

Angmering Bluebell Trail Run 25th April 2027

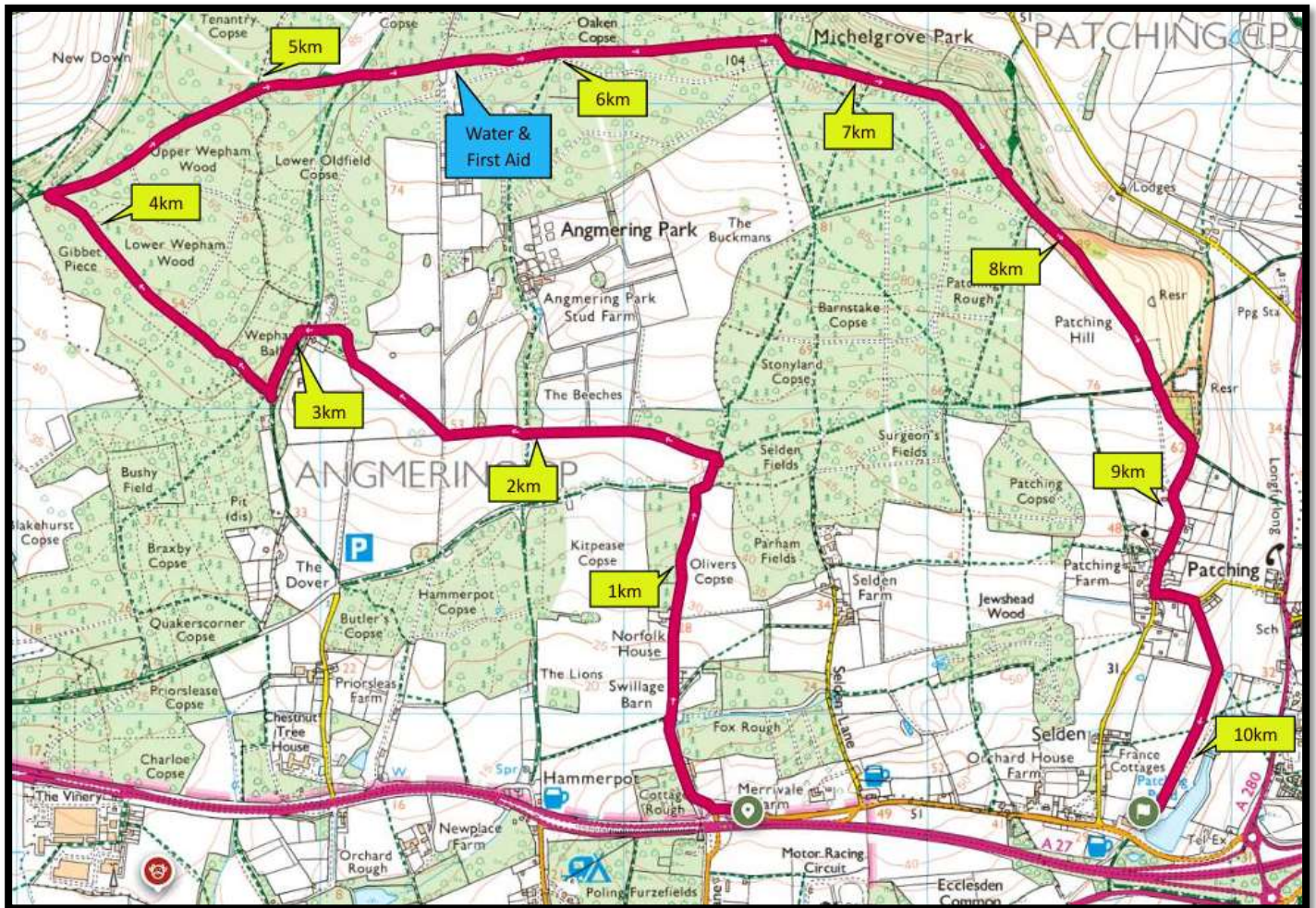
Location, Parking & Toilets

- RACE HQ for 2027 will be The Worlds End Pub, Arundel Rd, Worthing, BN13 3UQ (next to Patching Pond)
- Located north of the village of Angmering between Arundel & Worthing on the north side of the A27. Follow this postcode for parking. Car park & the race info gazebo open at 7:30am.
- There will be a bank of 20 portable toilets in the car park at the pub. Please make sure you leave enough time as queues will inevitably form for the **mass starts**.
- **All Canicross will start at 08:40hrs.**
- The **10-mile MASS START** will start at **0845hrs** and the **10km MASS START** will start at **0900hrs**.
- Its inevitable faster runners will overtake slower runners in different races, so **PLEASE MAKE SURE YOU KEEP YOUR EYES OPEN WHERE THE COURSE SPLITS** as the runs take different directions. There are numerous and very clear signs to follow, but make sure you pay attention as the marshals are unlikely to be able to give you specific instructions due to the number of runners.
- **IMPORTANT CUT OFF 10 Mile:**
- We are not expecting any runners to take more than 2 hours to complete the run – Please remember this is a running race! If, by the time 10 mile runners get to the first 'Course Split' location (6km/3.5miles) and they're behind the last 10km runner (which starts 15 min later) then you must continue on the 10km course.

