



Bluebell Trail Runs - Sunday 25TH April 2021

NEW: START TIMES: See individual start times online

Thank you for entering the 17th Bluebell Trail Run which is organised by Raw Running Ltd.

RACE HQ for 2021 is in the field opposite The Fox Pub, Arundel Road, Patching, West Sussex BN13 3UJ, which is on the north side of the A27 on the outskirts of Angmering Park Estate, Angmering, West Sussex (the old A27 by Patching Pond). **Directions: From the west**; continue on the A27 past Arundel and heading east and **take the second slip road** (Signposted A280 to Horsham/London) and follow the signs from there. **From the east**; continue on the A27 past Worthing (heading west) passing Swanbourne Hospital & take the next slip road for Angmering/A280 Horsham/London and turn right over the A27. At the next roundabout take the first exit towards Patching and follow the signs. **From the north**; travel south down the A24 and onto the A280 towards Littlehampton. At the bottom of Long Furlong turn right at the roundabout towards Patching and follow the signs to the car park. Angmering Railway Station is 2 miles away.

2021. THERE IS NO REGISTRATION: There is no need to register unless you have a query. There will be **NO ENTRIES ON THE DAY**.

IMPORTANT PARKING NOTICE: Please park as directed by the marshals in the field opposite The Fox Pub.

NEW FOR 2021:

Runners have been allocated an individual start time. **Please check your start time.** The 10mile race starts first from 0800-0935hrs, followed by the 10km race which starts 0935-1100hrs. The vast majority of runners will be running on their own, although we appreciate some will be running with a friend or maybe in a group of 6 or less. In these circumstances, turn up at the time of one of your group and we will endeavour to get you off together. This is the exception though, otherwise our COVID safety plan will be compromised. Please be mindful of the fact that potentially 30% of runners may not have received their COVID vaccination, so make sure you are all socially distanced and maintain the usual safety protocols. <https://rawrunning.co.uk/wp-content/uploads/2021/04/Start-List-Individual-Times-2021.pdf>

COURSES: Both courses follow the same route for the first 6km (3.75 miles) and then split at Gamekeepers Cottage. The 10m route deviates (left) up a private road whilst the 10km continues straight along the Monarch's Way. There is another route split further along the course at the 7km marker for the 10km run or (7.5miles for the 10 miler). Both splits will be clearly marked and signed – orange numbers = 10miler, white numbers = 10km. The tracks are generally hard packed trails and very dry, so please make sure you have a suitable pair of trainers. It is undulating from the start so please make sure you warm up sufficiently.

Athletes will be advised via social media and the website as to the condition of the course and updated on race day if necessary. A mountain bike rider will lead the runners initially and then maintain a roving patrol around the course. PLEASE BE AWARE, there will inevitably be an overlap between the 10m and 10km runners later in the morning – make sure you know what course you're on. 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. Whilst there shouldn't be any race horses on the course on Sunday, PLEASE be careful if there are as they can be very unpredictable, so please walk past them slowly or stop. Throughout the course race officials and marshals will be in contact via mobile phone and radio.

10km Course Details: The run will start from the parking field opposite The Fox Pub on the main Patching Road. Please stick to the pavement on this section of road which eventually narrows into Swillage Lane and then the Angmering Park Estate. Just before 2km, turn left along a footpath which runs alongside an open field. Follow the footpath straight-ahead and continue straight down a steep dip and climb back up to a private road. Cross the road, (straight across, but slightly right) and you'll run onto a grassy section between two livestock fields with a wooden fence. At the end of this section turn right into a small coppice and follow the route to the left until you appear by



