



Freshwater 5k - June 10th 2023

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.

For more information, visit our website, www.westwight.org.uk

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

Tel: 01983 752168

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

Directions to Race HQ and parking

West Wight Sports & Community Centre, Moa Place, Freshwater, Isle of Wight, PO40 9XH

[Home](#) [About Us](#) [Accommoc](#)

[Yarmouth](#)

Satellite

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

Coffee, teas and light refreshments will be available in the Sports Centre café.

Course Information

The course is approximately 5km. It should be easy to follow, but there are marshals and arrows to assist your progress around the course. The route can be found via our website [here](#).

The course is multi terrain and includes road crossings, tracks and footpaths. You can expect the ground to be uneven, soft and muddy in places and paths to be overgrown. Please take care, run within your capabilities and have fun!

Registration and Start

Race numbers can be collected from the Sports Centre from 7am on the day of the race. Please follow any signage at West Wight Sports and Community Centre at busy times to avoid disrupting regular sports centre users.

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.

Registration will be alphabetical. If you have other family members taking part in other races 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:

- | | |
|-----------------|-------|
| - Freshwater 5K | 12:00 |
| - Tapnell 10k | 15:00 |

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. Please maintain a social distance at all times whilst in the start area.

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 - this is for your safety.

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 INCLUDING BONE CONDUCTING HEADPHONES 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.

Listen to all directions given by marshals.

Kit Recommendations

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 vantage points on the route for spectators. Please encourage your supporters to cheer you on.

The Finish & Presentation

After crossing the finishing line, you will be awarded your medal and water will be available. Bask in the glory of your success!

Results will be available through a live online link as runners finish at www.iwfor.co.uk

Prizes will be awarded to: 1st place man and woman at the end of the Race.

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!