

RUN TO THE SEA BRIGHTON
ULTRA MARATHON
SATURDAY 14th MAY 2022



Welcome to the 2022 Run to the Sea Brighton Ultra Marathon - a fabulous 50km multi-terrain course from Christs Hospital School in Horsham to Hove Lawn, Brighton.

A welcoming, well organised event; the perfect intro to ultra-running, an opportunity to challenge yourself to a 50km run, or simply just enjoy a fantastic scenic run to the sea!

Please read this guide carefully to make sure you have everything you need for an enjoyable and stress-free race day.

Have a great run!

Ultra Violet Team

AT A GLANCE SUMMARY

Race START	Christ's Hospital School, Horsham, West Sussex, RH13 0LJ
Parking at the START	There is free parking at the school - cars must be removed same day. There is also a small car park at Christ Hospital train station. This next to the station car park approx. 400m away from the school.
Race FINISH	Hove Lawns, Brighton, BN3 2FR next to The Lawns Cafe (a slightly different finish to last year but just a few lawns down!).
Parking at the FINISH	<u>Car Parks near to Hove Lawns</u> – be sure to check the charges & maximum duration of your chosen car park
Registration	Registration will be at Christ's Hospital School, Horsham, West Sussex, RH13 0LJ between 7:15-8:40am. Your race pack will be available 30-40 minutes before your start time
Baggage Drop	At registration you will be provided with a RTTS drawstring bag – this is for you to get a few essentials transported from the start to the finish. You will need to take your things in a carrier bag and put into the drawstring bag before taking to the baggage van. This is a FREE service – full details are in the “Buses & Baggage” section
Toilet facilities	There will be toilets at the start & finish venues and at halfway along the course. NOTE: there are no toilets at the Bus pick-up point, therefore please make sure you find somewhere before arrival if you are catching a bus
Entries on the day	If we aren't full, we can take entries on the day, therefore if someone you know wants to run, please ask them to email us
Race briefing	Your race briefing will be emailed to you before the event, it is considered that by turning up to the event you have read and agreed to the safety briefing
Start	At intervals between 8:00am – 9:00am. Groups of runners will be started off at intervals. Your exact start time will be pre-allocated and confirmed before race day. Please read the Race Start section later in this booklet for full guidelines.
Terrain	The 50km course starts at Christ's Hospital School and immediately joins the Downs Link. The first half is predominantly flat, in fact slightly downhill overall and will be mainly firm underfoot but can also be wet in places if we have a lot of rain beforehand. From 25km -41km you will be crossing the

South Downs where the terrain is hilly/rolling. The approach to the finish is on pavements & promenade.

Checkpoints

There are four checkpoints on the course. We operate a delivery service where you can have your own personal nutrition delivered ahead of your arrival to checkpoints 3 & 4 (only). This must be dropped in the boxes at the start. **See “Checkpoints” below how to get your personal nutrition out on the course.**

It is mandatory to visit each checkpoint even if you don't require food/water.

Course signage

Yellow/black arrows. You will be sent the final GPS file for the route in the week before race day – make sure you use the latest version as changes could be made. There will also be a google map version of the route made available, showing checkpoints and any public toilets along the route

Cut off time

The cut off time for the finish is 7pm, therefore 10hrs from 9am/ 11hrs from 8am **Checkpoint cut-off times are detailed below**

IMPORTANT TIMINGS

PLEASE ARRIVE AT THE RACE VENUE APPROXIMATELY 30-40 MINUTES PRIOR TO YOUR OWN START TIME

- ARRIVE IN KIT AND READY TO RUN. GPS PRIMED (if using)
- APPROACH THE STARTING PENS 10 MINS PRIOR TO YOUR START TIME
- TURN UP ON THE START LINE WITH NUMBER PINNED ON, GPS PRIMED AND READY TO GO
- IF YOU'RE USING OUR PERSONAL NUTRITION SERVICE FOR CHECKPOINTS 3 & 4, YOU MUST DROP OFF YOUR ITEMS BY 08:30



MAKE SURE THAT YOU'RE ON TIME!

