



HORNETS STINGER – approx. 10K

SUNDAY 14th July 2024 @ 10:30

INFORMATION AND ADVICE FOR RUNNERS/SPECTATORS

Hove Hornets welcome you to our 'Stinger' WSFRL senior race event. We believe you will enjoy a challenging cross-country course over approx. 10km of the Downs with spectacular views, which includes hills, styles and a varied terrain. We want you to enjoy the race and to be safe. Please follow the instructions of the race officials/marshals

1. ABOUT THE SENIOR COURSE

The race starts from the toilets / playing field. The route follows the same as previous years with the finish on the rugby club pitches in front of the Rugby clubhouse.

The course is approximately 10 kilometres along public bridleways and footpaths. The ground consists of chalk with flint exposed and grass. It is very uneven, especially in the first 2 kilometres where there are deep tractor ruts often containing water. On the return, the field at 8K is badly pitted by cattle hooves on a moderate downhill gradient. Please proceed with extreme caution - you can make up time later.

At the beginning of the race, there is a steep gradient and sharp right turn after which the climbs are less severe. There is a second steep gradient after approx. 5 kilometres, out of Saddlescombe Farm, where water is available. The course will be marked by kilometre signs (approx. distances only) and direction arrows. It is likely that the uneven terrain and styles will produce reduced race times – but a great run!

2. SAFETY

By entering the event you confirm that:-

- a) You declare that the participant is medically fit to compete in this event and does so at their own risk. You accept that the organisers, Hove Hornets, shall not be liable for any accident, injury loss or damage that may occur as a consequence of the entered participant and that



the organisers reserve the right to alter arrangements for the race should circumstances require.

- b) You agree that the participant (if under 16) shall be your responsibility at all times up to and after the race start and finish
- c) Hove Hornets will publish my the participants Personal Information as part of the results of this event and may pass such information to the administrators of the West Sussex Fun Run League, to athletics governing bodies or to any affiliated organisation for the purpose of insurance, licensing, or for publishing results (either for the event alone or combined with or compared to other events). Results may include (but not be limited to) name, gender, any club affiliation, race times, and age category, and these details will be passed on to other clubs in the West Sussex Fun Run League and be published on websites (including, without limitation, Steyning AC, West Sussex Fun Run League and Sussex Races).

If you feel unwell during the race (or even before) please report to one of the marshals or first aid staff.

First aid staff will be in attendance at the start and finish of the course.

The reverse of your race number has space for your medical information and emergency contact details and you are advised to complete them or fail to do so at your own risk. Being July, the weather may be very hot and sunny and there is very little tree shade on the course. With the current unpredictable weather, it is also possible for there to be either rain or strong sun. Please prepare yourself accordingly for both warm weather (consider protection, hats, sun-block and hydrate well before the race) and wet weather, appropriate clothing, trail shoes maybe advantageous.

Limited water is available at the finish and at the course mid-way point, Saddlescombe Farm. **Following the league's sustainability agreement, we will be using our existing stock of recyclable paper cups. However these are limited, so runners are encouraged to supply their own hydration.** Please be aware of other runners who may have a different ability or race strategy to you. There is likely to be bunching on the first climb, but opportunities for overtaking occur later in the course. There may also be other users of the footpaths on the day – so please be considerate and careful.

Some sections of the senior course proceed through fields where cattle and/or sheep may be present on the day.

This part of the South Downs is a natural habitat for adders. They are described as “shy” and have either black or dark brown zig zag markings down the length of their spine. They are non-aggressive and protect themselves by means of camouflage. They sense ground vibrations and prepare to escape but will inject their venom as a last means of defence if handled or trodden on. Their bite will cause a reaction but is very rarely fatal. Runners and spectators are advised to stay on the route paths and seek medical help as soon as possible if bitten.



3. RESTRICTIONS

No dogs or buggies. The senior race is unsuitable for under 16s.

4. ENTRY FEES

Entry this year is £5. **There will be on the day entries, however these will be card payment only at a cost of £10 for both WSFRL members and non-members.** Entry numbers are also capped at 350.

5. TIME CAP

Unfortunately, due to the multi-use of the area and the farmer needing access to his fields we have had to implement a **time cap of 2hrs.** We respectfully ask that all entrants ensure they can complete the course within this time frame. The clock will be stopped at 2hrs and any participants finishing after this will not be recorded. Marshalls will also be stood down from their positions on route following the time a runner would pass them with a projected finish time of 2hrs.

6. LOCATION

The race is at Waterhall Playing Fields, Waterhall Road, Brighton, BN1 8YR (Registration at Brighton Blues Rugby clubhouse).

7. DIRECTIONS

Please use public transport if at all possible and car share.

