



Issue 2
July 2016

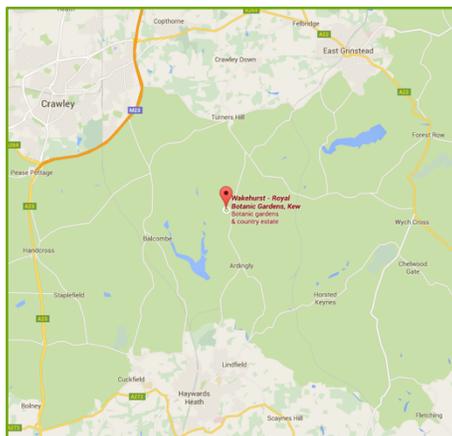
*Run Start is 19:15 on
Wednesday 20th July.
Pick your number up
from 18:00 to 19:00 on
the day*

Hi – The Wakehurst Willow team are really excited about the Run and can't wait to welcome you to the gardens on what we are sure will be a balmy summer evening on Wednesday 20th July. We think you are going to love it!

Please give these Run Instructions a thorough read so that you know what to expect on the night, and what you need to do to be on the start line in good time.

Good luck with the last minute training!

The Directions to Wakehurst



By car to Wakehurst

Wakehurst is on the B2028 just south of Turners Hill and north of the village of Ardingly. The South of England Agricultural Showground is just a little further south. From London take the M25 and M23. Leave the M23 at Junction 10, going left (east). On the A264 go straight over one roundabout then right (south) at the next on to the B2028. Wakehurst is on the right after the village of Turners Hill, about 15 minutes from the M23.

By train/bus to Wakehurst

The nearest railway station is Haywards Heath, approximately 6 miles away. From here you can take a bus; the nearest stop is Perrymount Road (come out of the station and turn right). See the National Rail website for train timetables and live departures. The Number 82 bus service serving Crawley, Three Bridges and Haywards Heath runs past Wakehurst on the B2028. For further information, including timetables and route maps, visit the Metrobus website or call 01293 449191.

Registration opens at 18:00. Don't forget your trainers!

Car Parking

Parking will be available free of charge to all runners and spectators on the evening of the race. Drive into the main car park, keeping to the left. Once parked, look out for the yellow signs to the School's Entrance(not the Main Reception). From there, signs will take you down the walk to the Run HQ at The Stables restaurant.

Changing Rooms

Unfortunately, there will be **no** changing facilities at Wakehurst. There will be an indoor area set aside to store bags, etc. The organisers cannot accept responsibility for any personal possessions left in this storage area so please do not bring valuables with you.

Registration & Run Numbers

The Run HQ will be based in The Stables restaurant. Run HQ will be open from 18:00 to allow you to pick up your run number. Please arrive in plenty of time to pick up your number, warm up and be ready at the start line 10 minutes before the race hooter sounds. Registration will close for number pickup at 19:00.



We will do everything possible to speed up the collection process, but it will be busy and latecomers will not delay the start of the run. Once you receive your number please leave the collection area and secure it to the front of your running top with the pins provided. Medical and contact information should be written on the reverse of the number.

The Start

The start line will be next to The Stables restaurant. Runners should assemble approximately 10 minutes before the start time. To ensure a safe start, would the fast runners please ensure they are near the front, and would the slow runners ease their way toward the middle/back of the pack. This is a friendly run so there is no need to sharpen your elbows!

The 8k Course

Give the marshals a smile as you run by!

The course consists of two gently undulating laps, on tarmac, wood chip, and some sandy paths. There will be super-friendly marshals at all the key junctions and lots of course signage so you will not get lost!

Although the course is contained entirely within the grounds, please be



aware it does cross one private road that carries traffic through the grounds so **please listen carefully to all instructions from the marshals.** Please be

aware of other park users, deer, ducks, badgers, but particularly motor vehicles.

The course has one steep descent at about 3km down into the Loder Valley. Please be **CAREFUL** on the descent as the track at that point is loose and rutted. A marshal at the top of the descent will remind you of the need to take care. **Please LISTEN to all instructions.**

The Finish

Your time will be manually recorded as you whoosh across the finish line. On finishing, please continue into the finish funnel in the same



order that you crossed the line. No stopping for breath please. You will receive your fabulous finisher's medal and a bottle of magical reviving water at the end of the funnel.

The Results

Provisional finish times will be posted at Run HQ as soon as possible. Full results, times and positions will be posted on the race Facebook page as soon as possible after the event, and will be e-mailed to the e-mail address that we hold on record for you and posted to www.haywardsheathharriers.co.uk.

The Prizes

Prizes will be awarded at about 20:45. Mementos and prizes will be awarded to 1st and 2nd male, and 1st and 2nd female. All 4 winners will be awarded a Friends of Wakehurst annual membership and a hand-crafted memento of the occasion.

The Serious Bit

Medical assistance will be available during the duration of the run. If you feel unwell during the run, please inform a marshal who will summon help. Please stay with the marshal until help arrives. If you have any medical condition, please give details on the reverse of your race number and a contact telephone number. All runners must declare that they are medically fit to run and take part at their own risk.

The Cake

Teas, coffee, soft drinks, and light refreshments will be available at The Stables restaurant before, during, and after the race.



The Crowd

We do encourage you to bring some supporters with you. The spectator area will be limited to the grounds around the Run HQ, and the start and finish lines around the Mansion. All children must be accompanied by an adult. Lost children will be taken to the Run HQ at The Stables restaurant.

The Memories

Sussex Sport Photography will be taking some shots of your athletic efforts in the most beautiful surroundings.



You can find shots to purchase a couple of days after the race at <http://sussexsportphotography.com>.

Contacting The Team

If you have any questions prior to the run please contact us through the Facebook page, or by e-mail @ marionhemsworth@aol.com



The Map

