

## Firle Half Marathon & 10km Trail Run.

Sunday 26<sup>th</sup> September 2010. Start 09:30am (Half Marathon) and 10:15am (10km).

Thank you for entering the Firle Beacon Trail Runs organised by 'Raw Energy Pursuits'. **PLEASE NOTE THE START TIMES FOR EACH RACE.** Race HQ will be within the grounds of Firle Place, Firle, East Sussex, just off the A27 to the east of Lewes and west of Eastbourne. There is plenty of parking within the estate adjacent to the start and finish; please park as directed by the marshals. The Firle Estate have kindly allowed us to organise the event within the grounds, so please respect the estate and take your litter home with you. (The race location postcode is BN8 6LP).

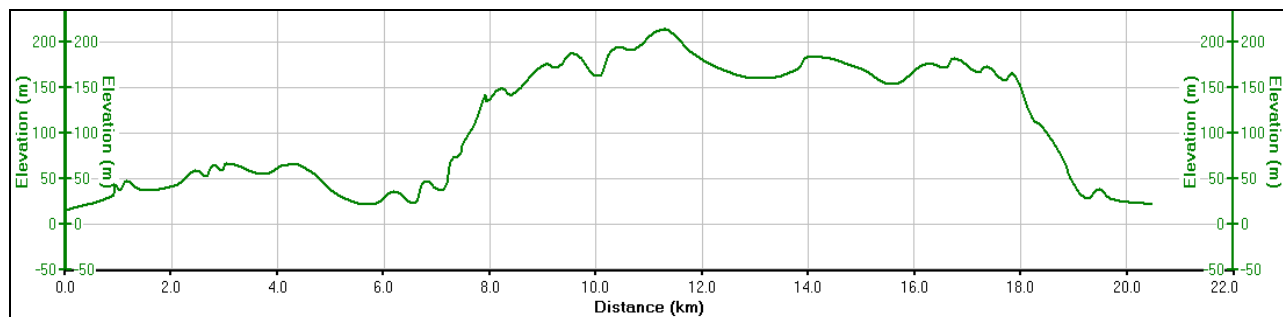
### Registration

The registration desk will be clearly marked within the grounds of Firle Place. **Entries will be accepted on the day although there is an additional levy. Postal or online entries will be accepted up until 24/9/10.** 'Countryside Catering' will be positioned near the finish together with the Red Cross. Toilets (portaloos) will be located near the finish; there may also be some available at the Ram Inn from 0900hrs (The Ram Inn is about 200m from registration). We will have mobile phone contact with marshals on the course and there will also be a lead/sweep mountain biker for each race. The marshals are located at key points and will record your race number.

### Course Details

A last minute race briefing will take place on the start line. The Half Marathon will start first at 0930 hours followed by the 10km at 1015hrs. All the runs will initially follow tracks and trails on the old coach road within the estate and then they follow their respective courses. Please be aware of horse riders and dog walkers on the course.

**Half Marathon.** The race will start on the tarmac road which leads to Firle Place before crossing a grassy footpath to the start of the old gravel Coach Road. From this point the surface is a mixture of hard packed chalk and gravel. Follow the route to **Beanstalk Cottage** and then continue straight on along the Old Coach Road until you reach the road at Bo Peep Lane (4km). Once you get to the cottage on Bo Peep Lane, cross the tarmac road and continue straight ahead along the Old Coach Road to Alfriston. As you meet the road (just before 7km) turns right and follow the track up the side of the South Downs; this is a fairly steep chalk track. Once at the top, turn right and follow the South Downs Way to Bo Peep Farm (10km + water) continue straight along the SD way passing Firle Beacon and Firle Top (13km + Water). Remain on the SDW and head straight across towards the two huge MASTS and then follow the signs and marshals to the next trig point. Circumnavigate the trig point/dew pond and return back to Firle Top Car Park and then enjoy the descent and views all the way downhill to the finish back in the estate (This is a fast section on tarmac roads). **Water will be provided at 4km, 10km and 13km and 15km. Km markers will be positioned around the course.**



Course Profile Half Marathon

**10km Trail Run.** The race will start on the tarmac road which leads to Firle Place before crossing a grassy footpath to the start of the old gravel Coach Road. From this point the surface is a mixture of hard packed chalk and gravel. Follow the route to **Beanstalk Cottage** and then continue straight on along the Old Coach Road until you reach the road at Bo Peep Lane (4km). **Turn right** at Bo Peep Lane by the cottage where it reaches the tarmac road. This is

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the start of the climb to Bo Peep on the South Downs (5km). Once on the downs follow the SD Way passing Firle Beacon (Highest Point) and then enjoy the descent from Firle Top Car Park and the views all the way downhill to the finish back in the estate (The last 2.5km is a fast section on tarmac roads). **Water will be provided at 5km and 7km. Km markers will be positioned around the course.**

Marshals will be positioned at strategic points on the course and will be in contact with the race officials and Red Cross. The course is well signed. The terrain is a mixture of firm trails and tracks along popular walking routes, but there may be the odd muddy patch depending on the weather so a good trail shoe may be best. There will be updates on [www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk) on the condition of the course when necessary.

## Massage

Pre and post race massage will be available at the finish area.

## Medical Advice

If you have any known medical conditions please inform us before the race and write your condition on the back of the number.

**Unfortunately there is no onsite camping this year.**

## Results

Provisional results will be available later the same day on [www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk) Please let us know if you have any timing queries and we'll try and help you out.

Please hang around for the prize giving as we'll have loads of extra prizes from our sponsors as we did in 2009, enjoy the setting and food provided by Countryside Catering.

## Prize categories

Trophies will be awarded to the first three male and female runners across the line. Numerous other category & spot prizes will be awarded at the finish

**Entries will be available on the day at £18 & £15.**

Maps are on [www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk) and any last minute course changes will be posted here.

We look forward to seeing you on the Sunday the 26<sup>th</sup>, enjoy the race & views!

Mick, Steve & Nigel  
Raw Energy Pursuits

[www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk)



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