RACE REGISTRATION

Race registration: will be at Christ's Hospital School, Horsham, West Sussex, RH13 0LJ between 07:15am-08:40am. You can pick up your race pack 30-40mins before your start slot.

Enquiries: If you cannot find the information you need in this Race Guide, please make enquiries by email to the office BEFORE race day. Please make sure you ask any questions by email by Wednesday 11th May.

The Race Start is at: Christ's Hospital School, Horsham, West Sussex, RH13 0LJ

The Race Finish is opposite 'The Brunswick' on Hove Lawns, Brighton, BN3 2FR, just past The Lawns Café (where incidentally you will pick up your free ice cream!).

Your race pack will contain-

- ✓ Your race number* (to be worn on your front)
- ✓ Your race timing chip which will be on the reverse of the race number.
- ✓ Your RTTS drawstring bag to have essentials transported to the finish for you
- ✓ Your UltraViolet silicone cup (if you have pre-ordered one)

*If you have a medical condition that will need consideration, please mark the front of your number with a cross and write details on the back. Race numbers must not be passed on to another runner

BAGGAGE & BUSES

Buses

Buses must be pre-booked at registration or by 3 weeks before race day. The detailed bus arrangements will be sent to those who have booked the bus transport once the race has closed and the bus seats allocated.

Our buses will pick you up at Hove Lawns (on Kingsway/Hove St jct next to King Alfred Leisure Centre).

NOTE: this is NOT the finish site – the finish will be approx 0.75mile further along the seafront towards the Peace Statue.

You will be pre-allocated your bus according to your start time. Please make sure you are at the bus pick-up point in plenty of time as the buses are full and we are unlikely to be able to fit you on a later bus. It is a 50-minute journey. You will be dropped within the school grounds very close to the registration/start.

There are NO toilets at the bus pick-up point at that time of morning so please make sure you have made arrangements before boarding the bus if you need to.

There is no event bus provision after the race.

Baggage

You will be issued at registration with a Run to the Sea drawstring bag. Please be aware that these drawstring bags (big enough to fit some running shoes and a few small items) are the only bags that we will transport for you back to the

finish area. **TRAVEL LIGHT.** If using one of our pre-race buses, we suggest you travel in your kit with a layer over the top, take a drinks bottle, banana and your car keys etc – that's it. Our bag drop-off point is right next to the start line.

RACE START PROCEDURE

Exact time slots will be pre-allocated and confirmed before race day. These will be at intervals between **08:00-09:00.**

Please aim to turn up 30-40 mins before your time slot.

10 minutes before your time slot, make your way towards the start area where a crew member will direct you.

Race numbers are in start time order to enable you to find your position roughly in the start line.

Runners will be called forward as each start slot is due to go off.

Runners in each start slot will start in a steady stream at the allotted time (see image of 2021 event below).

You should arrive on the day in kit and ready to go!



RACE BRIEFING & COURSE

Due to the staggered start, the race briefing will be made available to you by email prior to the day. It will then be assumed that you have read, understood & agreed to the race briefing. If you have any questions for the organisers, please get in touch by Weds May 11th, and NOT on race day.

At the start-

There will be no pre-race mass safety briefing as this will have already been sent to you by email.

The course-

Our course is 50km point to point, starting in Horsham (Christ's Hospital School, Horsham, West Sussex, RH13 0LJ) and finishing at Hove lawns, Hove, Brighton.

The first half follows the Downs Link and is predominantly flat. The route leaves the Downs Link at approx 22kms. The second half of the route crosses the South Downs and is hilly/rolling. After Upper Beeding you will join the South Downs Way at approx 25kms until 37kms. The approach to the finish is pavement and then flat seafront promenade for the final short stretch.

