

## The Annual South Downs Run information 1st September 2019

If you have booked for our South Downs Run next Sunday the 1st September we look forward to you joining us.

The start is at Whiteways Roundabout Cafe on top of the South Downs at the Bury Hill roundabout junction of the A29, A284 and the B2139. Postcode BN18 9FD.

Check-in is from 08:30 to 11:00 and you will be directed to the car park on the left of the cafe by our marshals. The check-in desk will be near the car park's entrance where we will hand out all route instructions and associated information.

It may be a good idea to bring a map of the area or your SatNav as backup in case you manage to wander off course. Within the route directions are place names (in **bold**) so to rejoin the route, just use your map to get to the nearest and rejoin the correct route.

Our route generally meanders along the lee of the South Downs reaching the finish point at Western Gardens, on the seafront at Eastbourne (postcode BN21 4EH). There are numerous pubs and coffee locations all along the route making this an opportunity to enjoy the whole outing at a leisurely pace to suit your mood. Awaiting you at Eastbourne will be a band playing (from 1:00pm) a mixture of tunes and songs to give your arrival its deserved ambiance.

If you cannot for any reason join us we would appreciate a text or call to our Start Team at Bury Hill so we do not need to wait for you. Please contact: Margaret on 07900-404732. Thank you.

Regards,

The SDR Team.