



## **Needles Half Marathon June 5<sup>th</sup> 2022**

Dear Competitor

We are absolutely delighted to be able to welcome you to West Wight Sports & Community Centre for this race.

Here at West Wight Sports & 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 boost our funds; thank you for your support.

During 2020 we were forced to close and cancel most of our events. We took on the co-ordination of the response to the pandemic for the West Wight area, supporting hundreds of vulnerable and isolated people. We were honoured to have been recognised for our work by the Earl of Wessex who paid us a visit in September 2020!

For more information, visit our website, [www.westwight.org.uk](http://www.westwight.org.uk)

Thanks to many of you who took part, we were able to host a smaller Festival of Running in 2021 and we are delighted that this year, we have been able to increase numbers once again and return to a more familiar format.

We hope that you will enjoy participating in this years event and look forward seeing you.

Clare Griffin

Event Director and Centre Manager

E-mail: [events@westwight.org.uk](mailto:events@westwight.org.uk)

Tel: 01983 752168

### **Sponsored by:**

**LOVE RUNNING**

This spectacular race is sponsored by Love Running – The Isle of Wight's only shop dedicated to running. Love Running is an independent, unique, specialist running shop owned by husband and wife, Simon and Jo.

With Simon's diploma in Sports Physiology and Jo's previous shoe and retail experience and them both running for over a decade, they can be sure to offer you fantastic advice around the best shoes to wear, gait analysis and various hints, tips and information as well as huge enthusiasm and support.

For more information about Love Running, please check out their website by clicking the logo above.

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

**Please do not attend if you are showing symptoms of COVID**

## **Directions to Race HQ and parking**

West Wight Sports & 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.

### **Ferry travel to the Island**

Both Wightlink and Red Funnel Ferries run regular crossing to the Island.

#### **Red Funnel**

Southampton – East Cowes (Car Ferry)

Southampton – West Cowes (Foot passengers only)

#### **Wightlink**

Portsmouth – Fishbourne (Car Ferry)

Portsmouth – Ryde (Foot passengers only)

Lymington – Yarmouth (Car Ferry)

## **Car Parking**

Car Parking is limited. Please avoid driving to the Centre if you possibly can – walk, jog, or cycle if you're local! Can a friend or family member drive and drop you off before they go out onto the route to watch you? Car share if you can. There are three car parks available

- Moa Place which adjoins WWSCC and is at the race start
- Avenue Road (A3055) – a 2-minute walk from the start
- TeeMill car park – on the approach to Freshwater on Afton Road – a 5-minute walk from the start

## **Toilets, showers and storage**

Access to toilets, showers and changing is limited in order to avoid disrupting regular sports centre users.

Please come ready to run if you can, and consider if you need to use the shower or changing facilities after your race.

There will be LIMITED SECURE STORAGE available. Please leave your stuff with supporters or locked in your car if you can.

Please make use of public toilet facilities on route to the event so that we can minimise the numbers needing to enter our building. There are public toilets at Compton, Gate Lane Freshwater Bay, Moa Place, Totland Bay, Colwell Bay and Yarmouth. Please try to use these facilities on your way to the Centre.

## **Water and refreshments**

There will be three water stations on the route, at approx. 4.5 miles, 9.5 miles and 12.5 miles. Water will be provided to all runners at the finish. Coffee, teas and light refreshments will be available in the Sports Centre café.

## Course Information

The course is approximately 13.1 miles, covering some of the most scenic parts of the Isle of Wight. It should be easy to follow, but there are marshals and arrows to assist your progress around the course. The route can be found [here](#).

**PLEASE NOTE – THIS YEARS ROUTE VARIES SLIGHTLY FROM PREVIOUS EVENTS DUE TO CLOSURE OF BEACH ACCESS AT BRAMBLES CHINE JUST AFTER THE FIRST WATER STATION. FURTHER ROUTE CHANGES WILL BE IN PLACE A TOTLAND PIER DUE TO THE CLOSURE OF THE SEA WALL AT TOTLAND AND ALSO AT THE NEEDLES BATTERY.**

**PLEASE FOLLOW SIGNAGE AND MARSHAL INSTRUCTIONS.**

Most of this course is on public footpaths which offer stunning views of Hurst Castle, the Solent, Alum Bay, the Needles and Tennyson Down. There are low tree branches and several gates to negotiate during the run. There are also several hills to ascend, some narrow paths (especially through the Yar Estuary and Nature Reserve) and a few roads to cross. There are plenty of 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!

The 5K runners will join the Half Marathon route at Freshwater Bay and all runners will finish at the same point.

## Registration and Start

The start will be on the field adjoining WWSCC. Registration will be accessed via the field and NOT VIA THE MAIN ENTRANCE TO THE CENTRE. All entrants must register and collect their pack before the start.

There will be no on the day entries. (Don't even think about asking !!)

Registration for all races will open at 0930. Registration will be alphabetical. If you have other family members taking part in other races (including the Junior Fun Run) or the same race, PLEASE COLLECT ALL YOUR RACE PACKS TOGETHER. Please only have one person queue up in order to minimise crowding at registration.

