A picture containing text, grass, sign, nature

Description automatically generated

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| |  | | --- | | **PLEASE READ CAREFULLY**  Thank you for your entry into the South Downs Half Marathon/ 10K on **Saturday June 8th.**  We would like your day to go smoothly and to be as enjoyable as possible. All the information you need, you will find below. | |  | |
| |  | | --- | | **Race Numbers**  Your race numbers, with attached timing chip will be sent out in the post two weeks before the event. Any entries after Friday May 31 will be for collection on morning from the Race HQ tent located near to the start/ finish.  Race HQ will be open from**08.30am.**  Once you have your race number, please secure it onto the front of your running top. Take care not to damage the timing chip by bending or removing it as this could result in your race time not recording. | |

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| |  | | --- | | **Parking**  Parking for the event is alongside the Race Village in the field at the base of Butser Hill at Queen Elizabeth Country Park.  What3words location for the gate entrance to the field or parking is:///wrong.defrost.callers (<https://w3w.co/wrong.defrost.callers>).  Address: Queen Elizabeth Country Park, S Downs Way, Waterlooville PO8 0QE.  Please follow the directions of the parking stewards to allow everyone to park safely. | |  | |

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| |  | | --- | |  | | **Starting Waves**  In order to allow all our runners plenty of space on course and thus an enjoyable experience, there will be 2 starting waves as follows:  **10.00am**                                      Wave 1       Half Marathon  **10.20am**                                      Wave 2        10K  Please listen carefully to announcements made over the PA system on race morning which will remind you when you are starting. | |  | |

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| |  | | --- | | **The route**  The routes are a mixture of trails and some short sections on very quiet country roads.  Marshals will be present in key locations but please be aware of your surroundings and take care crossing any roads.  [**Half Marathon route:**](http://x9i1x.mjt.lu/lnk/AaoAAHHCixgAAAAAAAAAABpYSEMAAAAA9loAAAAAABiVcQBil5Q858MZDxm7Qjm1R3nKGTzAwAAX_UY/2/_VEYV-XCOtWTJIdGRVYO8g/aHR0cHM6Ly93d3cucGxvdGFyb3V0ZS5jb20vcm91dGUvMTg0NjAyOQ)  [**10K Route:**](http://x9i1x.mjt.lu/lnk/AaoAAHHCixgAAAAAAAAAABpYSEMAAAAA9loAAAAAABiVcQBil5Q858MZDxm7Qjm1R3nKGTzAwAAX_UY/3/J6GWLJTlmV-r-XdpubFumg/aHR0cHM6Ly93d3cucGxvdGFyb3V0ZS5jb20vcm91dGUvMTkyNDA2Ng) | |  | |
| |  | | --- | | **Course marking**  Our course will be signposted with traditional yellow signs with black arrows together with small course marking flags (images below).  The colour of the band behind your race number matches the coloured flags you should follow for the distance you are registered.  Half Marathon =**Orange**  10K = **Yellow** | |

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| |  | | --- | | **Drinks Stations**  There is one drinks station located on the 10K course at approximately 3.8 miles.  There are three drinks stations located on the half marathon course at 5.2, 8.4 and 11 miles.  Each drink station will serve both water and HIGH5 energy products.  **Medical Support**  There will be a medical tent in the race village close to the start/ finish.  On route, there will be a mobile first response unit based out on the route.  If you see someone in trouble between drink stations, please report it to the next course Marshal who will be able to contact medical support.  **Baggage/ Key drop**  You are welcome to leave your baggage with us but the car park area is very close to the start/ finish, so we encourage you to leave your kit and any valuables in your car if possible. The baggage drop tent will open alongside theRace HQ, at**08.30am** on race morning.  The baggage will be manned at all times, but we cannot guarantee the security of your items. Any belongings left in the baggage tent should be tagged with the detachable label from the bottom of your race number. You may also leave your car keys at the baggage area. Please just attach your baggage label in the same way.  **Tagged baggage or car keys will only be returned to someone who presents the matching race number.**  **Prizes**  Awards will be given out on the day to the overall top three female and male runners in each distance category.  Prizes are wooden commemorative trophies. Age-category awards will be mailed out after the race once results have been verified.  **Toilets**  Portable toilets will be available in the race village.  There are no changing facilities. | |  | |

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| |  | | --- | |  | | **Results and Photography**  Results will be available a few minutes after you have crossed the line. The link for the timing is below:  [South Downs Half Marathon & 10k (racetecresults.com)](https://www.racetecresults.com/Results.aspx?CId=20305&RId=32)  We have photographers around the route. Smile for the camera!  Your race photos can be found and downloaded from [**https://www.21cphotos.com**](http://x9i1x.mjt.lu/lnk/AaoAAHHCixgAAAAAAAAAABpYSEMAAAAA9loAAAAAABiVcQBil5Q858MZDxm7Qjm1R3nKGTzAwAAX_UY/6/izvy-aDzmihhGbK06egx-Q/aHR0cHM6Ly93d3cuMjFjcGhvdG9zLmNvbQ).  Simply find the relevant event, click on it and search by your race number to find your personal photos.  All the downloads are free for personal use and will be available **48-72 hours** after the event.  **Remember to tag us in your race day photos**  **#runsouthdowns and @209\_events** | |

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| |  | | --- | |  | | Registered but now can't run?  You can transfer your entry up to 48 hrs before the race by emailing us at **transfer@209events.com**  Can't run but don't want to miss out on all the fun or you think your friends and family might want to help us out on the day?  You can still get involved by volunteering for us - get in touch with us at **info@209events.com** | |