

# Dawn on the Downs - Sunday 25<sup>th</sup> July 2021

START TIMES: 08:00hrs 10mile & 08:15hrs 10km

Thank you for entering the Dawn on the Downs 10km & 10mile trail run which is organised by Raw Running.

**RACE HQ** for the event is 'Cowdown', a private farm on top of the downs close to Washington, West Sussex (RH20 4BA). The location is just off the A24 between Findon & Washington in West Sussex, north of Worthing. 'Cowdown' is located along a long concrete farm track behind Windlesham House School.

- **Directions: From the south:** Head north from Worthing (A27/A24) until you reach Findon Roundabout on the A24, go straight on (2<sup>nd</sup> exit) on the A24 towards Horsham/London and after a mile or so and you'll see a slip road for the school. Take the slip and turn right immediately into Windlesham House School. Follow the drive passing the playing fields and school, through a narrow gap in the wall and onto the farm track which will be signed. Turn left and follow the signs to Cowdown.
- **From the north:** Head south down the A24 from Washington Roundabout. After a couple of miles, you'll see a business area called North Farm and IMMEDIATELY AFTER this there's a slip road on the left which takes you over the A24 and to the entrance of Windlesham House School. Follow the drive passing the playing fields and school, through a narrow gap in the wall and onto the farm track which will be signed. Turn left and follow the signs to Cowdown. **THESE ARE THE INSTRUCTIONS FOR RACE HQ & PARKING.** Please Park as directed by the marshals and head over to the 'event village' for the start and toilets.

**2021. THERE IS NO REGISTRATION:** Race numbers will be posted out the weekend before the race. A Help Desk will be located near the finish if you have a query. There will be **NO ENTRIES ON THE DAY.**

**WATER:** Please bring your own water. Although we're free from COVID restrictions, we'd still like to reduce any touch points where possible. There will be water at the Water Station (5km for the 10km race plus 3mile and 7miles for the 10 mile race) but we're asking you to bring your own. If the forecast is for a hot day, we will consider positioning another water station on the South Downs Way.

**TOILETS:** A bank of 10 portable toilets will be located in the main event field & car park. These are the only toilets prior to the start of the race so please make sure you leave yourself plenty of time. Please let the 10mile runners use the loos first as they start at 8am. The 10km run starts at 8:15am.

**10 Mile & 10km COURSES:** The course is all off road on tracks and trails but with good footing. The 8am start should allow competitors to finish before it gets too hot if we're lucky enough to have a sunny day! The start will be from the event field so friends and family can cheer you off as you head out onto the downs. The views are stunning on this section of the south downs. Head out through the stables and farm and then onto a wide hard track towards Highden Beeches and follow a narrower footpath along the edge of a field. There's a gate into the field, so either hold it open for the next runner or make sure it's shut properly as there are likely to be livestock in the field. Any marshalled points/gates will be controlled by that marshal. Once at the end of field cross the cattle grid and you're then on the South Downs Way. Follow the SDW over another cattle grid just before Chantry Hill Car Park and then **TURN LEFT** downhill until you reach a private track. **TURN RIGHT** and head down a steep section until you reach the Water Station (5km for the 10km race & 3miles for the 10mile race). **TWO MEDICS WILL BE LOCATED AT THIS LOCATION together with marshals.**

**THIS IS WHERE THE COURSE SPLITS - IT WILL BE CLEARLY MARKED.**

The 10mile race (orange numbers) **TURNS LEFT TOWARDS LEE FARM.** The 10km race (white numbers) continues **STRAIGHT AHEAD.** Check out the maps online for more details.

**10 Mile COURSE:** After turning left at the water station, continue along the cinder track until you reach Lee Farm. **TURN RIGHT** through the farm and after half a mile **TURN LEFT** and climb the chalk escarpment to the top. Turn sharp right and slightly uphill towards a set of gates. Follow the path (make sure you close the gate behind you) and

this'll take you through another set of gates (please close these too) and then bear slightly left onto one of the tracks (5.5m). Follow this fast grassy downhill section to the bottom, TURN RIGHT through the gate and onto a chalk/cinder track. Continue for about a mile all the way back to Lee Farm where this time you TURN LEFT. Retrace your route back to the water station (7 miles) and then time TURN LEFT. You're now back on the same course as the 10km run route and may encounter other runners.



**10mile course**

**10 Mile & 10km COURSES:** The terrain on this section is slightly different and you'll be running along shadier stretches. Follow the signs (you'll be on a footpath & bridleway) and cross the fields were indicated and before you know it, you'll be back on the SDW. TURN RIGHT and head back along the SDW to Chantry Hill Car Park. If we need to have another water station, this is where it'll be. Retrace your route back to the start - i.e. cross two cattle grids, along the field, through the gate and onto the track that leads back to 'Cowdown'. This time when you get to the cross-roads close to Race HQ, follow the grass footpath alongside 'Cowdown' and enter the field and finish area.



**10km course**

- **FOOTWEAR:** The course is likely to be firm and dry at this time of the year so most trainers and trail shoes will be perfect.
- **CLOTHING:** Unless we're unlucky it should be warm. It might be worth considering wearing a pair of sunglasses if the forecast is particularly bright as the chalk tracks can be quite bright at this time of the year.
- **CANICROSS:** Please make sure your dogs are leashed to you and at no times on this course can we allow dogs to run free as there are livestock roaming free along parts of the course. Depending on the number of entries we may allocate a specific canicross wave.

Athletes will be advised via the website as to the condition of the course and updated on race day during the race briefing at the start. A mountain bike rider will lead the runners along course and will be in contact with other riders and marshals for safety and prior warning. We will also do a sweep of the course after the race for stragglers and strays! Advance warning signs for the public and horse riders will be placed around the course before the event. Throughout the course race officials and marshals will be in contact via mobile phone and radio.

As with all our events please be considerate to everyone and do not leave litter anywhere on the course.

**IT IS YOUR RESPONSIBILITY TO FAMILIARISE YOURSELF WITH THE COURSE**, although it will be well signed and marshalled.

### Presentation & Prizes

Prize giving for the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> male and females overall will take place by the finish area.

Category prizes for male and female Vets (O40), Super-vets (O50), Vintage (O60) & Juniors (U18) will be posted out the following week once 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. Prize categories are based on your age on race day (25/07/21). Canicross prizes will be for the first three overall.

**Charity:** We're supporting Chestnut Tree House children's hospice. They are a children's charity providing hospice care services and community support for children and young people with progressive life-shortening conditions throughout West & East Sussex and South East Hampshire. If you'd like to raise money for this worthwhile charity, then please click here: <https://www.chestnut-tree-house.org.uk/fundraising/>

### Catering

Hot and cold drinks will be available before the race. PLEASE TAKE YOUR LITTER HOME WITH YOU!

### Medical Advice

If you have any known medical conditions, 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 at the water station 5km.

### Results & Timing

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/](http://www.resultsbase.net/mobile/) Results will be also be available immediately following the event via [www.resultsbase.net](http://www.resultsbase.net) & later the same day on [www.rawrunning.co.uk](http://www.rawrunning.co.uk). Please let us know if you have any timing queries.

### Photographs

**Your entry includes free unlimited race photographs.** Our colleagues at Sussex Sport Photography will be taking the shots for the day which will be available online within a day or so - [www.sussexsportphotography.com](http://www.sussexsportphotography.com)

**Departing from the race: Please take extreme caution when you join the A24 as cars & bikes will be approaching you at very fast speeds. PLEASE MAKE SURE IT'S CLEAR.**