



RUN TO THE SEA BRIGHTON 2023

RACE GUIDE

SATURDAY MAY 6TH



RACE SUMMARY



Start Venue – Christs Hospital School, Horsham West Sussex, RH13 0LJ

Finish Venue – Hove Lawns, Hove, Brighton, BN3 2FR

Race Packs/Registration – Please pick up your race pack at the START between 07:15-08:40

Entries on the day – None. All entries are in advance of race day

Bag Drop – We will transport your bag from the start to the finish for you. This is a FREE service – travel light, we will only transport small carry bags with your essentials. Make sure you attach the baggage tag on your race number to your bag

Race Briefing – Online by email in advance of race day, compulsory to read

Start Time – Starts between 08:00 – 09:00. Final start times confirmed a week before the race

Onsite facilities – Toilets at the start & finish and at the halfway point on course. Hot drinks available to purchase at the start pre-event & a café near to the finish line.

Course signage – Fully signed course using arrows & red & white tape. You can't go wrong! A GPS route is provided within race week, along with a Google Map route highlighting checkpoint locations and toilets.

Terrain – Very scenic 50km point to point course. 1st HALF: Mostly flat, in fact slightly downhill! Woodlands trails using the Downs Link. Mostly firm underfoot but can be wet if we have a lot of rain beforehand. 2nd HALF: from 21km – 41km you will be crossing the South Downs where the terrain is hilly/rolling. The approach to the finish is on pavements and promenade

Checkpoints – 4 on course, mandatory to enter each checkpoint. Offering water, cola, Active Root & sweet and savoury snacks. Personal nutrition can be delivered to checkpoints 3 & 4. *No cups will be provided.*

Cut off – 18:00 at the finish and specified times for on-course checkpoints.

Finish – Medals, drinks, snacks and race mementoes. FREE Mr Whippy Ice Cream!

Prizes – 1st, 2nd & 3rd female & males overall & age categories. Prizes posted out after race day.



GETTING TO THE EVENT



OPTION 1

Go to the Finish end of the race, Hove Lawns, and catch one of the pre-event shuttles to the start. Your car will be waiting for you at the Finish
(must be pre-booked!)

[Car Parks near to Hove Lawns](#) – be sure to check the charges & maximum duration of your chosen car park

You will need to pre-book a shuttle bus seat as part of your entry, or you 'edit your entry details' via the link in your confirmation email up until two weeks before race day. Email info@ultravioletrun.co.uk if you need help with this at least 2 weeks before race day.

You will be assigned a bus according to your start time – this will be confirmed a week before the race. Our bus departure point is next to Hove Lawns.

Remember – anything you take on the bus but aren't running with (drinks bottles, spare clothes) will need to fit into a small bag, labelled with your race number, to be taken back to the finish.

OPTION 2

Go to the Start end of the race, Christs Hospital School, and make your own way from the Finish after your run.

You can park or get dropped off at Christs Hospital School, RH13 0LJ

There is free parking at the school – cars must be removed same day. There is also a small car park at Christs Hospital railway station, approx. 400m from the start.

Any spare kit or changes of clothes etc. that you would like us to transport to the finish for you will need to fit into a small bag, labelled with your race number, and be dropped in the baggage van.



BEFORE THE START



Buses – if you have booked bus transportation, you will be provided with specific details 7-10 days prior to race day. You will be allocated a bus time in accordance with your start time. The bus journey from Hove Lawns to Christs Hospital School pre-event will take around 50 minutes.

Race Packs/Registration – please pick up your race pack from the START between 07:15 – 08:40.

If you have a medical condition that we need to know about, please mark the front of your number with a cross and complete the details on the reverse of the number.

There will be a supply of pins at the start should you need them. Your race number should be visible on your front.

If you've ordered a buff or collapsible cup, these can be collected at the registration desk on race day.

Baggage – TRAVEL LIGHT, we cannot transport large bags for you. If you're travelling on the pre-event buses, we suggest you travel in your kit with a layer of clothes over the top. Perhaps bring a drinks bottle, banana, and your car keys etc; that's it. Essentially, everything you travel with that you're not running with, needs to fit into a small bag.

The bag drop off van is right next to the start line. **Your race number has a tear off baggage label on the bottom – you must label you bag before dropping it off.**

Start Times & Procedure – you'll be setting off in groups between 08:00 & 09:00. Final start times will be confirmed at least one week beforehand. Approach the start area 10 mins before your start time and our start line team will call you forward.



Chip Timing – your timing chip is on the back of your race number, so your own start & finish times will be taken.

