

Hi

Thank you for entering the 'Dawn on the Downs' Trail Run on Sunday 25th July 2021.

- **Race HQ:** is at the back of Windlesham House School in a field called 'Cowdown' at Denman Farm, the views are stunning.
- **PARKING:** Please take care and SLOW DOWN when driving through the school. Whilst they have broken up for the summer holidays, there are still groups of children using the grounds; there's a 10mph limit in the school. Once you've passed the school just follow the signs and keep heading up the concrete road to 'Cowdown'. Local tractors and horses regularly use this section of road so please reduce your speed. When exiting after the race, again please drive slowly through the school and take extreme care when joining the A24 north or southbound as this is a fast road. Please don't take chances.
- **RACE NUMBERS** are being posted out this weekend.
- **ARRIVAL:** Make sure you have plenty of time to get prepared. The car parking, race start, finish and toilets are all within the same field. Your race entry includes free tea & coffee before the race so if you feel like getting there early then please do.
- **TOILETS:** Remember to arrive in plenty of time and use the facilities as we don't want to delay the start. Please let the 10mile runners use the loos first as they start at 8am. The 10km run starts at 8:15am.
- **IMPORTANT:** Please make sure you read the race details and check out the maps <https://rawrunning.co.uk/events/dawn-on-the-downs>
- **START:** The 10mile race will start first at 08:00hrs, followed by the 10km race at 08:15hrs.
- **PRIVATE TRACKS:** Parts of the course are on private tracks within the Angmering Park Estate, so we ask you not to recce the route prior to the race. On the day, the course will be well signed and marshalled, but it is your responsibility to familiarise yourself with the course, so please make sure you read the race details and look at the maps.
- **WATER:** Please bring your own water. Whilst we'll have some at the water stations, we'd still like you to carry your own to avoid any unnecessary 'touching points'.
- **BAG DROP:** Will be in a gazebo near registration. This will be unsupervised so please leave any valuables in your car as we cannot accept any responsibility.
- **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/ or via www.resultsbase.net. Please let us know if you have any timing queries.

Elissa Barrett will be providing FREE face painting for the kids (& adults). <https://en-gb.facebook.com/elissabarrettart/>

The Protein Ball Company will have some samples for you to try at the finish line <https://www.theproteinballco.com/>

The Bikeside will be displaying their off-road bikes <https://www.bikeservicinginsussex.com/>

Our charity partner for this event is the Chestnut Tree House. We will be donating a portion of our proceeds to support them [Chestnut Tree House](#).

Don't forget your race entry fee includes free unlimited image downloads from www.sussexsportphotography.com, finishers medal, a donation to Chestnut Tree and free tea & coffee before the run. Presentation will take place as soon as the majority of runners have finished.

We look forward to seeing you on Sunday 25TH.

Team Raw Energy
www.rawrunning.co.uk