

Firstly, we would like to thank you for your entry to the 5th Sussex Marathon on 8th Oct 2017. Hopefully your training and preparation has gone well.

This lead up week should be easy and relaxing, Sussex Marathon / Half is a course that will create some muscle soreness so making sure your legs are strong and fresh will really help, so no last minute big training sessions!

All this information below can also be found at
<http://www.sussexmarathon.co.uk/eventdetails.html>

For your attention, listed below is some key information about race day: Please take the time to read it carefully and check the website for any extra information, leading into the race we are not on emails all the time.

Registration will be open Sunday 8th 8am-9:15am. Race Start for all runners (half, full) 9:30am

Race HQ is based Heathfield Community College Centre, Sheepsetting Lane, Heathfield, East Sussex, TN21 0XG

IMPORTANT - RACE NUMBERS and TIMING CHIPS are to be collected when you register on Sunday.

Course - Half Marathon - 1 loop of the course and finishing in the Community Car park.

Marathon - 2 loops of 13.1 miles, and the turn point for start of your 2nd lap is at the Race HQ. The 2nd half of the marathon race is exactly the same as the first.

Parking –

Please see the map link below for the free local car park locations. All car parks shown on the map are free of charge and within a few minutes walk from Race HQ on Sheepsetting Lane, there are spaces for up to 300 cars which is ample for this years event.

<http://wdconlinemapping.wealden.gov.uk/UI/?GotoXY=557815,121324&MarkerName=1&Gotoradius=500>

There is no car parking at Race HQ as this is being used for the race finish area. It is essential that you do not park in Sheepsetting Road (outside the Community Centre), Mill Close / Wealdview Road which is the diversion around the road closure. Ghyll Road or Old Ghyll Road as it will help the event to keep these roads as clear as possible for your race, so please use the car parks listed on the map link above.

Bag Area - Bag drop area will be available in the community centre.

Toilets – There are toilets and showers available in the community centre. We will also put a Portable toilet at Rushlake Green, which is approximately 7 & 20 miles into the race.

Litter- We are very lucky to get use of these beautiful country lanes, please do not spoil it by throwing your litter. Please just leave any rubbish you have with a marshal they will be happy to take it from you.

Refreshments – There will be food and drinks available to purchase for athletes and spectators in the main hall from arrival until the end.

Music – The use of MP3 players is not permitted in this race. It is on open roads, and you cross roads that need your attention. Please enjoy the scenery and peace and quiet whilst working hard!

Aid Stations – There will be Water, Coke, Sweets , Bananas, and OTE carb gels. Runners will pass a water / fuel station at least every 5km.

First Aid – Medical crew will be located at the Race HQ and a response car out on course. Please ensure you are fit and well to race on Sunday, a half or full marathon is a huge effort on your body, you must not start if you are unwell or injured.

Results - Champion Chip Timing is being used at the event, supplied by:

www.uksportstiming.co.uk

You will receive a split for each lap and your overall time, as well as overall & age group finish position.

Results will be live on www.uksportstiming.co.uk a few hours after the event.

Timing Chips – Collected at the finish line, it is your responsibility to return the chip so in the unfortunate event of a DNF please return the chip to a marshal.

Prizes – 1/2/3 Female & Male for both races will receive Trophies. Presented on the day.

AG group winners will receive race vouchers, a voucher code will be emailed out the week after the race.

We look forward to seeing you all on Sunday!

If you have any last minute queries, please feel free to text or call Jo on 07885980233

Kind regards

Paul, Jo & Team.

www.tlsports.co.uk