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**Horsham Round**

**Team Information**

Thank you for joining us at the Horsham Round. These instructions and guidance

notes should help you to have a safe and enjoyable day.

To help you plan your day, you should refer to the following information:

• Route Guide booklet, with route descriptions of each of the 8 stages (hard

copy provided to teams)

• Good Run Guide map for team driver (link from HJ Website)

• FAQs (HJ Website)

• Teaminformation and disclaimer form (By email)

**Route Guide and Maps**

You will need to make copies of the Route Guide, so each runner has a copy of the

instructions for their stage. The driver and team leader should have copies of the full

instructions. Runners should also have the map corresponding to their stage. If the

weather is poor these may need some protection to avoid them becoming soggy!

There are a few compass directions given in the Route Guide so you might wish to

have a compass available, though it is not regarded as essential.

**Contacts**

Please make sure that your team know how to contact each other and your driver(s)

on the day. It’s worth testing that mobile phone communications actually work before

your team sets off and that batteries are well charged.

The HJ contact number for emergencies on the day is: Roger Johnson on

07971 531237

**Safety**

Please get your team and driver(s) to read the safety notes and sign the disclaimer

form. The signed disclaimer form should be handed to the start volunteer before your

team sets off.

**The Start**

The run starts at the Horsham Rugby Club. Information about parking in and

around Horsham Park is available on the Horsham Round page of the HJ website.

Parking is free on Bank Holidays.

You should select your start time so as to **finish around 2:30pm.** Because it is

cross-country and you will have to navigate, assume your times will be slower than

usual.

There will be a HJ volunteer at the bandstand to collect your disclaimer form and see

you off.

**Planning your run**

You will need to plan your change-over points, estimating times when runners will

reach them and adapting on the day as the run evolves. The starts of stages are on

or near roads but with limited parking space so please park safely and considerately,

respecting other road users and residents.

You will need to work out your own transport arrangements. A volunteer non-running

driver is a good idea. It is also a good idea to pre-plan who is running which stages.

If you don’t do this, you may find you have a team of tired runners and a stage or two

left to go.

As the stages are quite short some team members may like to do more than one

stage and these do not have to be continuous. If your team is large enough it is

possible to plan overlapping schedules and we encourage you to have two team

members running each stage, to assist with navigate and for social and safety

reasons.

Do make sure that your runners have the right maps when they set off, particularly if

they are about to do more than one stage before you see them next.

**Refreshments**

There are no refreshments provided on the course, so you and your team need to

make your own arrangements. If you have a team car, it’s a good idea to keep

stocks of water and nutrition.

**First Aid**

This is an informal event, so there will not be any first aiders in attendance. It’s a

good idea to carry some basic first aid supplies such as plasters and anti-septic

wipes in case of blisters/ falls. Teams should consider having a full first aid kit in their

support car. In case of emergency, call 999.

**Weather**

Keep an eye on the weather forecast in the days leading up to the run, and plan

accordingly. In hot weather, ensure runners have extra water, hats and sunscreen.

In wet weather, keep a change of clothing and footwear in the team support car.

**The Finish**

In the past some teams have staged a team finish with all runners joining in for

the last leg or at a convenient point along the way.

Please take a note of your overall completion time, and a team finish photo. We will

be posting these on the HJ website and HJ Facebook page after the run.

**Solo Runners**

If you are running on your own, please ensure you have arranged for a friend or

family member to be a point of contact in case of emergency. Solo runners MUST

run with a mobile phone. Please programme the HJ emergency number before

you start: 07971 531237 (Roger Johnson)

Solo runners may choose to put refreshments out on the course beforehand – if so,

please make sure you collect any water bottles, carrier bags etc afterwards.

If you wish to run with a dog, please let us know.

When you finish the run at Horsham Rugby Club, please check in with one of the organisers so we know you have finished.

**Driver information**

There is a Good Run Guide map with instructions for drivers, on the HJ website. The

Route Guide also has information about the best places to park/ stop when dropping

off/ picking up runners. Information about parking for Horsham Park (the start/ finish

point) is available on the Horsham Round page of the HJ website.

Drivers should carry a first aid kit, water and snacks, warm clothing and/or foil

blankets, and, in wet weather, plastic sheets/bags to protect car upholstery from

muddy shoes and wet bottoms!

**Afterwards**

Horsham Rugby Club will be open for food and drinks (soft and alcoholic). Picnics are welcome. Some seating is available for those buying from the club, but feel free to bring chairs or picnic rugs.

*Most of all…*

*Good luck and enjoy the day!*