Please be sure to close any gates you pass through behind you and **DO NOT LITTER** – it is unacceptable to drop gel packets and suchlike on the ground and anyone caught littering will receive an instant DQ. It is a stunning route so if we treat it with respect it will stay that way. Above all enjoy!

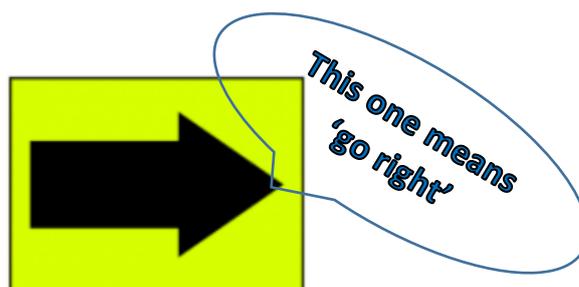
Road Safety-

The course crosses a number of roads – runners are expected to stay alert and navigate any road crossings safely. When you follow the race signage you will be guided to cross the roads at pedestrian crossing points where available – please make adult decisions about crossing roads only when safe to do so, using the crossing point correctly and safely. Any runner seen crossing the road when the lights are red will be disqualified.

The course is narrow in some places, with gates to negotiate etc. Please be patient and courteous with other members of the public. The course is unsuitable for buggies and wheelchairs.

Course signage-

The course is fully signed with yellow signs-



All meaningful junctions will be signed, but be aware that long straight sections where no turns are required, will only be signed sporadically. The course will be signed well enough for you to simply follow the arrows, however you may wish to use a back up if you're used to the technology.

Although the course will be well-signed throughout, we also provide:-

A **PROVISIONAL** course map on the race website, with a downloadable GPS file. The **FINAL** route will be emailed to you with a week to go. You can use any GPS unit (including phones) that can download and show the route. Please make sure you are familiar with your chosen GPS app well before race day. Please also be sure to check your battery life beforehand so that you know whether to have it on throughout, or to only use it for checking purposes.

From **0km – 22km** you can also follow the Downs Link signs (**NOTE:** you leave the Downs Link at 22kms)

From **25km-37km** you can also follow the South Downs Way signs (**NOTE:** you leave the SDW at 37km)

'Time of day' cut-off times-

Each checkpoint will close at the time given below. These times equate to approx. 18 min mile pace from our last start time at 09:00.

We have a sweep runner at the rear of the race who will advise if you are behind the cut off times.

Runners are expected to be self-sufficient in getting themselves to their required destination if they have to drop out of the race – please advise the race organisers via the number on your race bib.

Checkpoint 1 (12.6km) closes at 11:30

Checkpoint 2 (23.3km) closes at 13:40

Checkpoint 3 (32.3km) closes at 15:45

Checkpoint 4 (42.8km) closes at 17:35

Finish (50km) closes at 19:00

Course etiquette –

Please be respectful of other path/trail users on the course.

Short sections of the course are narrow, please be patient and only overtake when suitable.

CHECKPOINT INFORMATION

There are four Checkpoints on the course, which are also the Feed Stations.

It is compulsory to enter each Checkpoint even if you do not want to stop for food or drink

Checkpoint 1 – 12.6km

Checkpoint 2 – 23.3km

Checkpoint 3 – 32.3km

Checkpoint 4 – 42.8km

Each one will have a number of individually wrapped sweet & savoury snacks such as biscuits, crisps, sweets, raisins, bananas, as well as water to replenish your water bottles and cola (remember your silicone cup!).

If you have specific dietary requirements, please take your own supply in order to be sure of getting what you need (see Personal Nutrition section below).

Our checkpoints will not be using cups. Should you want a drink around the course, you will need to use your personal cup. If you do not have a suitable one you can pre-order an Ultra Violet silicone cup (£3) or buy one on the day (£5). These squash down to pocket size & are perfect to use on course. You can of course top up your bottles with water at each station.

