

Thank you for entering The Worthing Mini Mile/3km on Sunday 11th February 2018. Hope you have a great run!

For those of you with children running please see note 'Child Welfare and Safety' and the bottom of this page.

Arrival, Venue & Parking

The race start is on Marine Drive, just west of New Street. Postcode is BN11 3BT. The finish line is the metal gantry on the esplanade. Worthing has many council car parks all within 5 minutes walk to the start. I highly recommend using these car parks as they cap the Sunday prices regardless of how long you stay. Please see website for links. The nearest railway station is Worthing, a 15 min walk. Please 'GO GREEN' and consider the environment - car share, cycle or use public transport. Thank you if you do!

Number Collection and Race Times

Race numbers can be collected on race day or the day before.

Race Day: From the Pavilion Theatre on the pier from 11.00 – 12.45pm.

Day Before: The Denton Lounge (right side of the Pavilion Theatre) 12.00 – 17.00.

All children please come ready to race and leave bags with parents/guardians. Adults are welcome to use baggage zone along with valuables sign in. If you are running the half marathon as well please remember to change your race number over. Collecting parent is to wear matching security wrist ID.

Start Times and The Course:

Mini Mile (5-10) : Gather at the Start line (New Street) at 12.25 for a 12.30 start.

One lap. 800 metres on the road, left turn, then 800 metres on the seafront esplanade. We allow Under 7's to run with a parent/guardian.

3km (11 Years plus) : Gather at the Start line (New Street) at 12.45 for a 12.50 start.

Two lap course with the last 800 metres on the seafront esplanade.

No dogs, accompanying vehicles or cycles are allowed on the course.

Parents - Please return to finish zone to collect your runner from the secure handover zone. If your children are on their own they may leave race bags in this area to collect after the race.

Water and Toilets

Water will be provided at the end along with a medal. Public toilets can be found on the east side of the pier, outside Dentons café, at the lido and adjacent to the start line. See website for maps.

First Aid & Medical Conditions

Paramedics will provide medical support on the course if necessary and at the finish.

If you have a medical condition that will need consideration should you be taken ill, please write the details on the back of your number. If you feel unwell before the race, or have not been well for a few days prior to the event, please do not start; remember there is always another year and another race. We have plenty of stewards on the course. Please DO NOT run under another persons' number. It is essential the person running is the person registered on our system.

Rules, Race Discipline and The Use of Headphones

Runners who do not have a properly displayed number or are identified as running under the wrong name will be disqualified. The wearing of headphones is not recommended but allowed. Please use bone-conducting models. The route runs on closed roads and the esplanade.

Take care when overtaking and make way for faster runners. If you need to stop or walk please move to the side so as not to impede other runners. Instructions issued by traffic management, police or race marshals, who will be wearing fluorescent yellow bibs, MUST be obeyed. They will advise you of any hazards.

