

Dawn on the Downs - Sunday 14th July 2019

START TIME: 08:00hrs 10mile + 08:15hrs 7.5miles (12km)

Thank you for entering the inaugural Dawn on the Downs 12km & 10 mile trail run which is organised by Raw Running.

RACE HQ for the event is 'Cowdown', a private farm on top of the downs close to Washington, West Sussex (RH20 4BA). The location is just off the A24 between Findon & Washington in West Sussex, north of Worthing. Cowdown is located along a long concrete farm track behind Windlesham House School. **Directions: From the south:** Head north from Worthing (A27/A24) until you reach Findon Roundabout on the A24, go straight on (2nd exit) on the A24 towards Horsham/London and after a mile or so and you'll see a slip road for the school. Take the slip and turn right immediately into Windlesham House School. Follow the drive passing the playing fields and school, through a narrow gap in the wall and onto the farm track which will be signed. Turn left and follow the signs to Cowdown. **From the north:** Head south down the A24 from Washington Roundabout. After a couple of miles, you'll see a business area called North Farm and IMMEDIATELY AFTER this there's a slip road on the left which takes you over the A24 and to the entrance of Windlesham House School. Follow the drive passing the playing fields and school, through a narrow gap in the wall and onto the farm track which will be signed. Turn left and follow the signs to Cowdown. **THESE ARE THE INSTRUCTIONS FOR RACE HQ & PARKING.** Please park as directed by the marshals and head over to the 'event village' for the start and toilets.

REGISTRATION: **NEW** Race numbers are not being posted out, but can be collected from the registration gazebo by the start line.

COURSE: The course is all off road on tracks and trails but with good footing around the course. The 8am start should allow competitors to finish before any potentially high temperatures should we be lucky enough to have a hot sunny day! The start will be from the event field so friends and family can cheer you off as you head out onto the downs. The views are stunning as might be expected on this section of the south downs. Head out through the stables and farm and then onto a wide hard track towards Highden Beeches and follow a narrower footpath along the edge of a field. There's a gate into the field, so either hold it open for the next runner if you're feeling polite or make sure it's shut properly as there are likely to be livestock in the field. Any marshalled points/gates will be controlled by that marshal. Once at the end of field cross the cattle grid and you're then on the South Downs Way. Follow the SDW to (another cattle grid just before) Chantry Hill Car Park (First Aid Point) and then turn left and due south downhill all the way to Lee Farm which is where the only water station is located on the course. 250m after the water station turn right and begin the long gradual slog up towards the SDW. This section of the course will be slightly different, and you'll be running along shadier stretches. Follow the signs and cross the fields were indicated and before you know it, you'll be back on the SDW. TURN RIGHT and head back along the SDW to Chantry Hill Car Park again and retrace your route back to the start - i.e. cross two cattle grids, along the field, through the gate and onto the track that leads back to Cowdown. This time when you get to the cross-roads, follow a wooded footpath alongside Cowdown and enter the field and finish area.

FOOTWEAR: The course is likely to be firm and dry at this time of the year so most trainers and trail shoes will be perfect.

CLOTHING: Unless we're unlucky it should be warm. It might be worth considering wearing a pair of sunglasses if the forecast is particularly bright as the chalk tracks can be quite bright at this time of the year.

WATER: There's one water station on the course which the 7.5mile pass once and the 10 mile run pass twice. If you think you'll need more than this then please make sure you bring a bottle or hydration system. If the forecast is for extremely warm weather, we will consider opening another water station on the SDW. We have positioned a second water station at the top of Chantry Hill which is primarily there for returning runners.

CANICROSS: Please make sure your dogs are leashed to you and at no times on this course can we allow dogs to run free as there are livestock roaming free along parts of the course. Depending on the number of entries we may

allocate a specific canicross wave.

Athletes will be advised via the website as to the condition of the course and updated on race day during the race briefing at the start. A mountain bike rider will lead the runners along course and will be in contact with other riders and marshals for safety and prior warning. We will also do a sweep of the course after the race for stragglers and strays! Advance warning signs for the public and horse riders will be placed around the course before the event. Throughout the course race officials and marshals will be in contact via mobile phone and radio.

As with all our events please be considerate to everyone and do not leave litter anywhere on the course.

IT IS YOUR RESPONSIBILITY TO FAMILIARISE YOURSELF WITH THE COURSE, but it will be well signed and marshalled.

Finish

All competitors will receive free unlimited race photographs (as opposed to a medal) from Sussex Sport Photography

Presentation & Prizes

Prize giving for the 1st, 2nd, 3rd male and females overall will take place by the finish area.

Category prizes for male and female Vets (O40), Super-vets (O50), Vintage (O60) & Juniors (U18) will be posted out the following week once 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. Prizes categories are based on your age on race day (14/07/19). Canicross prizes will be for the first three overall.

Charity: We're supporting Chestnut Tree House children's hospice. They are a children's charity providing hospice care services and community support for children and young people with progressive life-shortening conditions throughout West & East Sussex and South East Hampshire. The Highden Estate have already donated our event hire fee to the charity which is close their hearts. If you'd like to raise money for this worthwhile charity, then please click here: <https://www.chestnut-tree-house.org.uk/fundraising/>

Catering

Hot and cold food and drinks will be available before and after the race. PLEASE TAKE YOUR LITTER HOME WITH YOU!

Medical Advice

If you have any known medical conditions, 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 Chantry Hill (South Downs Way 3.25km)

Toilets

A bank of portable toilets will be located in the main event field & car park. These are the only toilets prior to the start of the race so please make sure you leave plenty of time. **WE WOULD ADVISE YOU TO LEAVE PLENTY OF TIME AS QUEUES WILL NO DOUBT FORM.**

Results & Timing

We will be using our own electronic timing system hosted by Results Base. Live results will be available at the finish on your smartphone/android/iPhone device via www.resultsbase.net/mobile/ Results will be also be available immediately following the event via www.resultsbase.net & later the same day on www.rawrunning.co.uk. Please let us know if you have any timing queries.

Photographs

Your entry includes free unlimited race photographs. Our colleagues at Sussex Sport Photography will be taking the shots for the day which will be available online within a day or so - www.sussexsportphotography.com

Departing from the race: Please take extreme caution when you join the A24 as cars & bikes will be approaching you at very fast speeds. PLEASE MAKE SURE IT'S CLEAR.

