



## **Beachy Head Half Sunday 18th October 2020 Participants' Final Details**

**THE EVENT** - The Beachy Head Half Marathon course is set over a 13.1 (or so) mile course. Runners should expect to take 15-30 minutes longer than a flat road marathon.

There is a maximum time limit of 4 hours to complete the course and the event will close at 13:30pm.

We have a Sweeper Team that covers the complete route from start to finish, for Health and Safety reasons you will not be permitted to continue should the Sweeper Team overtake you as all route markers are taken down by the sweeping team leaving the course unmarked and unsafe. A lift back to the start/finish will be arranged for you at the next checkpoint. Should any participant refuse to retire this will breach the Event T&C's of entry and the participant will continue at their own risk and will no longer be part of the Beachy Head Half Marathon.

**REGISTRATION** – A race pack will be sent to you no later than 3 days before the race day. This pack will include your race bib number, a disposable timing chip attached to the rear of the number (do not bend the timing chip), a participant code of conduct and safety pins. If your pack doesn't arrive in advance of the event please discuss your query with the timing company who will have a queries desk at St Andrew's Prep on Darley Road on the day of the event. We are unable to accept new entries on the day and we are not operating a reserve list.

**ARRIVAL ON THE DAY** – Due to road closures for the event, parking near to the start will be limited. There is ample parking along and just off the seafront, however, some of this is paid on street parking (of which we have no control unfortunately). The later you arrive the further you will have to walk! There is no changing facilities on site so please arrive 'ready to race'. Please wait by your car until your allocated wave arrival time, which is listed on your race bib. If you do not receive your race pack through the post we recommend you arrive between 08:00 and 08:30 to ensure you have enough time to discuss the query with the timing company. Depending on how far away you have parked, you may need to leave extra time to walk to the socially distanced holding area, which is at St Andrew's Prep, Darley Road, BN20 7UT.

You should not attend the event if you have COVID-19 symptoms or you have received a positive test result for COVID-19 or you have come in to contact with someone that has symptoms or has recently tested positive for COVID-19.

Those living in very high risk areas, as defined by the government should not attend the event as this is classified as a non-essential journey. To find out if there are any local

travel restrictions in your area please visit the following website and enter your postcode: <https://www.gov.uk/find-coronavirus-local-restrictions>

STRICTLY NO EARLY STARTS will be permitted. Please head to your starting pen for the allocated time, which is listed on your race bib. The waves will be set off between 09:00 and 09:30, we are unable to confirm your exact start time.

The event closes at 13:30 so all participants must be finished within 4 hours.

**Holding Pen Area** - You must wear a mask and observe social distancing at all times whilst in the holding area at St Andrew's Prep. In each holding pen there are coloured markers on the floor, please stand on the centre of this marker at all times, which will ensure you maintain the social distancing from fellow participants.

Please use the hand sanitiser provided on arrival and before and after using the toilet facilities. We also recommend you use the hand sanitiser provided at the checkpoints. You may wish to bring your own sanitiser for all other times. You will be asked to remove your mask before the race starts, please do not remove it until asked to do so.

We will have COVID security officers monitoring the use of face masks and social distancing at the event and anyone not following the rules will be withdrawn from the event. Your support in this area will enable us to host this COVID secure event in the future.

**Wave start procedure** – New for 2020\* We have introduced a wave start procedure to enable participants to maintain social distancing at the start of the event and whilst out on the course. The procedure will be as follows:

1. Participant arrives at St Andrew's Prep (Darley Road) at the time listed on your race bib. Depending on what holding pen you have been allocated you may have to wait up to an hour before the start of the race. This measure has been put in place to spread out the volume of participants arriving at once, to support social distancing guidance. Whilst we appreciate this may be a slight inconvenience, your safety is our number one priority!
2. On arrival please ensure you are wearing a mask and have your race bib pinned to your t-shirt. Access will NOT be granted if you do not have your bib number pinned to your t-shirt
3. Use the toilet facilities if required and then proceed immediately to your allocated start pen
4. Whilst in the pen stand on the next available floor marker, wear a face mask at all times and avoid speaking to fellow participants
5. You will be walked out to Meads Street in small socially distanced groups (no overtaking is permitted). You will be asked to remove your face mask before beginning the race.

6. Once you reach Meads Street you can then begin jogging towards the start line outside Bede's School (no overtaking permitted).

7. Once you have crossed the start line overtaking is permitted in all areas where you are able to maintain social distancing

**BAGGAGE STORE** – Not available in 2020 due to COVID guidelines. You cannot leave any clothing on the school field that you wish to keep. Any clothing left on the school field will be donated to charity. We do not accept any liability for loss/ clothing removed from the event site. We recommend you arrive 'ready to race'.

**CONDITIONS** - Conditions can be bad, especially on the high ground along the coast and it may be cold and wet! Therefore, care should be taken in choosing what to wear. Trail shoes are recommended due to ground conditions and the chance of inclement weather.

