



Needles Half Marathon June 7th 2026 **Race Start - 11am**

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.

Rachel Richards
Race Director

E-mail: 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

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.

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 vantage points on the route for spectators; including at Warren Farm, who are hosting an open day, where drinks and refreshments are available. Please encourage your supporters to cheer you on.

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.

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