



Needles Half Marathon 2019

Trail Running Association Permit Number: No. 2514_2514

Dear Competitor

Thank you for your entry for the above event. Please read the enclosed information as it is for your safety on the day.

Here at West Wight Sports and Community Centre, the Festival of Running is a highlight of our calendar. Over the 40 years of its history, the Centre has grown into a bustling hub, providing activities to improve the physical and mental well-being of everyone in our community. As a charity, we rely on grants, fundraising and donations. The proceeds of the Festival of Running boosts our funds; thank you for your support. Please feel free to tour the Centre, and see our swimming pools, climbing wall, gym, sports hall and café.

For more information, visit our website, www.westwight.org.uk

We look forward to seeing you on Sunday 2nd June.

C Griffin

Clare Griffin
Event Director

E-mail: events@westwight.org.uk
Tel: 01983 752168

Sponsored by:

LOVE RUNNING

This spectacular race is sponsored by Love Running – The Isle of Wight's only shop dedicated to running. Love Running is an independent, unique, specialist running shop owned by husband and wife duo, Simon and Jo.

With Simon's diploma in Sports Physiology and Jo's previous shoe and retail experience and them both running for over a decade, they can be sure to offer you fantastic advice around the best shoes to wear, gait analysis and various hints, tips and information as well as huge enthusiasm and support.

For more information about Love Running please check out their website by clicking the logo above

Any feedback relating to this event should be addressed to:
Event Director, c/o West Wight Sports & Community Centre, Moa Place, Freshwater,
Isle of Wight, PO40 9XH

Directions to Race HQ and parking

West Wight Sports and Community Centre, Moa Place, Freshwater, Isle of Wight, PO40 9XH



From Yarmouth

Follow A3055 into Freshwater and down School Green Road. Turn RIGHT towards Brookside Road and then LEFT into the Moa Place car-park.

From Newport

Follow Newport Road (also known locally as 'Middle Road') to the junction with Afton Road. Follow Afton Road until it joins School Green Road. Turn off School Green Road into Brookside Road. Moa Place Car Park is immediately on your left. West Wight Sports & Community Centre is at the top of the car park.

Discounted Travel from Wightlink

Click the link below to save 20% on foot, car and motorcycle ferry fares to the Island for the Isle of Wight Festival of running between Friday, 31 May and Monday, 3 June 2019

Wightlink operates ferries from Lymington to Yarmouth, Portsmouth to Fishbourne and Portsmouth to Ryde Pier Head.

Website: wightlink.co.uk

Ferry travel to the Island

Both Wightlink and Red Funnel Ferries run regular crossing to the Island.

Wightlink

Portsmouth – Fishbourne (Car Ferry)

Portsmouth – Ryde (Foot passengers only)

Lymington – Yarmouth (Car Ferry)

Red Funnel

Southampton – East Cowes (Car Ferry)

Southampton – West Cowes (Foot passengers only)

Car Parking

The car-park at the Sports Centre is a pay & display one, so please purchase a ticket to avoid a parking fine! There is additional parking available in the public car park in Avenue Road (A3055).

Course Information

The course is approximately 13.1 miles, covering some of the most scenic parts of the Isle of Wight. It should be easy to follow but there are marshals and arrows to assist your progress around the course. The route can be found on our website [here](#)

90% of this course is on public footpaths which offer stunning views of Hurst Castle, the Solent, Alum Bay, the Needles and Tennyson Down. There are low tree branches and several gates to negotiate during the run. There are also several hills to ascend, some narrow paths (especially through the Yar Estuary and Nature Reserve) and a few roads to cross. There are plenty of marshals and directional arrows to assist you, so if you haven't spotted any markers for some time, recheck your route to make sure you are on course!

Registration and Start

All entrants must register before the start, and Registration for the event is in the Mountbatten Room at West Wight Sports & Community Centre. Your registration will be open between 0900 and 1045. The race starts at **1100hrs** in the field adjacent to the Sports Centre. Please note that there will be no on the day entries.

You will be issued with a race number that must be attached to the front of your top using four safety pins in each corner. On the reverse of your number you must record any relevant medical information and your emergency contact details. Numbers must not be folded, cut or mutilated and must be clearly visible to marshals. Your number is non-transferable -

this is for your safety. You will also be issued with a timing chip which will be on a Velcro strip – it is your responsibility to fit this to your ankle and to keep it safe until you finish the race. **Lost or missing chip timers will be charged at £25.**

All registered competitors will have a finishing time recorded. Results will be on display and on our website as soon as possible.

