

HHH VR Series 2020 - VSDWR 20th and 21st June, race window 0700 to 2000

Event instructions

Open to all Harriers over the age of 18

Thank you for joining in with this event. It's called a race but it's primarily about fun and enjoyment. We have a number of SDWR and ultra experienced Harriers as well as some much newer members, so we hope that you will both share and ask about each others' experiences. Let's celebrate being part of the Harriers team, especially after 3 months where our activities have been so limited by influences beyond our control.

Our stand out advice to you is to make sure you know where you're going, so you can settle into your running and enjoy it whilst staying safe too. Recce your leg to make sure you know the route and the safety points. There are places to park your car near the changeover points, you must park in public spaces and not on private land, in particular be aware of the place to park for the leg 4 / 5 changeover on the A27, and that you have to pay for parking at Ditchling Beacon the leg 5 / 6 changeover.

Your team captain will choose a team name with you. He or she will be able to give you some guidance and information about running on the SDW if you need it. The full list of teams is set out below, so you may choose to recce and / or run with another Harrier, especially useful if he or she is already familiar with the leg you've both been allocated! As well asking for advice, please tell your team captain when you are planning to run and when you've run your recce leg; and when you are planning to run your race weekend leg and afterwards the time you recorded. This is for safety as well as knowing that you're all preparing well. He or she will then be able to contact Race HQ (El Presidente) who will be updating results manually but as close to real time as you can shake a stick at. *(Oh really? – El Presidente)*.

As a team, you can decide to run your legs at any time during the race weekend windows, but you may also decide to run it partially or fully as a 'proper' relay, but without batons. If you do this, your changeover points must not be rushed as you only need to start your watch when you start running, not when the incoming runner arrives. This gives you time to stop and chat!

As a reminder, your running watch is the only source of timing for this event. We are not using Strava segment times. You must use the elapsed time of your run, to make it fair for all runners, so don't pause your watch or set it to auto pause during your run. Be honest with yourself and each other.

We've set out below:

- the rules on safety and timing;
- some pictures of the start and finish for each leg so you know when to start / stop your watch – unlike in the real SDWR, there will not be hoards of other runners cheering you at the changeovers,;
- the team details.

We have not included a detailed route description for each leg, so please refer to the SDWR website: <http://www.southdownsrelay.com/> and look at the tab labelled 'legs' <http://www.southdownsrelay.com/all-legs/>

We are sure that you'll have access to your own technology and maps too.

Rules: general safety, Covid – 19, timing

1. Your safety and that of others is your number 1 priority. You're responsible for your own safety so prepare well for your recce and race weekend performances. Read all the leg instructions here and on the SDW relay website, references attached.

Take great care crossing all roads; there are busy ones on legs 4, 6 and 8 but you should be equally as cautious on all of them.

The paths can be steep, stoney, hard, wet, slippery – all in the same day! Some of us remember a competitive runner turning an ankle in a rabbit hole on leg 1 within 5 minutes of the start, so wear the right supportive trail shoes and watch where you put your feet.

The SDW is a bridleway, which means you will also meet horses and mountain bike riders. You must stay well clear of them. Beware also of animals straying across the pathways when you're running across open fields.

Before you run:

- Tell a family member where you're going and when you expect to be back.
- Take your mobile with you, make sure it's charged; and a written name and address card.
- Running watch – charged and properly set!
- Sunscreen, hat, water, the right clothing. Snacks and water in your car for when you return.
- Maps? Remember you can't always rely on a good signal on the Downs for a strava segment or downloading OS maps.

2. Covid – 19. Social distancing rules – stay 2 m apart, run in groups of 6 or less, give way to pedestrians at gates. You may wish to consider wearing gloves; whether you do or not, the advice is to keep your hands below your shoulders. No car sharing other than with bubble members.

3. Timing. Please be honest about this – in the spirit of the SDWR this is an unmarshalled event which relies on good faith amongst you all. Keep your watch going even when you have to wait for another person at a gate or stile, or cross a road.

The route in summary

Leg	From	To	Miles	Up (m)	Down (m)	Map ref
3	Bo Peep	Itford Farm	4.6	86	248	433 056
4	Itford Farm	A27 Bridge	7.0	286	242	370 093
5	A27 Bridge	Ditchling Beacon	5.0	270	94	333 132
6	Ditchling Beacon	Saddlescombe	4.9	176	278	270 115
7	Saddlescombe	A283 layby	5.3	196	307	198 096
8	A283 layby	Washington South	6.3	260	140	122 120

Leg 3

The start line is by the gate at the eastern end of the car park, the car park is relatively small but there's space on the grass verges just before you reach the top. And here's the view as you look west.



The leg ends with a bridge crossing the A26 Newhaven road, as you cross the road, the bridge takes you to the right and here's what you see. The finish line is the junction with this access road, with the YHA on your right at the end of this flint wall.

Leg 4



There's a limited amount of car parking space outside the YHA, so you may have to park on the A26 verge.

Here's what you'll see at the start of Leg 4. The SDW finger post just after the gate to Itford House is your start point.

After 100m or so, you'll come to the railway crossing at Southease station. There's a barrier with lights when a train is coming, so if you time this right, you shouldn't have to go over the bridge.

Just after Southease church, TAKE GREAT CARE as you CROSS OVER the Kingston Road



Remember to celebrate in the usual way as you cross the meridian line.

