

Hi

We're almost ready for the Romero Run and Romero Rave for Oscar Romero School on Sunday.

There are a few things runners need to be prepared for before Sunday's run.

PARKING: The school has recently started building its state of art Sixth Form close to the school entrance. As a result, the parking is limited, so only the early runners are likely to get a space. School Ambassadors will direct you where to park and also direct you around the buildings to where registration is located. Please note, there are two registration desks, one for the kids Romero Rave and one for the main Romero Run. There will also be a desk for entries on the day.

There is ample street parking which is only a short walk from the school. Please do not park near the first crossing point at Goring Way and Rudgewick Avenue.

Timings:

Romero Rave Kids Run starts at 09:00hrs prompt. Please register by 8:30am

Romero Run (10km) starts at 09:30hrs and the 5km will start around 09:40hrs, when the last 10km runner has left the field. Please register by 9am.

There's a slight change to the exit route from the field due to the building work, but this will be well signed and marshalled and explained at the briefing.

1. All the information and maps you need can be found on the event page at Raw Energy Pursuits. <https://rawenergypursuits.co.uk/romero-run-goring-by-sea-5km-10km-sunday-21st-april-2024/>
2. Please make sure you read the race info and are familiar with the course.
3. As mentioned in the race info, THERE IS NO WATER ON THE COURSE. Therefore, you need to be self sufficient and make sure you're fully hydrated before the start. There will be water at the start and finish.
4. It's important you only cross main roads at the designated Crossing Points where we have a road closure notice in force. PLEASE DO NOT CUT CORNERS and if necessary, wait for a second until it's clear to cross. The marshals at these locations will do their utmost to make sure you're not delayed, but safety is the most important thing.
5. There are a couple of minor roads which you'll cross on your own and these will be signed, but again please pay attention especially if you're wearing headphones. Ideally, no one will be using headphones as marshals may need to shout instructions to you.
6. The forecast for Sunday morning looks okay. Sunny intervals a moderate breeze and 8-10 degrees, perfect for running! Over half the course is likely to be shady, but the coastal section will be exposed.

We look forward to seeing you all on Sunday.

Mick

Raw Events (Sussex) Ltd & Friends of Romero