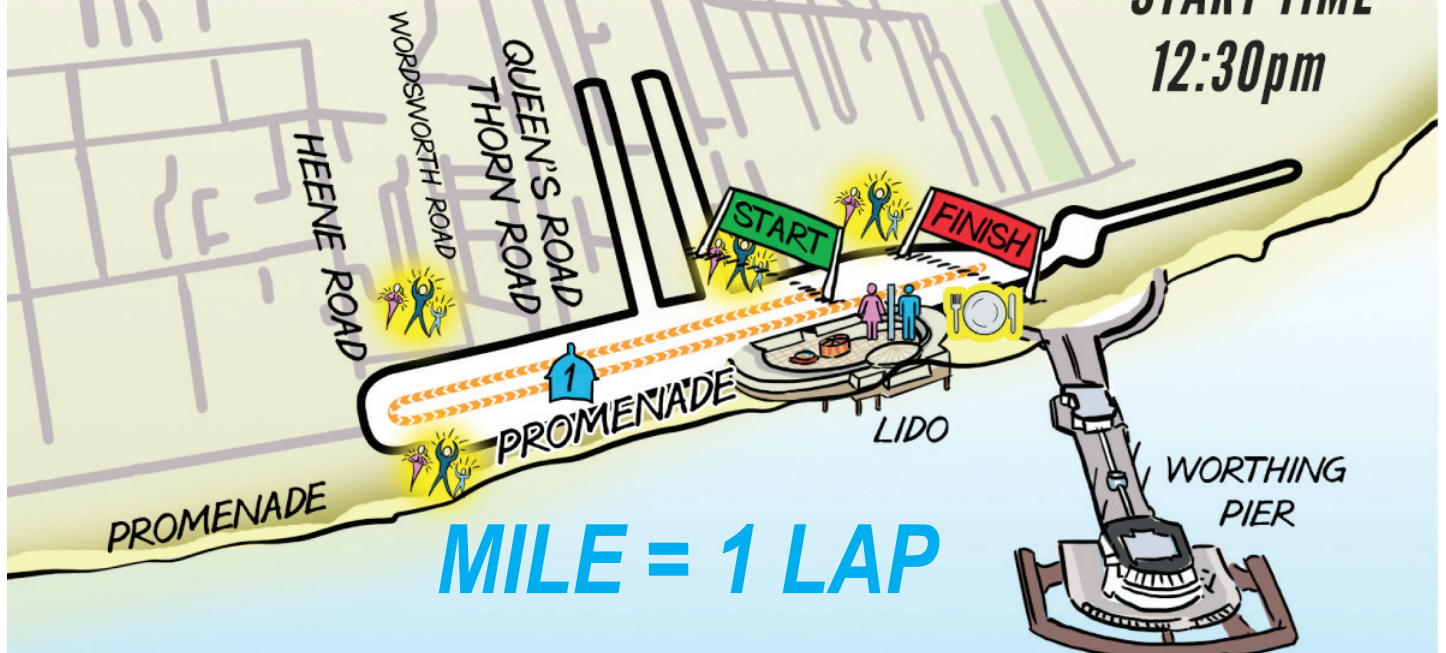
Any athlete not complying with this rule is liable to disqualification. The Race Referee's decision is final at all times.

Child Welfare and Safety

All children will be given a numbered wristband to link them with a parent/guardian on the day. At the finish of the race please present yourself at the secure handover zone to collect your child/children. PLEASE DO NOT FORGET TO COLLECT THEM PROMPTLY. It will be less than 10 degrees on race day. Please bring plenty of warm clothing.

MILE RACE ROUTE

START TIME
12:30pm



MILE = 1 LAP

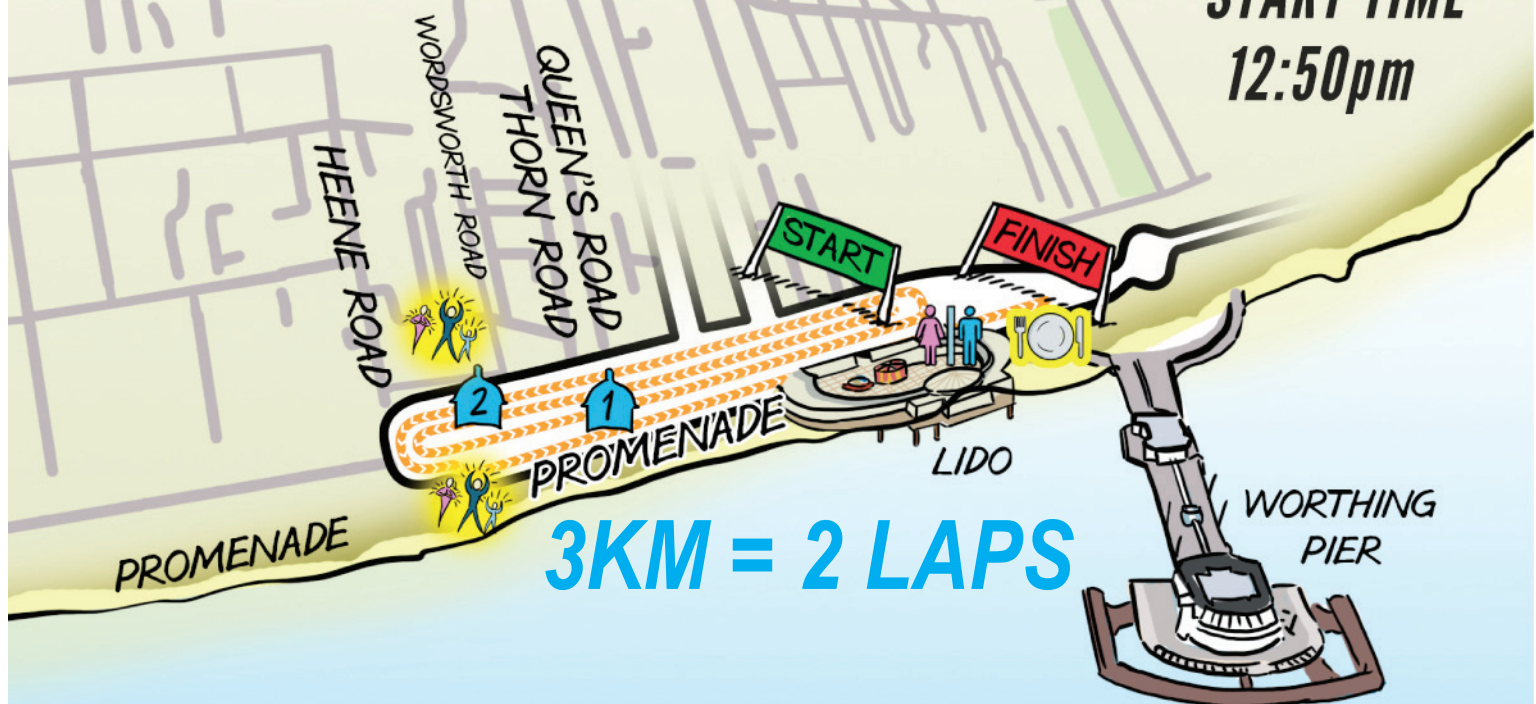
START LINE IS UP NEAR NEW STREET SO GIVE YOURSELF 10 MINS TO WALK UP THERE FROM THE PAVILION www.worthinghalf.co.uk