**WHEN YOU HAVE COLLECTED YOUR RACE PACKS PLEASE MOVE AWAY FROM REGISTRATION AND MAKE YOUR WAY TO THE START 5 MINUTES BEFORE YOUR RACE START TIME.**

Race starts as follows:

- |                          |       |
|--------------------------|-------|
| - Needles Junior Fun Run | 10:00 |
| - Needles Half Marathon  | 11:00 |
| - Freshwater 5K          | 12:00 |

Your race number will indicate where you are in the start order. When you line up for the start please ensure you start in numerical order. This is to ensure that congestion on narrow parts of the course is kept to a minimum and faster runners are not held up.

Your race number must be attached to the front of your top using four safety pins in each corner. Numbers must not be folded, cut or mutilated and must be clearly visible to marshals. Your number is non-transferable. 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 live as they happen on our website.

## Rules

These rules are not exhaustive and the race director reserves the right to exclude any runner who is a danger to themselves or others or does not comply with any of the information in this document or on display at the venue.

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 these 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. Their race number will be noted and they risk not being permitted to enter future WWSCC events.

## **Kit Recommendations**

This is NOT a walking event and the cut off time is 3 hours 30 minutes. Anyone taking longer than this risks finishing after marshals have left their positions and after the race finish has been dismantled and first aid cover will have stood down.

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 highly 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.

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.

## **Spectators**

There are many vantage points on the route, and several cafes where spectators can sit and watch runners pass – including [Warren Farm](#), to whom we extend our thanks for permitting the race to pass through their fields.

## **The Finish & Presentation**

After crossing the finishing line, please move away as quickly as you can. Your medal will be available a short distance from the finish line. Please return your chip timer – **lost or missing chip timers will be charged at £25.00.**

Results will be available through a live online link as runners finish at [www.iwfor.co.uk](http://www.iwfor.co.uk)

Trophies will be awarded to: 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> place man and woman and prizes will be awarded to age group winners. These will be available at the finish.

## **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. Please keep to the footpaths. You may encounter livestock including cows, horses and dogs etc., due care should 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.

## **Merchandise**

We're really excited to have teamed up with TeeMill to produce a range of souvenir t-shirts, vests and hoodies. These are printed to order on organic cotton using ethical and sustainable business practices. Please visit our online shop to browse and purchase.

**[SHOP HERE](#)**

*Thank you for entering and we look forward to seeing you!*

# RACEMAP – Live Tracking

Racemap live tracking will be available for the Needles Half Marathon to track your progress, ensure safety and allow your family and friends to know where you are on the event. Post event you can replay your progress compared to all runners.

**RACEMAP is administered by our partners, Rogue Racers, who will be administering this separate from the registration area. Please direct all Racemap enquiries to Rogue Racers.**

To activate live tracking you will need to be carrying a phone with GPS and mobile data. You will be charged £1 at the event to receive your unique key.

## 1. Prior to race day

**Install RaceMap** tracking application on your phone by scanning the relevant QR code below:



Or by clicking on one of the links:

**Apple:** <https://apps.apple.com/us/app/racemap/id640797527>

**Android:** <https://play.google.com/store/apps/details?id=racemap.de>

## 2. On race day

On the day ensure your phone is **fully charged**.

Find the Rogue Racers table before the start of the race and pay £1(cash preferred) to receive your key code which you enter into the application to enable live tracking.

## 3. Before the start

Just **5 minutes** before you start the race activate the app ensuring you have GPS enabled and select “**Start Live Tracking**”.

**NOTE: individual instructions and assistance will be provided on the day of the event.**

**[Share this link with your family and friends to follow your progress](#)**

If you are not carrying a phone, friends will be able to track your progress around the course using predictive tracking for all runners based upon on course split timing points.

## Route Directions



### **START - West Wight Sports & Community Centre**

The course is marshalled at road crossings and obscure corners, and the course is otherwise indicated by use of arrows, signs and coloured tape.

#### Key points (refer to map)

- A. At Stroud Road, please use the pavement in front of the garage when turning right into **Afton Road**. **DO NOT RUN THROUGH GARAGE FORECOURT**. The same applies when returning from the other direction along Afton Road later in the race.
- B. At the end of **Gasworks Lane** runners cross a busy main road. Although the crossing will be marshalled, runners are advised to use **extreme** caution here.
- C. **New for 2022**. When leaving Linstone Chine Holidays, continue along the lane past Brambles Farm, joining **Colwell Road**, where marshals will direct runners to turn right and remain on the RHS of Colwell Road using the verge and pavement.
- D. **New for 2022**. Turn Right off Colwell Road into Colwell Chine Road, to return to the seafront at Colwell Bay. (**WARNING: this road will be busy with vehicles and pedestrians**).
- E. New for 2022. Take the steps up to the left opposite Totland Pier, and at the top, take a right over the pedestrian bridge to Turf Walk. Marshals and signage will direct you. (**WARNING: this area will be busy with pedestrians**).
- F. **Headon Warren (TAKE CARE – exposed tree roots)**. Follow the well trodden paths to bear left up to the summit, then proceed left around the summit overlooking Tennyson Down, and turn right at the signed footpath to descend a steep field. There will be marshals dotted around.
- G. Having come down off Headon Warren, the course bears left at the main road, crossing where marshalled 200 yards along.
- H. The route continues on grassland across Tennyson Down (**WARNING: sheer cliffs on right**) past the **Tennyson Monument**. If in doubt stay close to the woodland on your left. You then descend for 1 mile towards **Freshwater Bay (toilets in lane)**.

The 5K runners will join the route at Freshwater Bay.