



Charity no. 1062912



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## Findon Grand National 10km Trail Run

**Sunday 14<sup>th</sup> April 2024 | Start 09:30hrs | Car Park open 08:15hrs to 09:15hrs**

**Kids 2km Fun Run: Start 09:35hrs**

Thank you for entering this year's run. By entering, you have helped the PTA at St John the Baptist School fundraise for the kids. The PTA donated the funds raised from last years event towards the purchase of ipads, library re-furb, funded trips, & music lessons.

**FREE PHOTOS, MEDALS, TEA AND COFFEE.** Sussex Sport Photography will be on the course at the 2km and 8km points. Make sure you give them a wave and make it look like you're enjoying yourselves! After the race grab yourself a hot drink which you can drink on the way back to the car park. Medals are on the finish line.

**Parking will be confirmed the week before the event.** Our plan is to use Cissbury Barns, Nepcote, Findon, Worthing **BN14 0SR**, but this will depend on the state of the ground in view of recent rainfall. The walk from the car park to Nepcote Green is only 3 minutes. You can arrive any time after 0815hrs, but please make sure you are parked before 0910hrs and make your way to the start. [See map on website.](#)

### Registration:

Registration will take place on Nepcote Green where you can collect your race number and safety pins. There's not much at the start other than the toilets and the registration marquee, so make sure you have warm clothing and are warmed up before the start. You can leave any clothing at one of the gazebos at your own risk, but please no valuables. There will always be a PTA member by the gazebos.

### Water:

Water is located at the finish & start. There are **no water stops on the course** so you need to be self-sufficient.

**Race briefing will take place on the start line.**

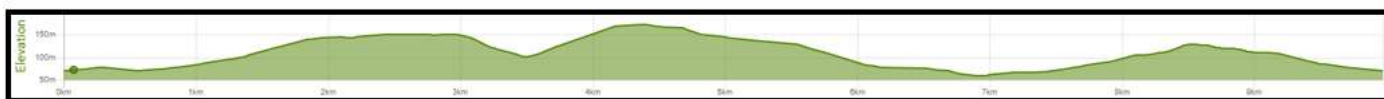
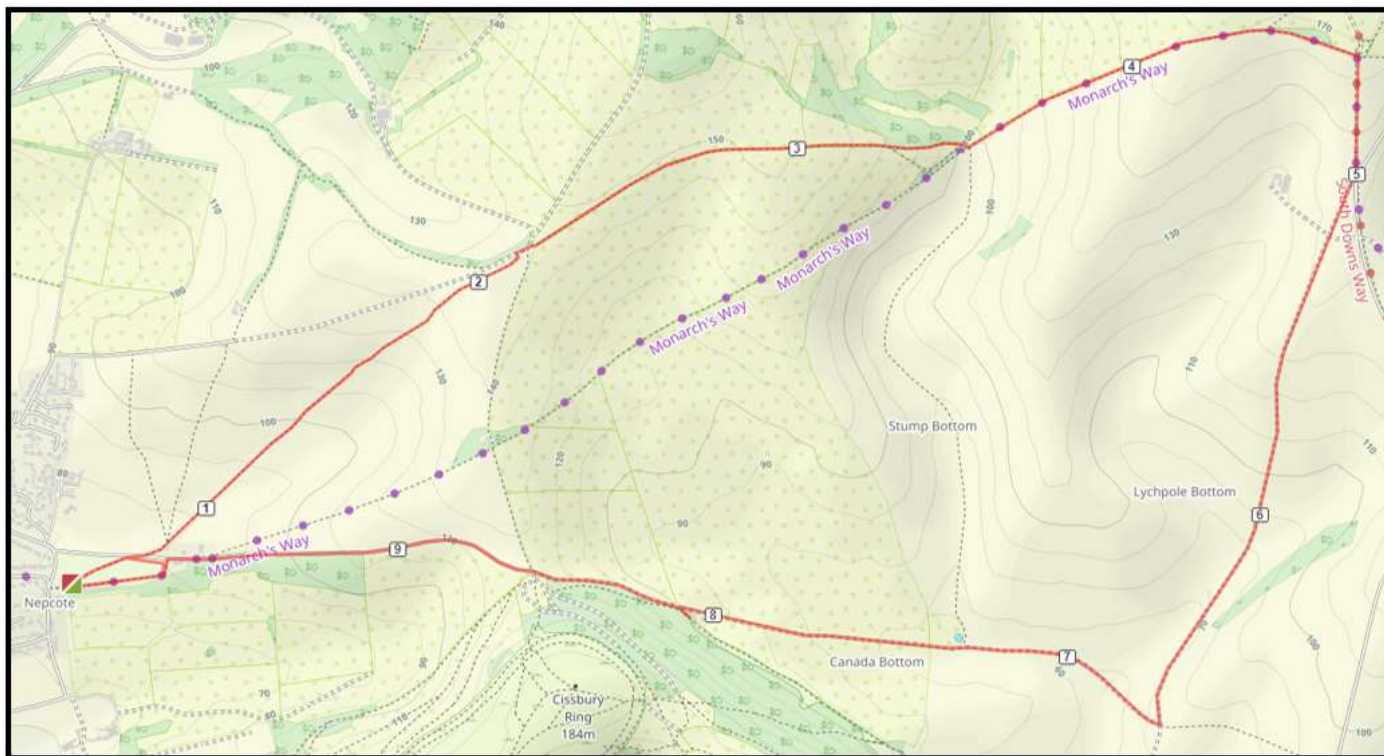
- The route will be signed and marshalled to make sure no one gets lost!
- **Marshals** will only be at the key points on the course, so please make sure you know where you're going **or download the RunGo app** which gives turn by turn route guidance.
- Timing will be via Results Base android timing system and will be live at the finish.
- All runners will receive a bespoke medal & free photos.

