

Preliminary Information to Competitors, Officials, and Attendants:

SWC/CENTURIONS 1911

100 Miles RACE WALK LEWES

16/17 August

RACE START 12 pm (Noon) Saturday 16th August

RACE FINISH 12 pm (Noon) Sunday 17th August

ACCOMMODATION This is available in the East Sussex College Halls of Residence (next to Lewes Athletics Track) for £ 25 per night (single rooms with ensuite shower/WC plus use of Kitchen). Rooms can be taken from Thursday 14th to Monday morning 18th (longer by special arrangement with Peter S).

CAR PARKING There is ample car/vehicle parking available (FREE) by courtesy of Lewes Priory School and East Sussex College from 14th August until 18th August . Wave Leisure Centre also has parking and arrangements are being made for Camper Vans to be parked overnight on the 15th (and on the 17th/18th). During the race Campers can be parked on the outer part of the Track in position as designated. The Wave Center car park will also be used by the general public attending the Leisure facilities for other activities.

TRACK ACCESS There will be no access to the track until 8 AM on Saturday 16th August after which Tents can be erected on the Back Straight of the Track within the Inner Grass Area . Attending the competitors will be restricted to the Back Straight and Water Jump Curve. No assistance will be allowed within the Home Straight (except a medical emergency). Any breach of this rule could lead to disqualification. The track needs to be cleared by 4 PM on the 17th August (unless further directed)

TOILETS Port a Loos will be set up on the Track from 10 AM on the 16th until 1 PM on the 17th these available to competitors for the duration.

Toilets, Showers, Washing Facilities and Rest Areas will be available for Officials/Helpers from 8 AM on the 16th until 2 Pm on the 17th.

CATERING Various facilities will be on hand and Drinks (Hot and Cold) plus refreshments served (or self service) throughout the period of the Race. Officials will be provided with Hot Supper (Sat) and Breakfast (Hot or Cold) on Sunday. Others can buy meals at a small cost.

REGISTRATION This will be in the SCHOOL GYM adjoining the Track from 8 AM on the 16th and Numbers handed out (2 sets per walker). The Event is governed by UK Athletics Regulations. The race will be judged as a B event but Judges will ensure that FAIRNESS prevails at all times. Details of Judges and the format to be adopted will be made available at a later date.

TIMING This will be by a "CHIP" controlled method. Further detail to follow.

ADDITIONAL EVENT A Walking Challenge is proposed to take place on the outside 3 lanes of the Track starting at 1 PM and finishing at about 7 PM. There will only be some 6 walkers at any one time. When finished the 100 Miles event will have full use of the entire Track .

For the first 7 hours the 100 Miles race will be restricted to the inner 3 lanes (LEWES TRACK is a 6 LANE TRACK)

On the FRIDAY evening at about 7 PM a walk is planned for about 1 hour through parts of Lewes Town (Very Historic). This will take in a section of the old Cliffe High Street, the "famous" Hill then back to HQ. Many who remember doing the HASTINGS TO BRIGHTON (before the By Pass was built) will get the chance to relive old memories. There might even be the possibility to sneak in a Pint of local brew, HARVEYS. LEWES is awash with cafes, restaurants, and pubs so no one should go hungry.

FACILITIES There are 3 Supermarkets about 5 minutes drive from the Track, TESCO and ALDI (next to each other) and WAITROSE
The Main RAILWAY STATION is just 10 minutes walk from the Track (fast trains to GATWICK and LONDON.
Port of NEWHAVEN about 20 minutes drive.