PLEASE MAKE SURE YOU KEEP YOUR EYES OPEN WHERE THE COURSE SPLITS as the runs take different directions. THERE IS ONLY ONE COURSE SPLIT LOCATION THIS YEAR. There are numerous and very clear signs to follow, but make sure you pay attention

Course Details

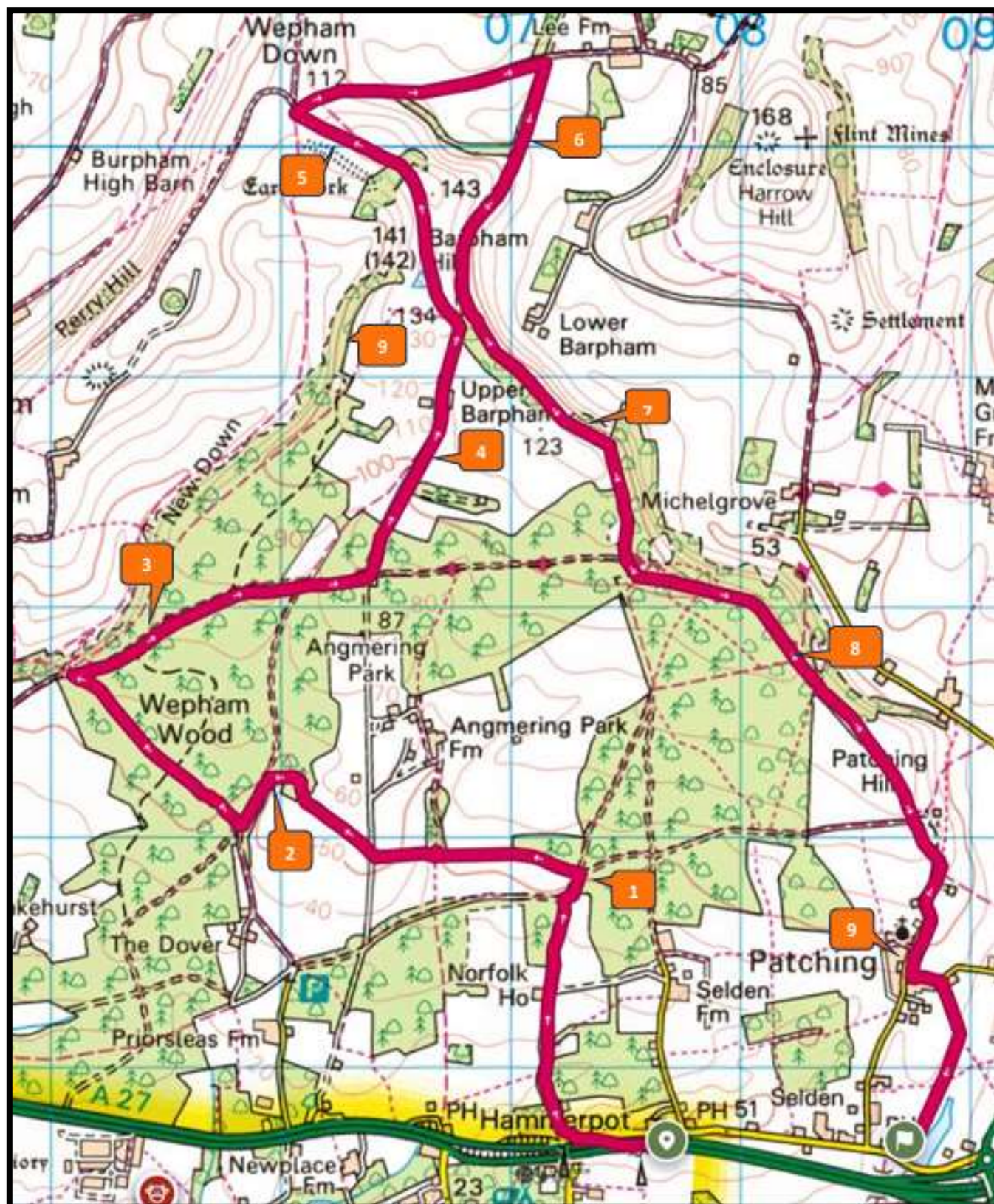
- The course will be signed and marshalled (Sussex Search & Rescue)
- There are **two water stations on the 10-mile race (3.8m & 5.8m)** and one in the 10km race (6k). Grab a cup from the table or better still, be self-sufficient.
- There will be no pre-race briefing at the start, all information will be online.
- **Race numbers can be collected from The Worlds End Pub prior to the race.**
- **PLEASE NOTE:** You are not permitted to recce some sections of the course on private tracks. We only have permission to use these on the day, so please don't jeopardise the future of the event.



Angmering Bluebell 10km Trail Run (10.26km) | 124m Ascent

Refreshments

Courtesy of The Worlds End Pub at the finish, there will be hot & cold drinks, bacon butties, flapjack and pastries in the marquee in the rear garden by the finish. Friends and spectators will be made very welcome after the start to chill out in the pub prior to runners finishing. At registration (The Fox Pub), we have The Coffee Cycle van providing your morning dose of caffeine and snacks



Angmering Bluebell Trail Run 10 Mile (9.62miles)

Total Ascent 219m (718')

Medical Advice

If you have a medical condition, 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 6km)

Photographs Your entry includes free unlimited race photographs from our friends at Sussex Sport Photography. Downloadable images should be available later on race day or Monday at www.sussexsportphotography.com

Prizes

Prizes will be posted out as soon as the winners' identities have been verified. This is to ensure race numbers haven't been swapped with different genders resulting in eligible prize winners going unrewarded.

Safety advice:

- **Horses: Please stop, slow down or give a wide berth to any horses on the course**
- Whilst this is a safe route, please make sure you carry a mobile phone.
- Consider downloading the 'what3words' app, which is a location tool to trace exactly where people are in an emergency. *(Every 3 metre square of the world has been given a unique combination of three words)*
<https://what3words.com/products/what3words-app/>



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