

Charity no. 1062912



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Findon Grand National 10km Trail Run

Sunday 10th April 2022 | Start 09:30hrs | Car Park open 08:15hrs to 09:15hrs

For those of you who didn't receive our first email, thank you for entering this year's run. By entering, you have helped the PTA at St John the Baptist School fundraise for the kids. Last year the PTA donated funds to the school to purchase some iPads and to pay for trips and coach hire. This year we will fund trips, music & cooking lessons and other extra activities. The school is also lucky enough to have a swimming pool within its grounds run by a team of volunteers. We'll be fundraising for this soon so please keep an eye out via our social media channels and Crowdfunding page.

IMPORTANT CHANGE

We have decided to change the direction of the course! It's exactly the same route, but clockwise as opposed anti-clockwise. We rely on PTA volunteers to help with this race as it's all about the school. However, with the Easter break coming and people going away, we're short of a few marshals. By changing the direction, we can make more use of the marshals we have. The course is exactly the same and in hindsight, probably better as you don't have that long drag all the way to Cissbury Ring to start. You will still climb at the start once you get on the trails, but the last 1.5km is all downhill. It is an undulating but stunning course. Maps and details have been updated online.

FREE PHOTOS, MEDALS, TEA AND COFFEE. Sussex Sport Photography will be on the course at the 2km and 8km points. Make sure you give them a wave and make it look like you're enjoying yourselves! After the race grab yourself a hot drink which you can drink on the way back to the car park. Medals are on the finish line.

Parking:

Parking is at Cissbury Barns, Nephcote, Findon, Worthing **BN14 0SR**. From the car park, walk to the start at Nephcote Green which only takes 3 minutes. You can arrive any time after 0815hrs, but please make sure you are parked before 0910hrs and make your way to the start. **See map on website.** <https://rawrunning.co.uk/wp-content/uploads/2022/04/Parking-Directions-2022.pdf>

Registration:

Registration will take place on Nephcote Green where you can collect your race number and safety pins. There's not much at the start other than the toilets and the registration marquee, so make sure you have warm clothing and are warmed up before the start. You can leave any clothing at one of the gazebos at your own risk, but please no valuables. There will always be a PTA member by the gazebos.

Water:

Water is located at the finish & start. There are **no water stops on the course** so you need to be self-sufficient.

Race briefing will take place on the start line.

- The route will be signed and marshalled to make sure no one gets lost!
- **Marshals** will only be at the key points on the course, so please make sure you know where you're going **or download the RunGo app** which gives turn by turn route guidance.
- Timing will be via Results Base android timing system and will be live at the finish.
- All runners will receive a bespoke medal & free photos.
- Unfortunately, the children's' races will not be taking place this year.

NEW COURSE DESCRIPTION (PLEASE READ)

The run starts from Wattle House on Nepcote Green. Complete one clockwise lap of Nepcote Green, before heading out onto the course. Please look at the maps online. After leaving Nepcote Green, run out onto the road and towards the racecourse by a small car park. A marshal will monitor the road and the route to racecourse will be signed. There are then a series of 3 gates very close together which will all be marshalled and open for you. From this point you'll start to climb across the gallops and through another couple of gates before you reach the chalk bridleway (1.4km) TURN RIGHT on the bridleway and run alongside the racecourse. At the barrier (2.3km) go STRAIGHT ACROSS and follow the wide track all the way downhill towards the Monarchs Way. The bottom of this section is quite steep downhill. (Marshal) BEAR LEFT and climb all the way up the Monarchs Way to the South Downs Way and Langmead Memorial (4.76km) (Marshal). TURN RIGHT down the South Downs Way and head due south (towards the sea in the distance!) Remain on this downhill track and DO NOT JOIN THE ROAD. The track eventually becomes a cinder track, go through the gate and continue all the way downhill until you reach the concrete road that leads to Cissbury Ring (Marshal) 6.75km. From here you're on the same road for the final long stretch. The section up to Cissbury Ring is uphill and hard work, but once you reach the car park (8.60km) it's all downhill to the finish. As you approach Nepcote Green a marshal will direct you sharp left onto the green. Follow the arrows to the finish by Wattle House.

IMPORTANT: If for any reason you withdraw during the race, PLEASE make sure you let the race organiser know.

Mobile app and additional route information

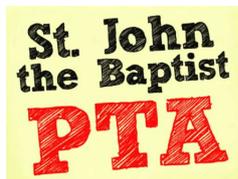
- Please download the free 'RunGo' app on your phone. Then search for the route, 'Findon' and you should see 'Findon Grand National 10km Trail Run CLOCKWISE'. This is the route which will guide you around the course. You can see the route on your phone app to guide you round the course or a computer: <https://routes.rungoapp.com/route/Rg4Tp7POad> There is also a printable version of the course on the website here: <https://rawrunning.co.uk/events/findon-grand-national-10km-trail-run>

Safety advice

- The emergency contact number for the race crew is 07414 859984.
- Consider downloading the 'what3words' app, which is a location tool to trace exactly where people are in an emergency. *(Every 3-metre square of the world has been given a unique combination of three words)* <https://what3words.com/products/what3words-app/>

Enjoy your run and on behalf of the PTA at St John the Baptist School, Findon, thanks for making a difference to the schools fundraising – we appreciate it.





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