



Harting Trail Race

RACE DAY INSTRUCTIONS for SUNDAY 2nd AUGUST 2026

Start Time: 10.30am

Thank you for entering Liss Runners' annual open race. We're looking forward to welcoming you to this friendly event and challenging course over the South Downs.

These are the final instructions for race day.

Race Numbers:

Please pick up your number from the registration desk on race day. The desk will be open from 8.45am until 10.15am. We are introducing chip timing for 2026 so will be using a different allocation system for issuing numbers. Please allow plenty of time to collect your number and get to the start.

Car Park and Race Headquarters:

Harting War Memorial Sports Field, Petersfield Road, South Harting, West Sussex.

The location is on the B2146, 0.5 km west of South Harting, in the Petersfield direction, and will be clearly signposted.

- **Nearest Postcode:** GU31 5QA - but this may not take you directly to the location.
- **OS grid reference:** SU 781.197
- **What Three Words:** opens.goggles.stems.

Please proceed carefully around the perimeter of the playing field when parking/leaving, avoiding the cricket pitch. Please be mindful that there will be other runners, spectators and children on the grounds.

Changing, Showers and Toilet Facilities:

There are a few toilets available in the Pavilion in addition to portable loos. Changing and shower facilities are limited.

Race Start:

The race starts at 10.30, and the start is a 10-minute walk away from the Sports Field. Please allow enough time to reach the start comfortably.



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Course Directions:

The ten-mile course will be marked by yellow/green signs with large black arrows. There will be a lead cyclist, mile markers and marshals at all key points.

Other Users Out on the Course:

All roads, paths and tracks will remain open to other users. Please respect their rights to be there. If any horses are encountered, take special care and stop if necessary to avoid any potentially serious incidents.

Health & Safety:

The event is being organised under permit 31272 issued by Run Events on behalf of England Athletics. A full risk assessment has been carried out and will be displayed at Race HQ.

We strongly recommend running without headphones so you can stay aware, soak up the atmosphere, and enjoy the stunning surroundings. If you really can't go without music, only bone-conducting headphones are permitted. **Over-ear and in-ear headphones are not allowed.**

Running with dogs or buggies is also not permitted.

The biggest safety concern is the B2146. Competitors will need to walk along this road for 300m up to the start and return along the same section at the end of the race. There will be road warning signs and marshals, but traffic can be fast moving. Please stay on grass, which will be barrier-taped off this year, rather than walking/running on the road surface itself.

The course is uneven underfoot in many places but also has sections of road. Please wear appropriate footwear and take care during the race.

There will be professional first aid available at the finish and response vehicles out on the course. If you become injured or ill on the course, wait for the sweep team. They will call for medical support or help you get to the next marshal point from where you can be driven back to Race HQ. Please do not run if you feel unwell before the start or have been unwell recently.

There will be two water stations out on the course.



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The weather forecast is hot. Therefore, we recommend that you:

- Hydrate well in the days leading up to the race and on race morning; drink to thirst during the event.
- Protect skin from the sun (use sunscreen or cover).
- Wear a running cap - there will be cap dunking buckets at the water stations.
- Do not chase a PB or sprint finish.
- Keep to shade where possible and ask for medical help if feeling unwell.

Please check on-line for symptoms of heat exhaustion before race day so that you are aware if you or a fellow competitor is affected.

Rubbish:

At water stations, please place used cups in the bins provided.

Medals:

Each finisher will be given a race medal at the end of the finishing funnel.

Spot Prizes:

All runners will have the chance to win one of 2 pairs of Hoka running shoes. Winners will be announced at the presentation.

Awards:

Trophies and prize money will be awarded to the first three overall, male and female, and to the first in each vet category (V40, V50, V60, V70). Prize money will depend on the final number of entries.

Refreshments:

All participants will be offered a free bottle of water at the finish. There will be tea, coffee, cold drinks and an excellent selection of Liss Runners home-made cakes for sale from the pavilion.



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Race Partners:

Thanks to the following partners for supporting the race:

- Hoka. Thanks to Hoka for donating the spot prizes.
- Local hospice-at-home charity, The Rosemary Foundation, who will be looking after the catering.

Presentation:

Please stay after the race, chat to other runners and bask in the sunshine (or shelter under the trees!) until the presentation, which will take place not later than 12.45pm.

FREE Kids Fun Run:

There will be an informal kids run for ages 4-8 at 10.45am and ages 9-14 at approximately 10.55am. Every participant gets a medal.

Finally, Liss Runners look forward to seeing you on the day and hope you enjoy the event.

Mel Jensen

Race Director