

Hi

Here is your final update prior to Sunday's 'Dawn on the Downs' Trail Run.

- **Weather Forecast:** 16-20 degrees in the morning, with the chance of the odd shower and sun. Thundery showers look set for the afternoon at the moment with a moderate north westerly breeze.
- **START:** The 10mile race will start first at 08:00hrs, followed by the 10km race at 08:15hrs.
- **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.
- **ARRIVAL: NEW INSTRUCTION:** Head north on the A24 from Findon Roundabout (you'll also be approaching it from this direction if you're southbound as you'll have to cross the bridge over the A24) Please make sure you enter the Estate northbound on the A24 **past the Windlesham House School** black gates and through the open black iron gates where there is a cottage on the right'. This is just before the crest of the hill that takes you down to Washington Roundabout on the A283 There are maps online [HERE](#). RACE HQ is 'Cowdown', a private farm on top of the downs (**RH20 4BA**). <https://rawrunning.co.uk/wp-content/uploads/2021/07/Route-to-Race-HQ.pdf>
- **PARKING:** Once you're on the Estate, pass the school & follow the signs along a 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 by the school and take extreme care when joining the A24 northbound as this is a fast road. Please don't take chances. If you need to head southbound, you'll still need head north and turn on Washington roundabout.
- **RACE NUMBERS & TIMING:** You should have received your number. We will be using an Android 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.
- **IMPORTANT:** Please make sure you read the race details and check out the maps <https://rawrunning.co.uk/events/dawn-on-the-downs>
- **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'.**
- Bring the kids and take advantage of free face painting by Elissa Barrett. <https://en-gb.facebook.com/elissabarrettart/>
- Our friends at The Protein Ball Company have provided you some free samples of their energy snacks and also their award-winning porridge: <https://thegreatbritishporridgeco.co.uk/> <https://www.theproteinballco.com/> If you like it, which we're sure you will as health-conscious runners, you can get 10% off a purchase until the end of the year using RAWDAWN21
- 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 for the first 3 male and females in each race will take place as soon as possible.

We look forward to seeing you on Sunday.

Team Raw Energy
www.rawrunning.co.uk