Personal Nutrition –

We operate a free service transporting your personal nutrition to the 2nd half of the course (**checkpoints 3 & 4**). This allows you to carry your own nutrition for the first half and re-stock over the course of the 2nd half of the course.

Make sure your nutrition is in a sealed bag, labelled with your race number and the checkpoint each bag needs to go to, and drop it into the relevant boxes at the start area **BY 08:30**.



We will then deliver your nutrition to the designated checkpoint(s) on the 2nd half the course for you (NO personal food items can be taken to checkpoints 1 & 2).

Please note that we are unable to return any unused items left at checkpoints after the race.

Please make sure your supporters do not try to meet you at Checkpoints – these are for runners only and in order to avoid congestion we do not encourage spectators to wait at these points. These areas also have limited access & parking, which will be required by our event crew and medics.



TEAM COMPETITION

Team members will register individually, entering the same team/club name

Team/club names cannot be added after three weeks before race day

Team/club runners do not have to run together

The team/club with the first five members over the finish line, regardless of age or gender, will be the winners

Prizes will be posted out after race day due to the staggered starts

COMPULSORY KIT LIST & MEDICAL PROVISION

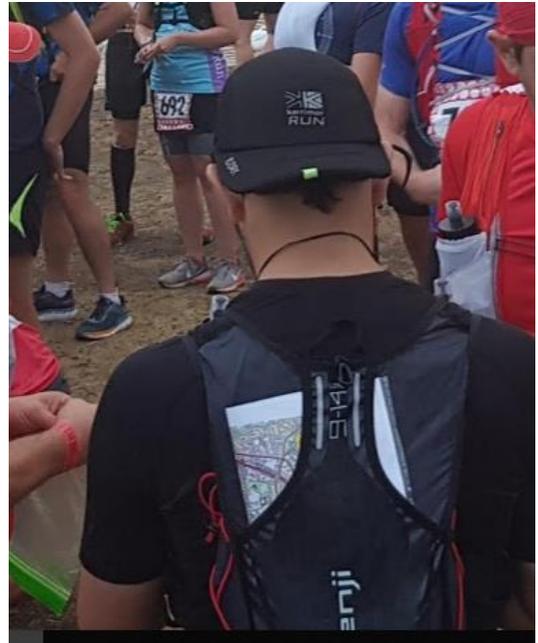
Each competitor must carry the following kit listed below:

- ✓ Fully charged mobile phone with emergency numbers included*
- ✓ Water bottle – holding at least 500ml of fluid pre-filled (note: there is no water at the start)
- ✓ Survival blanket
- ✓ Waterproof jacket
- ✓ Money to enable you to taxi/bus/train to your destination, should you have to retire

There will be random pre, during & after race checks and anyone found not to be carrying the mandatory items may incur disqualification or a one-hour time penalty.

Medical provision-

There will be dedicated medical provision available throughout the race. *Contact numbers will be printed on the front of your race number.



Due to the nature of the course, the medics may take some time to reach you. In those instances, you should contact the emergency services on 999 AS WELL AS the race medics.

THE FINISH LINE

You can collect your hard-earned medal and help yourself to some post event nutrition. We will be offering water, cola and a selection of snacks. Make sure you pick up your voucher for your FREE Ice Cream!!

You can retrieve your event drawstring kit bag – the baggage area will be staffed by the Hove & Adur Sea Cadets.

North Hampshire Sports Massage will be offering post event massage at £15 for around 20mins.



There are toilet facilities, cafes and of course the Beach, within a few metres of the finish line.

The event is chip timed and results will be live online in real time.

Prizes will be allocated after race day, due to the staggered start.

Prizes will be given to 1st, 2nd, 3rd Male & Female (regardless of age), then 1st Male & Female in the following categories: V40, V50, V60+ There is also a prize for our 1st Team/Club.

Run to the Sea Brighton personalised mugs are available to purchase directly from [our supplier, Absolute Mug.](#)