**COURSE** – This will be marked (arrows and tape) and marshalled. Please follow the marked course route and **DO NOT** go near the cliff edge. The route map and route profile can be viewed on the Beachy Head Marathon website. [www.beachyheadmarathon.com](http://www.beachyheadmarathon.com)

Please obey Traffic Officers and marshals' instructions at road crossings and the instructions of Coastguards along the cliff edge. Please be prepared to give way to traffic as the roads are 'live'.

To respect the farming community when crossing arable land - please keep to the path. Do not cut corners or spread near the stiles.

**DOGS** – Due to social distancing measures dogs are prohibited from the 2020 event.

**TOILETS** - Start (St Andrew's Prep), 3.8 miles, 9.8 miles, Finish (Helen Gardens).

**EROSION** – The National Trust, East Sussex County Council, the Sussex Downs National Park and Eastbourne Borough Council are all concerned about erosion of the chalk grassland. Mindful of this and to safeguard the future of the event, we trust that you, as carers of the countryside will respect their concern and, where possible avoid all eroded sections along the coast and follow the markers.

**WATER STATION** – Due to recent guidance, the number of water stations across the course will be limited. With this in mind, we strongly urge runners to bring their own water/gels/hydration belts or jackets. Please arrive with your water bottle filled up. There will be **NO** water taps on site. Bottled water will be available on the course (1x 330ml bottle per person, per water station. Water stations are available at: 3.8 miles, 9.8 miles, Finish Line.

**FOOD** – 3.8 miles mars bars, 9.8 miles bananas.

**FIRST AID** – Cover will be provided at checkpoints and at the finish. 4x4 Paramedic response vehicles are also available. If you spot a medical emergency please advise the nearest marshal.

**RETIREMENTS** – Except in cases of emergency and/or injury, retirements should only be at a checkpoint. Transport will be provided back to Bede's School when available.

Only authorised entrants will be transported back. Face masks must be worn and hand sanitiser used when entering a minibus. Please do not sit directly next to another participant when inside the minibus.

Please notify the checkpoint marshal if you are not going on, give your entry number to the minibus driver. You do not need to return your timing chip as it is disposable.

**FINISH** – Collect your well-earned medal, water and a pasty! Please leave the event site immediately to support social distancing. We are actively dissuading spectators from attending the event.

If you are being dropped off and or picked up by a family member, please ensure this is limited to 1 person and arrange to meet them off site, in an open space after the race i.e. not by the finish line. This will significantly assist with social distancing.

Spectators – Spectating is strongly discouraged to support social distancing. We heavily rely on your support in this matter, your actions will ensure that the event can continue in a COVID secure environment.

Please note spectators will not be allowed into the holding area at St Andrew's Prep or on the start/finish line outside Bede's Prep. The start finish line will be screened off to prevent spectating. Spectating is also banned from other areas on the course such as Butts Brow & Birling Gap.

**MASSAGE** – Not available in 2020.

**EVENT PHOTOGRAPHY**– Sussex Sports Photography take photos throughout the event. A link to access the photos will be shared by email shortly after the event.

**SWIMMING POOL (Bede's School)** – Not available in 2020.

**RESULTS** – Official results will be posted on the website [www.beachyheadmarathon.com](http://www.beachyheadmarathon.com) as soon after the event as possible. Participants that supplied their mobile number at point of entry mobile will receive their results via text message. Live finish line results will be available on the day (link shared on social media on race day).

We do not have an event 'app'.

**MERCHANDISE** – A range of Hoodies, t-shirts and other souvenirs are on sale at

<https://shop.beachyheadmarathon.co.uk/> Clothing will NOT be available on race day. Please note orders can take up to 2 weeks to arrive.

**TRANSFER OF RACE CATEGORY** – Category transfer has now closed. You must not transfer / give your race number to a friend as this would be a breach of race terms.

**PRIZE** – Prize vouchers will be awarded to the First £30, Second £20 and Third £10 place finishers (male and female) redeemable at Tempo Running Shop, Eastbourne. <http://www.temposhop.co.uk/> Tempo is a running specialist, aiming to improve the running experience of runners of all abilities. They provide customers the opportunity to have their technique/ gait analysed and to test out running shoes on the in-store treadmill. They carefully select shoes based on testing, reviews and personal experience. Tempo provides shoes, apparel and accessories from leading expert run brands. Staff can provide advice and guidance on training along with hand-outs that can be taken away with any purchase for free of charge.

**NEXT YEAR** – The 2021 Beachy Head Half will take place on 17th October 2021.

**SPECIAL THANKS TO OUR 2020 SPONSORS:** Bede's Prep School, St Andrew's Prep, TEMPO Running Shop, Euro Self Drive & The Eastbourne Herald.

**Good Luck!**

# St Andrew's Prep

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