For your safety, the use of headphones/earphones is prohibited and you will not be permitted to compete if you are wearing these at the start line. Runners seen wearing any during the race will be disqualified.

Dogs are not permitted to run the race, any competitor seen with a dog on the route at any point will be disqualified

Facilities

There are toilets, showers and changing rooms available for your use at the Sports Centre. Secure lockers are available for a £1 token (refundable), tokens are available from Reception.

Camping is available over the weekend at a cost of just £10.00 – this covers you for the Friday and Saturday night. The campsite will open at 0900 on Friday morning and will close at 1500 on Sunday.

There will be food vans on site as well as a bar. The Sports Centre café will also be serving breakfast on Saturday and Sunday from 0800, the café will then be open as usual from 0900 with a BBQ at midday.

Kit Recommendations

Water will be provided at the various checkpoints. There will also be a bar and food vans on site but you may wish to take your own drink, especially if it is hot. You know your own ability, so if you anticipate a slower run be sure to take more fluids with you.

Note, however, that this is NOT a walking event and a cut-off time of 3.5 hours applies

In wet conditions sections of this course can get muddy and slippery. In these circumstances the use of trail shoes may prove beneficial. As the route uses some sections of road and pavement, cross-country spikes are not suitable.

It is highly recommended that you take a mobile phone with you. Should you get lost or run into any problems this is the contact number that will connect you to the Race Director at West Wight Sports & Community Centre: **01983 752168**. Medical cover will be on hand to provide medical assistance on race day, but in case of serious emergency people should not hesitate to call 999. It is also recommended that you refer to www.runnersmedicalresource.com for sensible medical guidance when running.

If you have to pull out of the race you **MUST** let us know.

You **MUST** make sure that your race number is visible at all times for recording, particularly at marshal points. This is for your own safety and helps us to keep track of all runners.

Water Stops and Sponge Stations

| | |
|-----------------------|--|
| Water Stop 1 | - 4.6 miles (Linstone Chine Holiday Park - OS 333 885) |
| Sponge Station | - 5 miles (Totland Sea Wall by the Pier – OS 323 873) |
| Water Stop 2 | - 8 miles (above Needles Battery - OS 299 848) |
| Water Stop 3 | - 11.5 miles (by Freshwater Bay - OS 345 856) |

The Finish & Presentation

After crossing the finishing line, your medal will be waiting, along with refreshments. This is where you must return your chip timer – **lost or missing chip timers will be charged at £25.00.** There is a cut off time of **2.30pm**, after when your time will not be recorded, the course will be dismantled and medical assistance will cease. The presentation will take place at approx. 2:30pm.

Prizes will be awarded to:

1st 2nd and 3rd place man and woman

1st Isle of Wight man and woman

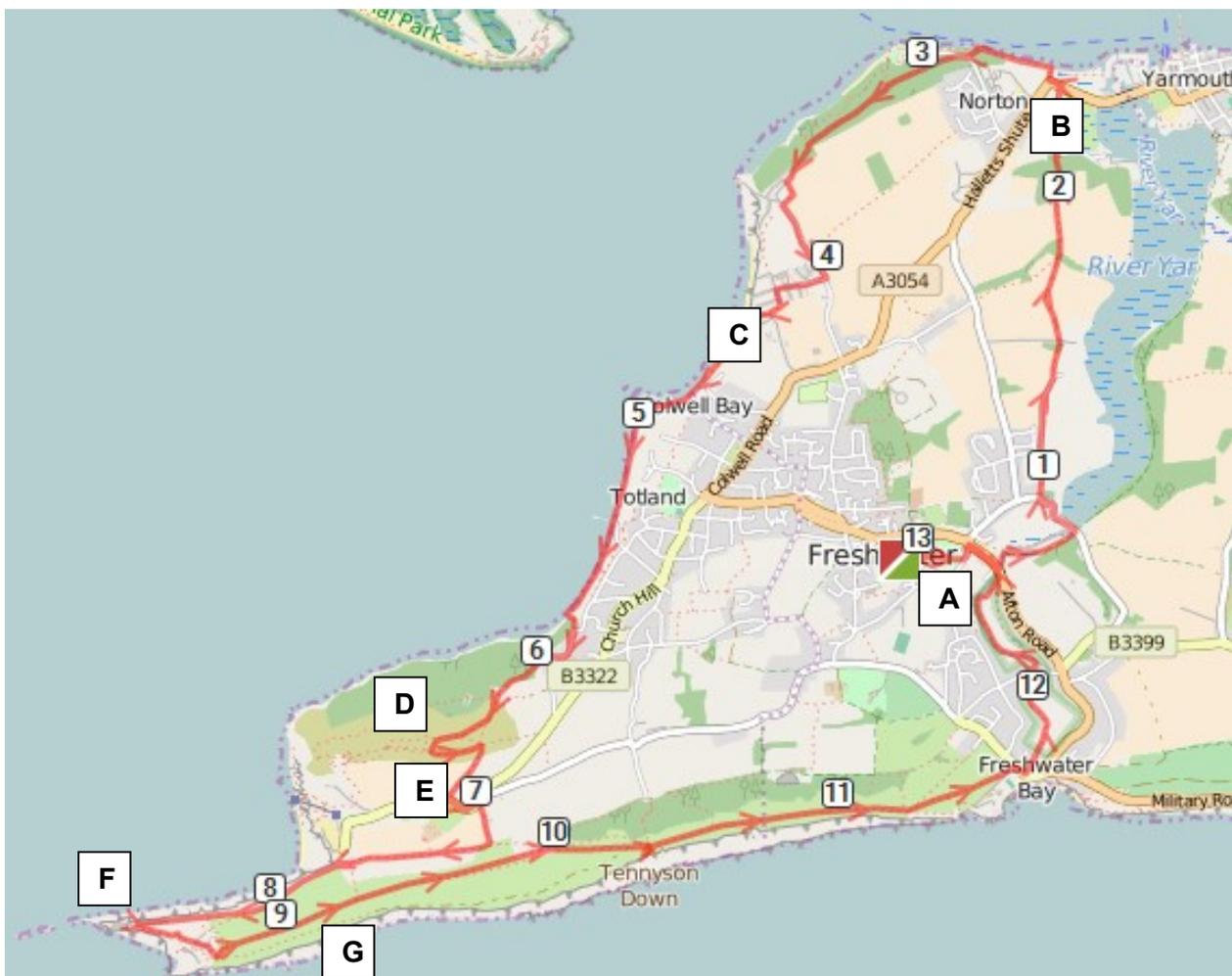
Various Veterans prizes will also be presented on the day

Please note that: Only Male and Female categories will be captured in results for ranking purposes; however please note that all non-binary times are captured in the overall race results.

The Countryside Code

Please make sure you keep your litter with you until you can dispose of it properly, and make sure you close all gates behind you (if applicable). Please keep to the footpaths. You may encounter livestock including cows, horses and dogs etc, due care should therefore be taken and please pass slow and wide in order to avoid startling them. You may not be the only people using the paths so please be alert for dog walkers and pedestrians at all times.

Route Directions



START - West Wight Sports & Community Centre

The course is marshaled at road crossings and obscure corners, and the course is otherwise indicated by use of arrows, signs and coloured tape.

Key points (refer to map)

- A. At Stroud Road, please use the pavement in front of the garage when turning right into **Afton Road**. **DO NOT RUN THROUGH GARAGE FORECOURT**. The same applies when returning from the other direction along Afton Road later in the race.
- B. At the end of **Gasworks Lane** runners cross a busy main road. Although the crossing will be marshaled, runners are advised to use **extreme** caution here.
- C. After Checkpoint 1, the route descends a steep slope onto the beach at Brambles Chine. Take due care; especially if it is wet underfoot.

- D. **Headon Warren (TAKE CARE – exposed tree roots)**. Follow the well trodden paths to bear right up to the summit, then proceed left around the summit overlooking Tennyson Down, and turn right at the signed footpath to descend a steep field. There will be marshals dotted around.
- E. Having come down off Headon Warren, the course bears left at the main road, crossing where marshaled 200 yards along, passing through two sets of stiles before joining a footpath that will bring you out just above the coach park for the Needles Pleasure Park.
- F. At the **Needles Battery** you will ascend the concrete steps indicated. The route then continues upwards, keeping the small stone building and mast to the right, and leads to a track taking you to a small gate onto High Down.
- G. The route continues on grassland across Tennyson Down (**WARNING: sheer cliffs on right**) past the **Tennyson Monument**. If in doubt stay close to the woodland on your left. You then descend for 1 mile towards **Freshwater Bay (toilets in lane)**.

We hope you enjoy the event, and thank you for taking part in the Needles Half Marathon 2019!

Please do share your pictures and stories on our Facebook Page @Isle of Wight Festival of Running

Finally..... GOOD LUCK, STAY SAFE AND ENJOY YOURSELF