

## CHILLY HILLY SUNDAY DECEMBER 10<sup>th</sup> 2023

### Organised by West Wight Sports & Community Centre

Dear Runner

Once again, I am absolutely delighted to be able to welcome you to the wonderful West Wight on December 10<sup>th</sup> and for you to be able to enjoy our beautiful and unique route. You can be assured of enough cold to make it 'chilly' and enough ups and downs to make it 'hilly'! We'll also ensure there's enough mud to make you feel like it's really worth it...and quite likely, as usual a good amount of gale force winds! We know you'll love it!!

We encourage you to enjoy a minced pie and mulled wine in our sports hall when you finish, where live race tracking will be displayed. We will have children's soft play and refreshments available throughout the race, so please do encourage family and friends to come along and support you.

Thank you for your attention and I very much hope you enjoy the race!

Clare Griffin  
Race Director  
E-mail [events@westwight.org.uk](mailto:events@westwight.org.uk)

Sponsored by:

**LOVE RUNNING**



---

Any comments relating to this event should be addressed to :-  
Clare Griffin, Event Director, West Wight Sports & Community Centre, Moad Place,  
Freshwater, Isle of Wight, PO40 9XH, Tel: 01983 752168

### Course Information

The course is approximately 10 miles. There are marshals, tape and arrows to assist your progress around the course, but you are advised to check the route maps displayed on the day. Please follow all marshals' instructions. Failure to follow instructions can lead to disqualification. Please pay attention to all guidance from race officials before and during the race. Due to flooding and path closures, the race will NOT follow the same route as previous years. A map of the route will be published on the website as soon as it is finalised.

**In order to reduce the environmental impact of the event, the West Wight Chilly Hilly is a cupless event;** please carry a reusable cup or bottle – there will be a refill point approximately halfway, at the Needles Battery on West High Down.

Most of this course is on public footpaths which offer stunning views of Freshwater Bay, the Needles, Alum Bay, Headon Warren and Tennyson Down. Part of the route is described by Vassos Alexander in his book as his second favourite run of all time (only beaten by the atmosphere of the London Marathon). So we urge you to enjoy it and take in what will be the most spectacular scenery. There will be mud, several gates to negotiate, hills, cliffs, narrow paths, and a few roads to cross. Safety is paramount – please take care. If you haven't spotted any markers or marshals for some time, recheck your route to make sure you are on course.

### Registration

Registration for the race will open at 1000. 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. Please follow signage and marshal directions. All entrants must register and collect their number and timing chip before the start.

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

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 **ANY** form of headphones/earphones (**including bone conducting headphones**) is not permitted. Runners seen wearing any headphones/earphones during the race will be disqualified.
- Dogs are not permitted in the race. Any runner seen with a dog during the race will be disqualified.
- Any runners seen dropping litter will be disqualified.
- This is not a walking event. At the Race Directors discretion, participants may be asked to withdraw from the race if their progress is particularly slow. Back markers will accompany the last runners. Cut off time is 2 hrs 30 minutes

### Facilities

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 to reduce congestion before the race. 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.

### 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 – please ensure you check applicable charges.

- 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.

### Kit Recommendations

You know your own ability, so if you anticipate a slower run be sure to take more fluids with you. Sections of this course will be muddy and slippery; the use of trail shoes is recommended. As the route also 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 please ring West Wight Sports & Community Centre on **01983 752168**. First aid will be provided 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, please inform a marshal or ensure that the race director is informed at the Centre.**

It is essential to make sure that your race number is visible at all times. This is for your own safety and helps us to keep track of all runners.

### The Finish & Presentation

There is a cut off time of 2hrs 30 minutes, after which we cannot guarantee that your time will be recorded, and the course will be dismantled and medical assistance will cease.

All runners will be awarded a medal which will be awarded at the finish There will also be water, mulled wine and mice pies available for all runners after their race in the sports hall.

1<sup>st</sup> place man and women will be presented with trophies in the Sports Hall at the finish.

Winners of age category goodies bags sponsored by Love Running and Mizuno will be awarded as follows. If you think you have won an age category, please make yourself known to us!

Mens Junior U20  
Mens Vet 40 – 49  
Mens Vet 50- 59  
Mens Vet – 60 – 69  
Mens Vet – 70+

Womens Junior U20  
Womens Vet 40 – 49  
Womens Vet 50- 59  
Womens Vet – 60 – 69  
Womens Vet – 70+

We will also be holding a bib number draw at 1:15pm, for two pairs of Mizuno shoes! Prizes must be claimed on the day, so if you one of the first finishers, please wait to find out if your number is called!

### 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 also encounter livestock along sections of the route, so due care should be taken. These are public footpaths so you won't be the only people using them. Please be alert for dog walkers, cyclists and pedestrians at all times.

### On the route

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

The route crosses several busy roads where runners must exercise caution. There are no road closures for the race, and don't expect drivers to allow you to cross, just be grateful when they do!

There are also additional hazards like slippery bridges and stiles, and cattle en route.

Shortly after the start of the race, the route passes in front of the car park entrance for a supermarket and also a recycling centre, where extra care should be taken.

As you climb up the hill after the loos at Freshwater Bay, runners are advised to keep to the well-worn paths, to avoid straying too close to the cliff edge. Marshals will be present at several locations to ensure you keep your bearings.

The road from the Downs to the Needles Battery is quite a steep descent. Please take care not to slip.

It is **vital** that runners listen to marshals' instructions carefully at all times. Please also remember that the marshals have volunteered their Sunday so that you can race. They always appreciate your thanks!

Good luck – and enjoy!