The finish of Leg 4 is after you cross the road bridge going over the A27 near Falmer. This is what you will see as you approach the end of the bridge. The finish point is the finger post on the opposite side of the road facing you. No need to continue running past this junction, you've finished!

Note: the bridge and the slip road are privately owned by Housedean Farm and you must not drive on them or park on them.

Thoughtless SDW users have received the frustration of a

landowner finding cars parked in the way of BIG farm machinery carrying HAY BALES or driving animals.

****Don't be one of them. PARK IN THE LAY-BY ON THE EAST BOUND A27, 300m FROM HERE. ****

Leg 5



Having parked safely in the lay-by on the A27, and walked past the turning point up onto the SDW path, you'll find the finger post at the top of the slip road just before the bridge.

The finger post is your start point, then retrace your steps (slightly quicker ones I hope) back down the road past Housedean Farm.

And here's your finish at Ditchling Beacon – it's the gate on same side as your approach to the Beacon, so **YOU DO NOT RACE ACROSS THE ROAD**. This photo is taken from the Beacon side of the road; you'll be running towards the gate you see on the opposite side. Rubbish photo, sorry, I was in a rush here, tell you why some time if you ask me nicely.

It's 2 baton changeover in the SDWR – the outgoing runner stands at this finger post and is allowed to run when the incoming runner arrives at the gate. Such fun. 😊



Leg 6



Here's the leg 6 runner's view of the path from this finger post. I asked the owners of these cars to leave them there to act as a reference point for you. They were really nice and told me where to go which I found very helpful.

The SDW takes you towards Clayton windmills, just before then you turn a sharp left to take you towards New Barn Farm and stables where you turn right. This takes you downhill alongside Pyecombe Golf Course and into the car park. **BEWARE TRAFFIC HERE.** At the end of the car park is the A283. **STOP HERE and ONLY CROSS WHEN IT IS SAFE** for you and other road users. Pay attention as you approach this crossing – you're running downhill through a tarmac car park towards a tarmac road which you do not want to find yourself suddenly in the middle of. Keep your adrenalin in check. The footpath continues alongside the opposite side of the road.

The end of Leg 6 is at Saddlescombe Farm. The path from Newtimber Hill brings you to a black metal gate with the farm on your left, go through this gate and you'll see this finger post just before the road. **DO NOT CROSS THE ROAD**, the finger post is your finish line.



Leg 7



Car parking is here at the bottom of the hill and also at the top of this hill on the road which leads to Devil's Dyke. Leg 7 is a net downhill, but there's no other words for it, the start is a real shocker. You need a good warm up for this leg – jogging down the hill from the top car park towards this one just ain't good enough. The official SDWR start is by the first traffic cone by the grass verge opposite side of the road from the leg 6 finish.

On your way towards the finish, there's a long downhill stretch towards the A283, and as you reach the road you'll see this gate with the path on the right. Take this path and turn left onto the footpath which is alongside the A283.





It's about 150m before you get to the finish which is on your side of the road directly opposite the barrier by the lay-by on the other side. So, you **DO NOT CROSS THE ROAD**. In the SDWR, it's another of them wizzy 2 baton changeovers.

Leg 8



****The A283 is a busy road****

There's car parking here in this lay-by or at the roundabout just a few hundred metres to the north.

The start is the line of this barrier on the western side of the A283.

After Chanctonbury Ring, the SDW makes a right turn which leads you to a steep downhill chalk path. The finish point for Leg 8 is at the finger post pictured here.

STOP AT THIS POST YOU'VE FINISHED!

If you are being met here, the car park is straight on down the hill at this finger post – about 200m.



This is the view of the SDW path which turns to the right here – this is the start of Leg 9 but that's another story and another race 😊

The teams

We have used our skill, judgement and complex formulae to estimate your times – only in a fraction of cases do these relate to the amount of oxygen at high altitude – with the intention that we increase the chances of a close finish. For your own benefit, see these estimates as a guide not a constraint.

Team	Leg	Runner	Est (mins)
1	3	Liz E	38
	4	Matt K	53
	5	James M	43
	6	Andy D	40
	7	Amanda S	49
	8	Tim H *	53

2	3	Simon R	33
	4	Tim Miller	56
	5	Kim L	45
	6	Shelagh R	48
	7	Jason R	47
	8	Ben G*	45

3	3	Clare K *	41
	4	Simeon W	57
	5	James C	37
	6	Graham K*	45
	7	Dave W	40
	8	Greg H	54

4	3	Lydia L	39
	4	Gemma M	68
	5	Kath B	51
	6	Shiv A	40
	7	Hannah G	42
	8	Ian D*	59

Team	Leg	Runner	Est (mins)
5	3	Ant G	38
	4	Michael B	54
	5	Russ M	39
	6	Pete F	40
	7	James S	45
	8	Carl B*	58

6	3	Mike S and Debbie	44
	4	Phil P	54
	5	Tim S	43
	6	Chris F	40
	7	Karen T*	45
	8	Rob W	48

7	3	Carys H	47
	4	Andy H	53
	5	Marion H *	54
	6	Lins B	45
	7	Paul C	32
	8	Chris S	42

* team captain

Have fun everyone, stay safe and enjoy the company of your fellow Harriers.

Best wishes,
Martin, Tim, Marion and Mark