

CHILLY HILLY SUNDAY DECEMBER 12TH 2021

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 12th 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!!

COVID remains a concern. Our rules are considerably more relaxed than last year, but we ask you to support staff, volunteers, Centre users and fellow runners by remaining vigilant and observing COVID safe practices whilst you are at West Wight Sports & Community Centre. WWSCC is a community centre and many high risk and vulnerable people use our facilities. We strive for everyone to feel safe and supported, and, as the Centre will be open as usual on Sunday, please bear this in mind whilst on site.

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

Clare Griffin
Race Director
E-mail 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, Moa Place,
Freshwater, Isle of Wight, PO40 9XH, Tel: 01983 752168

COVID specific information

- Before leaving home all runners must undertake a coronavirus test. If you test positive or are displaying any symptoms of coronavirus you must not attend the event and must immediately follow NHS advice.
- Arrive race ready if at all possible. Changing rooms and showers are available if required but we urge you to try to avoid changing and showering on site if at all possible.
- There is no facility for storing your possessions during the race. You must store them in your car or with a member of your household. Staff and volunteers cannot take care of keys or other possessions.
- Toilets are available in the building but access will be limited and entry to the building controlled. There are public toilets at Freshwater Bay, Totland Bay and Moa Place. Consider stopping off there on your way to avoid congestion at the venue. The route also passes the Freshwater Bay toilets at mile 1.
- Please wear a face covering if you enter the building for any reason.
- The café will be open for snacks and drinks. Please use our take away service where possible
- There are no water stations on the route. Please provide your own water and carry it with you or make arrangements with someone in your household to give you water on route
- When you finish, please move away from the finish line promptly
- Results will be posted online as soon as possible after the event. Results will not be displayed at the venue

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 on the enclosed map. 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. The route map can be found here [Chilly Hilly 2021. Mapometer.com running route #5310866](#)

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

You can collect your race numbers from 10 am on Sunday morning. Alternatively you can collect on Saturday from WWSCC (between 7 am and 3 pm) or Love Running in Newport (between 1030 and 5). **IF YOU WISH TO COLLECT FROM LOVE RUNNING PLEASE TELL US BEFORE 9 AM ON FRIDAY.**

On Sunday registration will be in the Mountbatten Room at WWSCC. Access will be via the field and queuing will be outside with restricted access to the room. Please consider collecting race numbers from groups to reduce numbers in the room. Only enter the registration room if you are collecting a race number.

Rules

- The use of any form of headphones/earphones 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

Showers and changing rooms are available if necessary but we encourage you to come race ready and go home to shower if you possibly can. There will be no secure bag storage - please store your possessions in your vehicle or with a member of your household. Staff and volunteers will assist with storage of possessions if no other safe storage is possible. Toilets are available but access will be controlled.

Car Parking

The car park at the Sports Centre is pay & display. There is additional pay and display parking available in the public car park in Avenue Road (A3055). We are also very grateful to Rapanui who have allowed us to use their car park free of charge at their Teemill factory on Afton Road.

Kit Recommendations

You know your own ability, so if you anticipate a slower run be sure to take more fluids with you. It is very likely that sections of this course will be muddy and slippery. You will probably find the use of trail shoes beneficial. 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 they can collect from the medal display area. There will also be water, mulled wine and mice pies available for all after their race.

Prizes awarded to:- 1st 2nd and 3rd place men and women. Trophies will be presented as runners finish. If you think you have finished 1st, 2nd, or 3rd man or woman, please check before leaving without your trophy!

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.

Route Directions



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.

Just after the supermarket, you enter Afton Marsh. Dependent on the weather leading up to race day, the bridge through Afton Marsh within the first mile can be very slippery.

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 today. They always appreciate your thanks!

Good luck – and enjoy!