



Angmering Bluebell Trail Run 24th April 2022

Thank you for entering this year's run. As we get back into the swing of things, the aim is simple - to get out there on the trails and enjoy this stunning & beautiful run. This year looks like it'll be one of the best for bluebells due to the recent warm weather. During the next few days in the lead up to the race we'll be keeping you updated with key information.

Location, Parking & Toilets

- RACE HQ: The Fox Pub, Arundel Road, Patching, West Sussex BN13 3UJ. Located north of the village of Angmering between Arundel & Worthing on the north side of the A27. Follow this postcode for parking.
- PLEASE NOTE: The pub is now under new ownership and as such there are a few changes due to building work and alterations. For this year only, we'll be finishing at the front of the pub which we did a few years ago after the rear garden was waterlogged. The race information gazebo will be located in the rear garden and we'll let you know the exact location once we know which areas are going to be out of bounds!
- There will be a bank of 10 portable toilets in the parking field. Please make sure you leave enough time as queues will inevitably form for the **mass start**. If for any reason you miss the start, we'll start you off individually with the rest of the **rolling starts**.

NEW Format 2022

Following feedback from last year, we're trialling a new format; a Mass Start and a Rolling Start. There's an even split doing the **mass** and **rolling starts**.

- The **10-mile MASS START** will start at **0830hrs** and the **10km MASS START** will start at **0840hrs**. The rolling starts for both races will start at **0845hrs**.
- Its inevitable faster runners will overtake slower runners in different races, so **PLEASE MAKE SURE YOU KEEP YOUR EYES OPEN WHERE THE COURSE SPLITS** and the runs take different directions. There are numerous and very clear signs to follow, but make sure you pay attention as the marshals are unlikely to be able to give you specific instructions due to the number of runners.
- **Rolling Start (0845-0945hrs)** runners will be emailed their start time frame. Please try and keep to the time slot to make the start process on the road more manageable. If you're running in a group, come to the start together and we'll get you off in one go.

Course Details

- The course will be signed and marshalled (Sussex Search & Rescue)
- Clockwise route as last year as opposed to original anticlockwise route which we've used for the last 15 years. This avoids pinch points and cross-overs.
- Please make sure you know where you're going or **download the RunGo app** which gives turn by turn route guidance.
10km link: <https://routes.rungoapp.com/route/gk7Yc4FaLa>
10Mile Link <https://routes.rungoapp.com/route/iHreZuRCQ8>
- There are **two water stations on the 10-mile race (3.8m & 5.8m)** and one in the 10km race (6k). Grab a cup from the table or better still, be self-sufficient.

- There will be no pre-race briefing at the start, all information will be online.
- Race numbers will be sent the week before the race.
- **PLEASE NOTE:** You are not permitted to recce some sections of the course on private tracks. We only have permission to use these on the day, so please don't jeopardise the future of the event.
- At the finish, keep walking through the wide funnel back onto the road and the car park

Results & Timing Format 2022 **NEW**

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/

- **PLEASE NOTE: ROLLING START.** Everyone competing in the mass start will get their finish time (Gun Time). Those in the rolling start will also get a gun time, but as you'll be starting individually after the mass starts, **you need to click your name or time in the results**, where you'll see both a **Gun Time** and also a **Chip Time. The chip time is your individual time.**
- Only those in the mass starts will be eligible for prizes.

Presentation & Prizes (NEW 2022)

Prizes will be posted out as soon as the 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 (24/04/22).

Refreshments

Hot & cold drinks and food will be available from outside the pub.

Medical Advice

If you have a medical condition, 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 water station (Monarchs Way 6km)

Photographs Your entry includes free unlimited race photographs from our friends at Sussex Sport Photography. Downloadable images should be available later on race day or Monday at www.sussexsportphotography.com

Safety advice:

- **Horses: Please stop, slow down or give a wide berth to any horses on the course**
- Whilst this is a safe route, please make sure you carry a mobile phone.
- 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/>