- **From Brighton and South:** Bus 5A to Patcham Village, Old London Road and 25 min walk to the clubhouse.
- **By road:** A23 Northbound/Southbound - turn left/right at Patcham roundabout, under railway bridge and up Mill Road for 60 metres. Follow signs to "Brighton Rugby Club and artificial pitches" Turn left after underpass for clubhouse.
- **A27 Eastbound** – Follow signage to Hove A2038 to roundabout, 3rd left over A27 to second roundabout, 1st left down Mill Road, turn left at sign "Brighton Rugby Club and artificial pitches"



8. FACILITIES

The race HQ is located in the clubhouse of the Brighton Blues Rugby Club. Refreshments provided by the Rugby club will be on sale at the clubhouse before and after the race. Please take advantage of it. Without the Rugby club's assistance this race would not be possible, and we ask that you respect their premises and staff. There will also be a Charity Cake Stall raising money for this year's chosen charity.

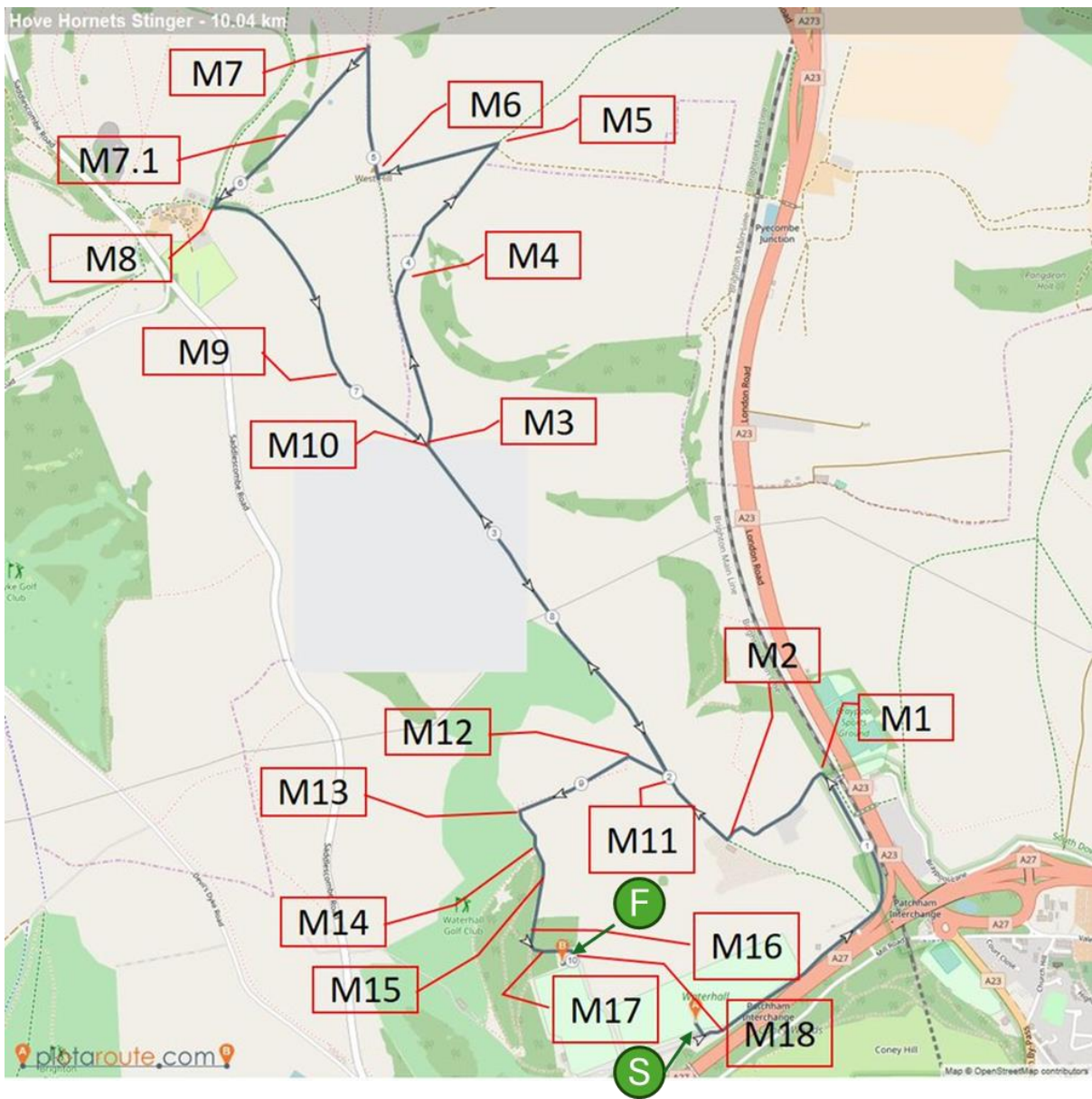
Collection of race numbers will be from Race HQ marquee by the finish.

Toilets are located inside the clubhouse, as per direction signs. Although we will endeavour to oversee belongings left during the run, we take no responsibility for left possessions and this is done so at the owners risk.

Car parking is limited so we ask for all those attending to car share where possible. The car park is to the right as you arrive at the clubhouse. There is room for approx 130 vehicles. The area is not supervised during the race and is used at your own risk. There is an additional car park at the Council pavilion half way along Waterhall Road.

9. ROUTE MAP

Below is a map of the route with intended marshal positions:-



10. FURTHER INFORMATION

For more information about Hove Hornets visit our website: <http://www.hovehornetsfitness.com> or email stinger@hovehornetsfitness.com