### **COURSE DESCRIPTION (PLEASE READ)**

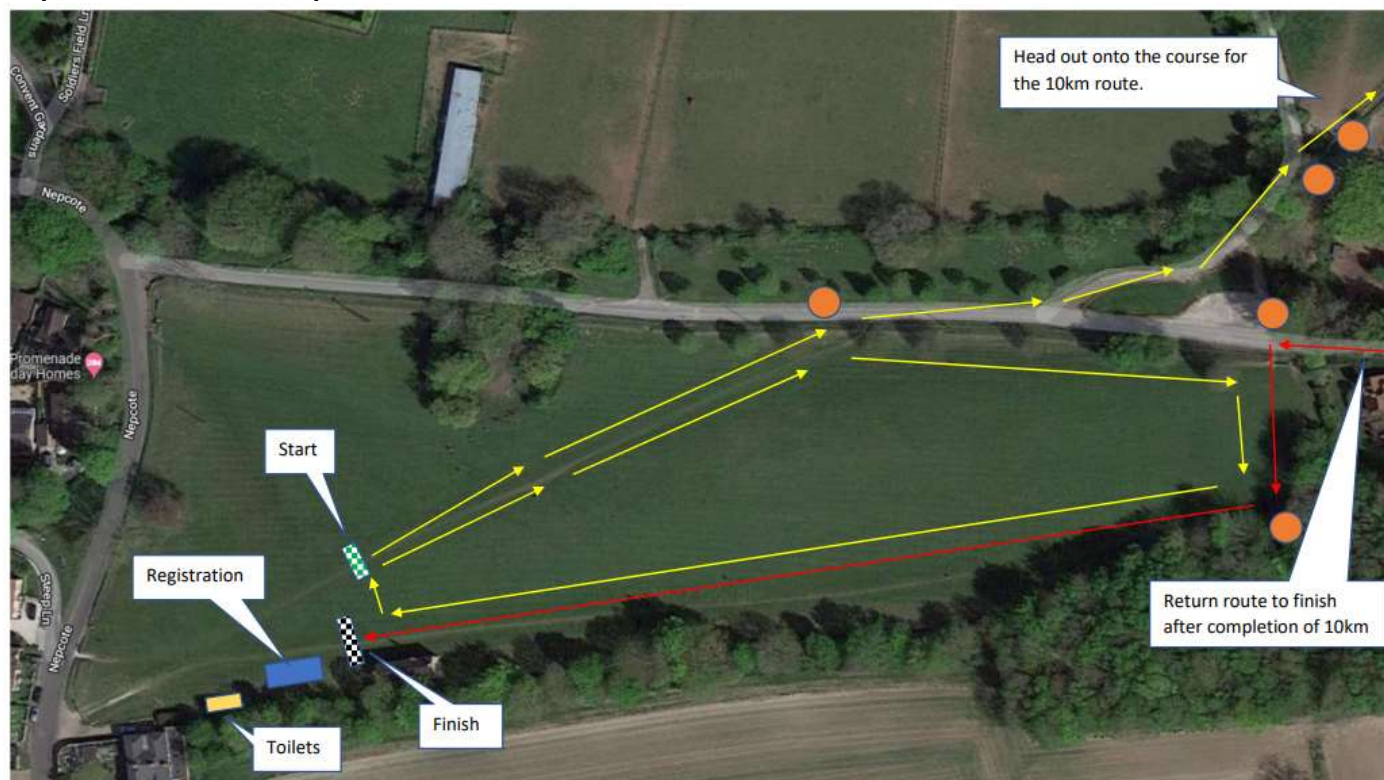
The main run starts from Wattle House on Nepcote Green. The kids fun run will start after the main race has left Nepcote Green. Main Run: Complete one clockwise lap of Nepcote Green, before heading out onto the course. Please look at the maps online. After leaving Nepcote Green, run out onto the road and towards the racecourse by a small car park. A marshal will monitor the road and the route to the racecourse will be signed. There are then a series of 4 gates fairly close together across the gallops which will all be marshalled and open for you. This section is a gradual uphill climb before you reach the chalk bridleway (2.1km) **TURN RIGHT** on the bridleway and at the barrier, go **STRAIGHT ACROSS** and follow the wide track all the way downhill towards the Monarchs Way. The bottom of this section is quite steep downhill. (Marshal) **BEAR LEFT** and climb all the way up the Monarchs Way to the South Downs Way and Langmead Memorial (4.67km)

