



Notes for Runners of the 5 mile Senior Race

Due to an event being held by Stopham Church this year we have had to adjust the Flyers 5 route.

The start will be down the track close to Limbourne Farmhouse. The farmhouse verge will be taped off so please do not cross the tape on to the verge, please keep on the track whilst queuing up for the race.

The first half mile is on road until it passes Churchwood, and then it turns into trails beginning with a steady climb into Fittleworth Wood. Although we will do some course preparation, some of these trails can be very uneven, and slippery underfoot if there has been rain before the event, in particular the descent from Fittleworth Wood can be quite tricky in places. PLEASE TAKE CARE!

When you arrive back at Limbourne Farm (approx 1.8 miles) you will enter a footpath which will be used by both the outward and return runners, so we ask that you kindly keep to the left side of the track if return runners are coming towards you.

At approximately 2.2 miles the route turns back to road and at 2.7 miles runners will be requested to keep to the left side of the road on the out and back loop to Harwoods Green (3.4 miles).

At 4.5 miles the route the incoming runner will pass outward runners using the same path so, again, please keep to the left.

There are water stations at miles 2.7, 4.1 and at the end.

Note for Spectators and Runners for both Junior and Senior Races

We kindly ask spectators, and runners who have finished, not to gather too closely around the marshalls recording the runners who are coming into the finish, but to move further down the road to cheer on the incoming runners. The south side of the lane will be the only side that you can gain access to the spectating areas after the race has commenced.