FOR ACCOMMODATION PLEASE VISIT
WWW.VISITWORTHING.CO.UK

EAT. SLEEP. RUN. WORTHING.

3K RACE ROUTE

START TIME
12:50pm



3KM = 2 LAPS

START LINE IS UP NEAR NEW STREET SO GIVE YOURSELF 10 MINS TO WALK UP THERE FROM THE PAVILION www.worthinghalf.co.uk

FOR ACCOMMODATION PLEASE VISIT
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LONDON ↑

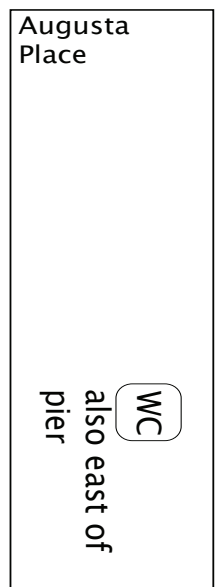
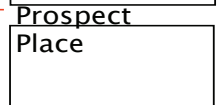
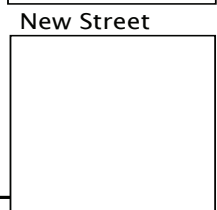
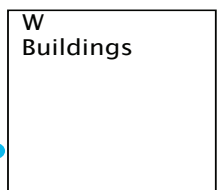
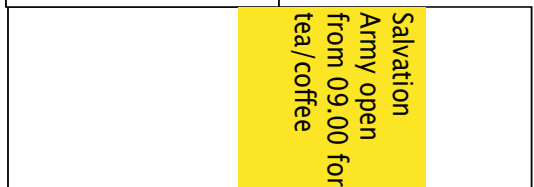
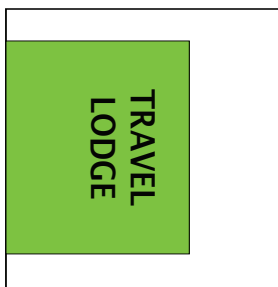
Salvation Army open from 09.00 for tea/coffee

Worthing Long Stay Car Parks (more than 4 hrs allowed).
- Gratton Car Park (family and elders, 450 spaces)
- High Street multi-storey car park (644 spaces)
- Buckingham Road multi-storey car park (288). See Race Day Details on website for more details
If travelling from the west easier to use free street parking west of Worthing and jog down. Roads stewarded from 08.00.

Gratton Car Park via Marine Parade/Prospect Place



West Street



MARINE DRIVE

ESPLANADE

START

FINISH

secure handover zone

WC

WC

WC

WC

WC

THEATRE

MEET at start line 5-10 mins before race:
START TIMES
Mini Mile: 12.30
3km: 12.50

LIDO - Open for refreshments/breakfasts etc

Denton cafe open



balega



THIS IS THE SEA

FRANCE ↓

THIS IS THE SEA

THE PIER

All at Pavilion Theatre on Pier
Baggage/Valuables for Adults
General Enquiries
(lost numbers/property/children etc)
Entry On The Day
First Aid Base Station