(Marshal). TURN RIGHT down the South Downs Way and head due south (towards the sea in the distance!) Remain on this downhill track and DO NOT JOIN THE ROAD. The track eventually becomes a cinder track, go through the gate and continue all the way downhill until you reach the concrete road that leads to Cissbury Ring (Marshal) 6.75km. From here you're on the same road for the final long stretch. The section up to Cissbury Ring is uphill and hard work, but once you reach the car park (8.60km) it's all downhill to the finish. As you approach Nepcote Green a marshal will direct you sharp left onto the green. Follow the arrows to the finish by Wattle House.

### 10km Route



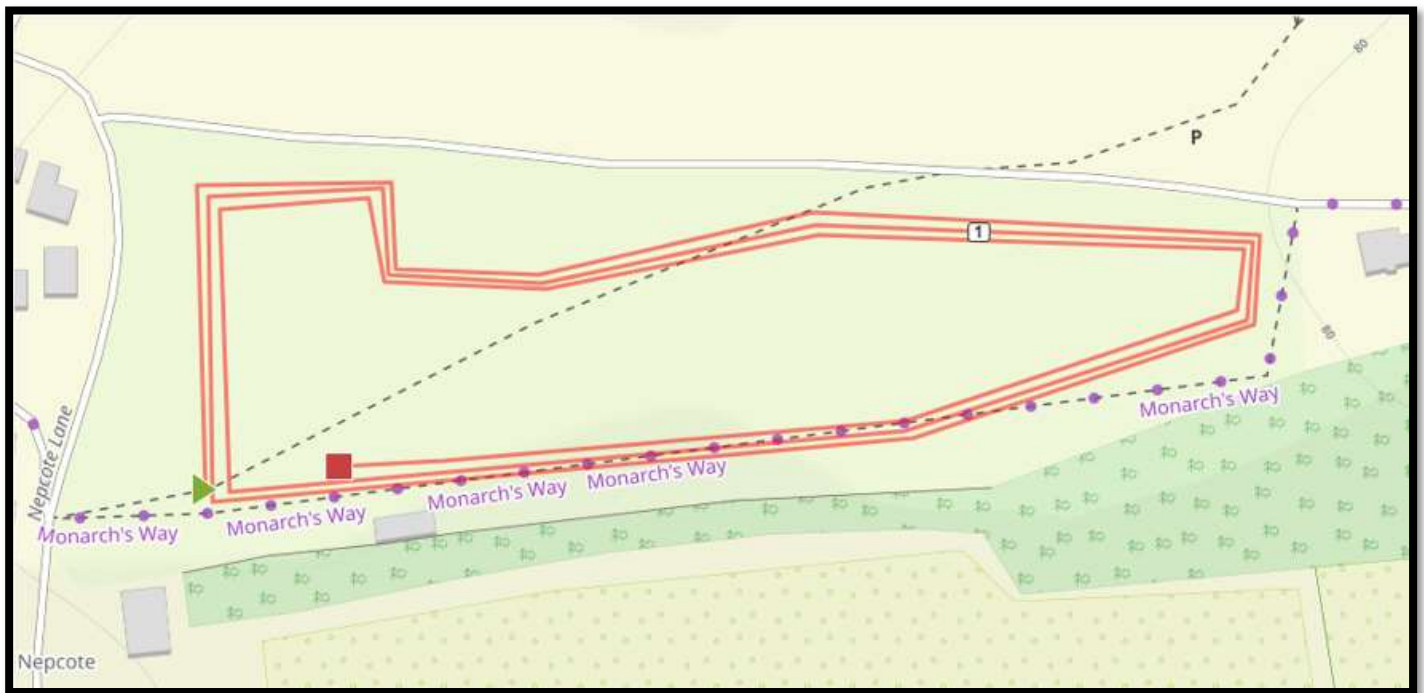
### Nepcote Green Start Lap



The kids 2km Fun Run will start immediately after the Grand National runners have left Nepcote Green.

Kids Grand National Fun Run. 10 Furlongs = 2km. 3 Laps around Nepcote Green. Collect a wrist band after each lap and finish under the finish arch. (0.69km per lap – 3.42 furlongs)

### Kids Fun Run Map



**IMPORTANT:** If for any reason you withdraw during the race, PLEASE make sure you let the race organiser know.

### Safety advice

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

Enjoy your run and on behalf of the PTA at St John the Baptist School, Findon, thanks for making a difference to the schools fundraising – we appreciate it.