Personal Nutrition Drop – if you have any particular fancies to eat along the course, if you have any dietary preferences, or just want to use the nutrition you've trained with, we will take it out onto the course for you. Nutrition must be in sealed bags and labelled with your race number and checkpoint locations and placed in the boxes at race registration. Personal nutrition must be dropped off by **07:45**. **Note – this is available for Checkpoints 3 & 4 only.**

Toilets – there are toilets at the start & finish and at checkpoints 2 & 3. **NOTE:** if you are catching the buses there are **NO** toilets at the pick-up point so please be sure to go before you arrive



ON THE COURSE

Race Briefing – important details and final reminders will be in the briefing. This will not be presented at the start, but online in advance, on the website and emailed to you within the final week.

It is assumed that you will have read the race briefing – if you have any questions you need to contact the organisers *before Wednesday May 3rd*.

Terrain - The course is mixed terrain and mainly firm ground unless we have a lot of rain beforehand. We follow the Downs Link until 21.5km. The second half of the course is across the South Downs, therefore hilly/rolling. The approach to the finish is on pavements and seafront promenade.

Hilly/Flat? The course is flat for the first half (in fact slightly downhill) then hilly/rolling for the second half.

Signage – the course is fully signed with arrows, red & white tape and warning signage where appropriate.

Additional Navigation - We will provide you with a course GPX file for use on GPS devices. Also provided will be a Google MyMap version of the course which can be viewed on a phone and is marked with checkpoint locations, toilets etc. **These will be emailed to you approx 1 week before race day.**

Headphones – we politely request that you do not use in-ear headphones for your own safety.

Course Etiquette – please be courteous to other path users. Short sections are narrow, please be patient and overtake when suitable.

Mandatory Kit –

- Fully charged mobile phone with emergency numbers included (found on your race number)
- Drink Vessel (bottle/bladder pack etc) holding a minimum of 500ml at the start (please bring ready-filled)
- Foil Blanket
- Waterproof/Showerproof jacket
- Method of payment, in case of emergencies

We appreciate that the need for some items may seem unlikely, however we have to plan for your safety in an emergency.

Medical Back-up – there is dedicated medical provision throughout the event. Due to the nature of the course, our medics may take some time to reach you. In a life threatening emergency, you should contact emergency services via 999. The event contact phone numbers will be printed on your race number.



COURSE MAP



START – 08:00-09:00

**CP1 – 12.6 KM –
CUT OFF @ 11:15**

**CP2 – 23.3 KM –
CUT OFF @ 13:05**

**CP3 – 32.3 KM –
CUT OFF @ 14:50**

**CP4 – 42.8 KM –
CUT OFF @ 16:45**

FINISH – CUT OFF @ 18:00



There are four checkpoints around the course, you'll find them at 12.6km, 23.3km, 32.3km & 42.8km. *It is compulsory for you to enter each checkpoint even if you don't need anything to eat or drink.*

What to Eat? Each checkpoint will stock a selection of snack items: biscuits, sweets, raisins, crisps, chocolate bars, savoury snacks and water to replenish your bottles with, along with cola & Active Root. **If you'd like to eat specific items, check the personal nutrition option as below.**

No Cups – we will not be providing plastic cups at the checkpoints. If you want to use a cup for cola, etc, at the checkpoints, you'll need to bring your own. UltraViolet collapsible cups are available to purchase via the event entry page or on the morning at race registration for £5 (cash only)

Personal Nutrition – available for checkpoints 3 & 4 only. Put your food into sealed & labelled bags – mark your race number and which checkpoint they should go to on each bag. Drop at registration before 07:45 and it will be taken out to checkpoints on the course for you. This is a FREE service.

Checkpoint Guidance –

- A tail-end runner will advise any participants if they are behind the cut off times; **you are required to be self-sufficient if you have to retire from the event**
- Use the hand sanitiser available
- We are unable to return any personal items left at checkpoints
- Supporters should not come to the checkpoints, access is limited and required by the event team and medical staff

CHECKPOINTS





AT THE FINISH



When you arrive at Hove Lawns you'll see our UltraViolet feather flags. Cross the line and your result is automatically recorded.

You can then pick up your finishers medal & memento. There will be water, cola, Active Root to help yourself to and your free Mr Whippy ice-cream!

Collect a voucher at the finish line to take to the seafront kiosk (just 50m from the finish)

Results & Prizes – 'live' results will be online courtesy of our timers *Timing Monkey*. Prize winners will receive their awards by post shortly after race day. We have overall, age category, a team prize and spot prizes up for grabs.

The team prize is for the 1st team to have 5 runners cross the line – make sure you've entered using the correct team name (hint – make it the same as your team mates!!)

Massage – available courtesy of North Hampshire Sports Therapy at £15 for 20 minutes.

Mugs – the amazing Absolute Mugs are available to purchase to immortalise your day, just click [HERE](#)