the estate cottages. Turn left for 200m and then right, along a wide cinder and chalk track which leads to the Monarchs Way. Once at the top (4.6km) turn right onto the tarmac road and remain on this road all the way until you reach Gamekeepers Cottage (6km). **THIS IS THE FIRST SPLIT POINT – IMPORTANT.** 10KM RUNNERS CONTINUE STRAIGHT ON, passing the cottage and outbuildings on the right-hand side. Continue along the cinder track of the Monarchs Way until just after 7km where you follow the track round to the right. **THIS IS THE SECOND SPLIT POINT.** Turn right again and then left following the track down to a junction within the woods (8.5km) where the 10mile runners will rejoin the course. Continue straight on downhill in preparation for the final km passing the stables and Seldon Farm. You may need to climb over the stile if the gate isn't open. Tractors regularly use this road so please keep to the side of the road if possible and then prepare to climb the last 200m to the finish and Race HQ. The finish is in the garden of The Fox Pub behind the marquee.

10 Mile Course Details: The course is identical to the 10km route above until you reach Gamekeepers Cottage at 3.75 miles. **THIS IS THE FIRST SPLIT POINT – IMPORTANT.** 10milers turn left along a tarmac road marked Private Road. Continue on the road passing the Donkey Sanctuary on your left before either going over a cattle grid or through the gate next to it (4.5miles). Just after this point bear LEFT and slightly uphill towards a set of gates. Follow the path (make sure you close the gate behind you) and this'll take you through another set of gates (please close these too) and then bear slightly left onto one of the tracks (5m). Follow this fast grassy downhill section to the bottom, turn right through the gate and onto a chalk/cinder track. Follow this for just under a mile and then turn RIGHT. You'll see the track starts to climb through the chalky downs. Make sure you close any gates you encounter and continue up the steep climb until you reach Windy Ridge (The View) on your left-hand side (6.5miles). Turn left through the 5-bar gate and watch your step as there are numerous trees across the path. At the end there's another gate, go through that, close it (!) and continue past the big log pile before emerging back on the 10km route at Monarchs Way. Bear left and then TURN LEFT (this is still the Monarchs Way 7.5m) **THIS IS THE SECOND SPLIT POINT** 10km runners turn right, 10mile runners TURN LEFT. Follow the Monarchs Way for half a mile until you reach a sharp RIGHT TURN which almost comes back on yourself (8m). Follow the route through the woods and you'll eventually emerge back on the main track with the 10km runners. From here, TURN LEFT and bear left before continuing straight on downhill in preparation for the final km passing the stables and Seldon Farm. You may need to climb over the stile if the gate isn't open. Tractors regularly use this road so please keep to the side of the road if possible and then prepare to climb the last 200m to the finish and Race HQ. The finish is in the garden of The Fox Pub behind the marquee.

2021: THERE ARE NO WATER STATIONS ON THE COURSE: YOU NEED TO BRING YOUR OWN WATER!

PLEASE DON'T RECCE THE PRIVATE TRACKS ON THE 10 MILE COURSE. IT IS YOUR RESPONSIBILITY TO FAMILIARISE YOURSELF WITH THE COURSE, but it will be well signed and the 'Rungo' app is worth downloading.

Finish

All competitors will receive free unlimited race photographs from Sussex Sport Photography and last years surprise medal!

Presentation & Prizes

There will be no prizes for 2021. We'll be back to our normal format in 2022.

Catering

The Fox Pub only have a limited availability this year due to COVID. Please do not use any of their facilities (this year) so they can concentrate on their customers. 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 Gamekeepers Cottage (Monarchs Way approx 5km)



Toilets

A bank of portable toilets will be located in the car park near the start. **DO NOT USE THE PUB LOOS PLEASE.** These are the only toilets prior to the start of the race so please make sure you arrive at your allocated time.

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.rawenergypursuits.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

Local residents departing from the race: Local police may be monitoring the 'No Entry' into Angmering Village via Dappers Lane.

Finally, be patient and kind to other people. Yes, it might take a bit longer to start, but keep your space, have a nice time, be safe and look after yourself and others."

Don't forget the Countryside code especially close the gates behind you.

Have a great race

Raw Running Team

www.rawrunning.co.uk