

Angmering Bluebell Trail Run 5th May 2024

Thank you for entering this year's run.

Location, Parking & Toilets

- RACE HQ: The Fox Pub, Arundel Road, Patching, West Sussex BN13 3UJ. Located north of the village of Angmering between Arundel & Worthing on the north side of the A27. Follow this postcode for parking.
- The race information gazebo will be located in the rear garden.
- There will be a bank of 20 portable toilets in the parking field and at the pub. Please make sure you leave enough time as queues will inevitably form for the **mass starts**.

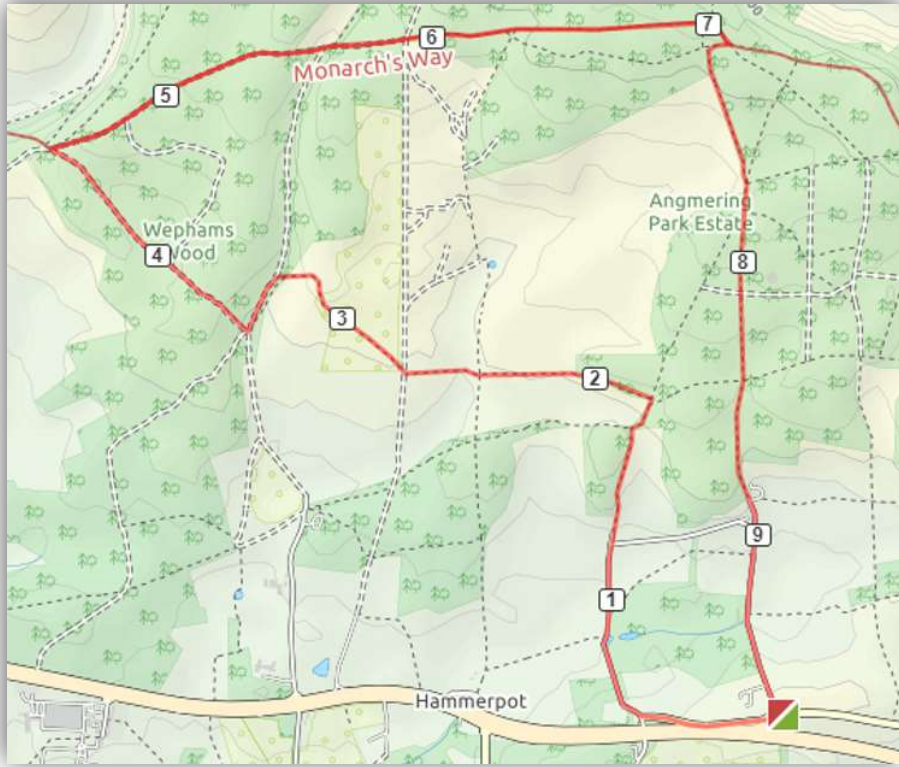
Format 2024

- 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.

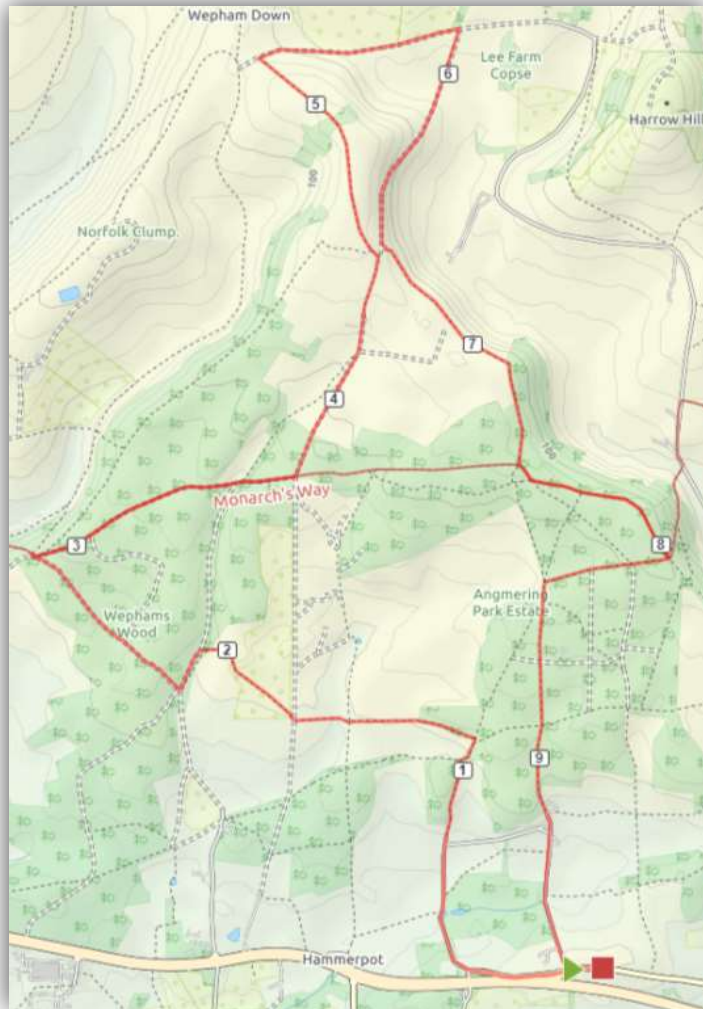
Course Details

- The course will be signed and marshalled (Sussex Search & Rescue)
- Clockwise route as last year as opposed to original anticlockwise route which we've used for the last 16 years. This avoids pinch points and cross-overs.
- Please make sure you know where you're going **or download the RunGo app** which gives turn by turn route guidance.
10km link: <https://routes.rungoapp.com/route/gk7Yc4FaLa>
10Mile Link <https://routes.rungoapp.com/route/iHreZuRCQ8>
- 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 are sent the week before 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.
- At the finish, keep walking through the wide funnel back onto the road and the car park

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. Prize categories are based on your age on race day (5/5/24).



10km Route



10 Mile Route

Refreshments

Hot & cold drinks, bacon butties and food will be available from outside the pub and there will be a coffee outlet in the garden.

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

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/>