

WEST SUSSEX FUN RUN LEAGUE

Gunpowder Trot Sunday 5th November 2023, 10.30am



LOCATION:	The event takes place on footpaths across open land on the Denne Park and Chesworth Farm estates, close to Horsham town centre. Race HQ is at Horsham Cricket Club in Cricket Field Road. Use postcode RH12 1NU for Race car park (The Forum, Blackhorse Way). The car parks, Race HQ and start/finish are all located in different places, so please follow directional signage. Please allow 10 mins if parking in The Forum or up to 20 mins if parking in other town centre car parks. A detailed location map will be available soon.
SENIOR COURSE:	Approximately 4.5 miles, undulating, majority off-road course, on bridleways and footpaths. One short section of the course is on a tarmacked driveway, although you can run on the grass verge beside this if you prefer. The Gunpowder Trot route is on Good Run Guide here https://www.goodrunguide.co.uk/RouteMap/MyRoutes/520240 .
	Water station at HQ, not at Start/Finish Line. (In view of sustainability, there will be a water station at Race HQ for emergency topping up only so please bring your own water).
	Caution: The three Chesworth Farm fields are prone to rabbit holes. Please take extra care running across these fields. Marshalls will make you aware on the day.
	Not suitable for U16s or wheelchair athletes. Disabled runners, please contact Race Director at info@horshamjoggers.co.uk to discuss the course before entering. NOTE: In line with WSFRL requirements, no headphones are permitted
JUNIOR COURSE:	Sorry, there will no Junior race this year.
MAP and	Available on our website https://www.horshamjoggers.co.uk/wsfrl-gunpowder-
PARKING:	<u>trot/</u>
CLUB ENTRIES:	Runners from Clubs affiliated to the West Sussex Fun Run League should enter via their Club. Club reps should submit entries to info@horshamjoggers.co.uk by Monday 30 th October latest.
ON-THE-DAY ENTRIES (Club & Public):	There MAY be Club Member entries available on the day. Please check our Horsham Joggers Facebook page the week before the race to check whether any on-the-day places are available. On-the-day entries will be priced at £10 for WSFRL affiliated Seniors, and £12 for non-League Seniors.



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	For the Gunpowder Trot 2023, there will be <u>no</u> on the day Public entries available.
FOOTWEAR:	Depending on weather conditions, the course can get muddy, so trail shoes are strongly advised.
TOILETS:	Located at Race HQ. No showers or changing facilities.
FACILITIES	Bar with snacks/hot and cold drinks including alcohol
CLOTHING:	Because of the likelihood of cold, mud and rain, we suggest you bring a change of footwear and clothing for the journey home. Remember to bring a plastic bag or newspaper for your shoes, to protect the boot of your car!
BAG DROP:	Runners are welcome to leave bags at Race HQ, but it's a 5 minute walk to the start, so you might get cold on the way. You can leave clothing (at own risk) at the start/finish area.
CAR PARKING:	THERE IS NO PARKING AT RACE HQ. Parking is in the public multi-storey carparks in Horsham Town Centre (charge payable). The closest carpark is at the Forum, Blackhorse Way, RH12 1NU. Allow 10 mins walk to race HQ and a further 5 mins walk to the start. We rely on the goodwill of local residents so please do NOT attempt to park near Race HQ.
CAKE:	A fantastic selection of homemade cakes, hot and cold drinks are available at Race HQ.
ENQUIRIES:	info@horshamjoggers.co.uk or at Race HQ on the day
INCLEMENT	This event is susceptible to cancellation because of bad weather.
WEATHER:	Please check the Horsham Joggers' Facebook page before travelling, even if the weather is OK where you are!

This race is **sponsored** by

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