

THE HOVE HORNETS STINGER – 10K

SUNDAY 20th AUGUST 2017 AT 11:00 (JUNIOR RACE AT 10:30)

INFORMATION AND ADVICE FOR RUNNERS/SPECTATORS

WELCOME - Hove Hornets welcome you to our second 'Stinger' WSFRL senior race event. We believe you will enjoy a challenging cross-country course over 10km of the Downs with spectacular views, which includes hills, styles and varied terrain. In addition we offer a junior cross country race of 1 mile. We want you to enjoy the race and to be safe. Please follow the instructions of the race officials/marshals

"..Outstanding effort Hornets,....can't wait to do it again next year" "Great race, great venue, great marshals"

ABOUT THE SENIOR COURSE

The race start has changed from previous years and now starts from the clubhouse / playing field. The route follows the same as previous years but we decided it would be better to cut the walk down the road to the start and make the course a rounded 10k.

The finish is on the rugby club pitches in front of the Rugby clubhouse.

The course is approximately 10 kilometres along public bridleways and footpaths. The ground consists of chalk with flint exposed and grass. It is very uneven especially in the first 2 kilometres where there are deep tractor ruts often containing water. On the return, the field at 8K is badly pitted by cattle hooves on a moderate downhill gradient. Please proceed with extreme caution - you can make up time later.

At the beginning of the race, there is a steep gradient and sharp right turn after which the climbs are less severe. There is a second steep gradient after approx. 5 kilometres, out of Saddlescombe Farm, where water is available.

It is likely that the uneven terrain and styles will produce reduced race times – but a great run!

The course will be marked by kilometre signs (approx. distances only) and direction arrows.

ABOUT THE JUNIOR COURSE

This race of 1 mile has much less challenging terrain whilst still offering the variety of a real cross country. The race will start and finish at the Rugby clubhouse. The course proceeds past the rugby pitches to the North before climbing a short incline and looping round through a small copse. It then returns via a cinder path. Adults are welcome to accompany small children.

SAFETY

If you feel unwell during the race (or even before) please report to one of the marshals or first aid staff.

First aid staff will be in attendance at the start and finish of the race and at the mid way point of Saddlescombe Farm.

The reverse of your race number has space for your medical information and emergency contact details and you are advised to complete them or fail to do so at your own risk.

Being August the weather may be very hot and sunny and there is no tree shade on the course. Please prepare yourself for warm weather – consider protection (hats and sun-block) and hydrate well before the race.

Water is available at the finish and at the course mid-way point, Saddlescombe Farm.

Please be aware of other runners who may have a different ability or race strategy to you. There is likely to be bunching on the first climb but opportunities for overtaking occur later in the course. There may also be other users of the footpaths on the day – so please be considerate and careful

Some sections of the senior course proceed through fields where cattle and/or sheep may be present on the day.

This part of the South Downs is a natural habitat for adders. They are described as "shy" and have either black or dark brown zig zag markings down the length of their spine. They are non aggressive and protect themselves by means of camouflage. They sense ground vibrations and prepare to escape but will inject their venom as a last means of defence if handled or trodden on. Their bite will cause a reaction but is very rarely fatal. Runners and spectators are advised to stay on the route paths and seek medical help as soon as possible if bitten.

RESTRICTIONS

No dogs or buggies. The senior race is unsuitable for under 16s.

ENTRY FEES Your entry/race number provides free entry to the post race raffle – held at the club house

In Advance:	WSFRL Members: = £3	Non WSFRL members: = £5	Junior: = £1
On the day Entries:	WSFRL Members: = £5	Non WSFRL members: = £7	Junior: = £1

LOCATION

The race is at Waterhall Playing Fields, Waterhall Road, Brighton, BN1 8YR (Registration at Brighton Blues Rugby clubhouse). Click here for map

DIRECTIONS

Please use public transport if at all possible and car share. Bike stands are available at the clubhouse.

From Brighton and South : Bus 5A to, Patcham Village, Old London Road and 25 min walk to clubhouse.

By road : A23 Northbound/Southbound- turn left/right at Patcham roundabout, under railway bridge and up Mill Road for 60 metres. Follow signs to “ Brighton Rugby Club and artificial pitches” Turn left after underpass for clubhouse.

A27 Eastbound – Follow signage to Hove A2038 to roundabout, 3rd left over A27 to second roundabout, 1st left down Mill Road, turn left at sign “Brighton Rugby Club and artificial pitches”

FACILITIES –

The race HQ is located in the clubhouse of the Brighton Blues Rugby Club. Refreshments provided by the Rugby club will be on sale at the clubhouse before and after the race. The clubhouse also provides a great place to have a drink/food/chat after the race. The free raffle will take place here after the race. Please take advantage of it. Without the Rugby club’s assistance this race would not be possible and we ask that you respect their premises and staff.

Collection of race numbers, on the day entries and enquiries about the race will take place in the clubhouse.

Changing rooms and showers are located on the lower ground floor. Toilets are located inside the clubhouse as per direction signs. A free bag storage service will be available but, as usual, used at your own risk

The car park is to the right as you arrive at the clubhouse. There is room for about 130 vehicles. The area is not supervised during the race and is used at your own risk. There is an additional car park at the Council pavilion half way along Waterhall Road

FURTHER INFORMATION

For more information about Hove Hornets visit our website: <http://www.hovehornetsfitness.com>

MORE PLAUDITS FROM LAST YEAR

“ ...made it my most enjoyable WSFRL event of the year so far”

COMPLAINT: “Where were you ten or twenty years ago?? I would have loved it!!”

FINALLY – HAVE A GREAT RUN – AND ENJOY THE COURSE