



Needles Half Marathon June 11th 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

Sponsored by:



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

Directions to Race HQ and parking

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

Home About Us Accommod

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

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 – THERE MAY BE SLIGHT VARIATIONS TO THE ROUTE ON THE DAY.
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. The ground will be uneven in places, soft and muddy in others and could be overgrown. Please take care, run within your capabilities and have fun!

There are 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!

Registration and Start

Race numbers can be collected from the Sports Centre from 7am on Saturday 10th June or on Race Day from 10am. At busy times, please follow the signs at West Wight Sports and Community Centre 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 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:

- Junior Fun Run 11:00
- Needles Half Marathon 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. 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.

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 for refreshments very close to the route – 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.

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

Trophies will be awarded to: 1st 2nd and 3rd 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!