



Freshwater 5K 2019

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 Saturday 1st June.

C Griffin

Clare Griffin
Event Director

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

Sponsored by:



In a former Post Office, PO41 offers artisan coffees, luxury teas and scrumptious homemade cakes. The Coffee House is about bringing passion for great coffee to Yarmouth on the IOW and providing a great experience for all customers.

Click the logo above to visit their Facebook page

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 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 pay & display, 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 5 kilometres and is a Cross Country route covering some of the most scenic parts of the Isle of Wight. It should be easy to follow but there are marshals and signs to assist your progress around the course.

There are low tree branches and several gates to negotiate during the run. There are hills (it's West Wight!!) to ascend, some narrow paths and a few roads to cross. There are 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 Community Centre at West Wight Sports & Community Centre. Your registration will be open between 1100 and 1245. The race starts at **1300hrs** in the field adjacent to the Sports Centre. On-the-day entries (cash only) will be accepted up until 1200hrs.

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

There are no water stations on this route. The centre café will be open and there will be 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.

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 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.

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.**

Trophies will be awarded to the 1st Male Overall and the 1st Female Overall as well as an on the spot prize for a One-night midweek B&B stay for two people to be taken any time between now and 30th October 2019 (subject to availability) – kindly donated by Vintage Vacations.

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.

We hope you enjoy the event, and thank you for taking part in the Freshwater 5k 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