and then the 5 mile at 6:30pm and 5km at 6:35pm. We can't delay the start as this is the timing agreed with both the private estates you'll be running on.

There is only one access road into the Ferring Country Centre (Rife Way) and if the nearby railway barriers are down, there can sometimes be a very long delay which results in traffic queuing across the junction where you need to arrive. Plan ahead, put the Satnav on in case there's a way around the traffic, and we'll see you tomorrow.

The café will be open, so get here early, register, collect your number & put your feet up!

Results will be live as you cross the line. <https://www.resultsbase.net/event/7562>

Free race day images will be available later in the evening or Saturday morning: <https://gallerylink.info/Ferring5n5-2026>

See you tomorrow

Ferring Country Centre & Raw Energy Pursuits Ltd