



Ferring “5 ‘n’ 5” Evening Run

5km & 5 Mile + Kids 2km Run



Friday 3rd July 2026 | Start 6:20pm | Car Park opens from 5pm

Kids Run 6:20pm | 5 Mile 6:35pm | 5km 6:40pm

Thank you for entering the Ferring “5 ‘n’ 5” inaugural run. The charity is dedicated to enhancing the lives of individuals with learning disabilities, both in their local communities and in our countryside setting.

Arrival & Parking: Please make sure you leave yourself plenty of time to arrive as the road to the centre is quite narrow in places. Head into the centre and you'll be parked on site by one of the event team at Ferring Country Centre, Rife Way, Ferring, West Sussex, BN12 5JZ. Toilets are located within the centre by Rangers Café and will be clearly signed.

Registration: Registration will take place either on the front terrace of the café or within the centre itself. This is where you can collect your race number and safety pins. There will be an area where you can leave any clothing at your own risk, but please no valuables.

IMPORTANT There are no water stations on the course, you need to be self-sufficient. Please bear this in mind if it's hot. Water will be located at the start and finish.

Race briefing: This will take place on the start line.

- The route will be signed and marshalled
- Marshals will be at the key points on the course
- Timing will be via Results Base android timing system and streamed live at the finish.
- All runners will receive a bespoke medal, water bottle and free images.
- Maps are online at www.rawenergypursuits.co.uk

RUN COURSE (PLEASE READ)

5 Mile runners will have **WHITE** numbers, **5km runners** will have **YELLOW**.

Please make sure you know what direction you're running in at the 'Course Split' location out on the course and within the grounds of the Ferring Centre. Both runs start close to the café, but take different directions fairly soon after the start within the grounds. For 2026, the start and finish locations for the 5m & 5k are at different locations – still very close though.

5 Mile Run: Follow the track around the perimeter of the grounds and exit via a small kissing gate which leads onto a narrow footpath. Please watch your footing on this short 100m section as it's fairly uneven. Once out onto the open field, follow the track until you reach Kingston Lane. DO NOT CROSS THE ROAD until it's clear as it's a blind bend. That said, it's a very quiet road and a marshal will monitor the crossing and help where they can. We cannot stop traffic though, so be prepared to stop briefly. Follow the footpath until you reach Golden Avenue. This is a private road and estate which we've been given permission to run on. Please keep on the LEFT HAND SIDE, there is no footpath, but traffic and pedestrians share the road. Follow the road all the way until you reach The Greensward on the beach. This is a beautiful area of grass coastline which eventually emerges on another private estate. Turn left here (Sea Lane) and run through the gate and

up to the pond at Kingston Lane. Turn RIGHT and follow the track through the cottages and onto a footpath across open fields until you reach Ferring Rife, a unique river inlet. TURN RIGHT along the footpath and follow it to the end at the Bluebird Café. There are toilets and public water here. TURN LEFT & LEFT AGAIN and follow Ferring Rife on the other side all the way back to the Ferring Centre. Once in the centre, turn left and follow the internal track around the perimeter, finishing close to Ranger Café.

5km Run: Follow the track through the grounds which will emerge by the stables and main car park. Cross the bridge at Ferring Rife and follow the rife all the way to the Bluebird Café. TURN RIGHT, across the car park and head towards the gate onto The Greensward and the coastal path. Keep on the grass until you reach Sea Lane, TURN RIGHT, go through the gate and continue on Sea Lane until you reach the pond at Kingston Lane. Turn RIGHT and follow the track through the cottages and onto a footpath across open fields until you re-emerge onto Ferring Rife. Cross over the bridge and TURN LEFT, alongside the stream until you reach the Ferring Centre. Once in the centre, turn left and follow the internal track around the perimeter, finishing close to Ranger Café.

2km Kids Run: Complete two laps anticlockwise laps around the perimeter of Ferring Country Centre. On the completion of your first lap, collect a wrist band from one of the marshals and then start your second lap on the same course. Finish is on the pathway between Rangers Café and the Pétanque rink. Younger children may complete on lap of the run (1.08km).

Marshals will cover the main junctions and crossing points on the course. Yellow directional arrows will mark areas not covered by a marshal.

FINISH: Medals and water will be available to all runners at the finish line and there will be a warm welcome for you in the Café where drinks are available for you to chill out on the terrace before heading home.

RESULTS: Will be live as runners cross the finish line at <https://www.resultsbase.net/>

Maps: Course maps and Race HQ set up can be seen on the event page:

IMPORTANT: If for any reason you withdraw during the race, PLEASE make sure you let the race organiser or one of the marshals know.

Safety advice

- The emergency contact number for the race crew is 07414 859984.

Enjoy your run and on behalf of the Ferring Country Centre, thanks for supporting our event.

