



Location

**The Fox Inn, Patching
Arundel Road
BN13 3UJ**

Timing

The events will start at 9:30, the 5K run will start first, followed by the 10K run and the walkers for both distances will start together. There will be a few minutes and a short safety briefing before each start. This briefing is to ensure your safety so please pay attention to it. After the briefing we will move to the start line. In order to avoid crowding and minimise overtaking at the start we ask that you line up at the start with the quickest runners at the front.

Registration

Registration opens at 7:30am. Running numbers will be ready for you to collect. There will be a place for you to leave bags at your own risk or consider leaving bags in your car if possible. Please allow time to register. If you know of any friends or family who are planning on entering on the day, please do share this communication with them. Registration on the day is £15 by cash.

If you have entered the 10k and are not sure about your ability to run it then please do contact us or speak with the registration team when you arrive. We will change you to the 5k if you wish. It is important that you only do the distance you have entered as it will affect the results and placings.

Weather

It's too far ahead for the weather forecast but there is rain forecast over the next week and so there is likely to be mud and puddles on the course. Unless it is unsafe to do so the event will still be going ahead if the weather is inclement.

The Course

Like many events we are trying to do our bit for the environment and encourage all participants to bring their own water. There will be one water station on the course which will have paper cups and the marshals will be only

too happy to refill your own bottles should you require it. If you do take a cup of water then there will be black sacks available at the aid station for you to dispose of any used cups. All marshals around the course will also have a black sack and we would ask if you could dispose of any litter such as bottles and gel wrappers with them so that we can leave the Angmering woods as we found them.

The course will be clearly marked, please follow the course signage carefully and adhere to the guidance from marshals.

Watch out for the 2 places where the course splits between the 5K and 10K routes. There will be marshals to help keep you on track and there will be clear signposts. Both routes set out down Selden Lane and follow the road for a short while before leaving the tarmac. Take care on this section – the road is not closed and there may be some vehicles using it. Please don't use headphones on this section.

The 5K route is one lap of a loop through the lovely Angmering estate before returning to The Fox along Selden Lane. The 10K route is two laps of a slightly longer route before returning back along Selden Lane.

In places the path will be quite narrow. Please take care to give other participants space if you are overtaking and ensure there is space to do so safely. This is a trail run/walk and is largely public footpath through woodland so trail shoes are advisable or boots if you are a walker. There are places on the course where there are brambles and nettles alongside the path and we will cut back where necessary. There are some low hanging branches on the route. We won't be cutting them back, but we will try to highlight them with bright markers, so remember to look up for branches as well as down for tree roots!

Treat your marshals with courtesy at all times. They are freely giving up their time to ensure your safety on the run and this event could not go ahead without their generosity.

Save some energy for the finish. After you have crossed the finish line please stay in order as you go through the finish funnel, your race number will be noted by the finish line team so make sure it is visible on the FRONT of your top. Collect your reward for completing the course from our finish line team. There will be water available at the finish line.

Headphones

We would prefer that you do not wear headphones at this event as there are a number of places where it is essential that you can hear the marshal's instructions. There are instances each year of participants not hearing marshals instructions over the sound from their headphones and taking the wrong course. If you cannot bear to run without them we recommend the use of the bone conductor type, or keeping the volume low and just wear one.

Parking

Please arrive in plenty of time to park. There is parking along the main Arundel Road, outside the pub. Please do not park in the Fox pub car park. This is strictly for patrons only.

Refreshments

There will be tea and coffee to purchase at the finish. Unfortunately The Fox is not able to open early.

Marshals

It would be great to have a few more marshals for the event so if you have people coming along to support you who would be happy to help out please get in touch with the Cancer United office..

Dogs

Whilst we welcome dogs to join us on the course, we have been advised there have been cases of Alabama Rot in the local area in the past. As dog owners you will no doubt be aware of this, please consider this carefully before bringing your dog with you. If you do bring a dog, we would ask that you keep it either on a short lead or a canicross type harness and under control at all times. This is for the safety of animals and people alike and whilst we wish this event to be as inclusive as possible not everybody loves dogs.

Finally, we are looking forward to seeing you all on the day for a fantastic day of running. Please bring your family with you to support.

Best wishes from

The OUTRUNCANCER Team

