

# HEATHFIELD ROAD RUNNERS 10k 2026

Race Sponsor



## Health and Safety Assessment

- The race is held under UKA Road Race Licence no: #30135
- Wealden District Council have been consulted and a road closure is in place for the start of the event
- Local residents have been informed of the event
- A maximum field of 450 runners is approved
- The course has been measured by an accredited UKA course measurer
- The course will be signed, taped and marshalled by adults
- Marshalls will be fully briefed prior to the start of the event
- High visibility bibs will be worn by all marshals
- There will be a lead vehicle
- There will be a tail walkers to follow the last runner and marshals will remain in position until they have passed them
- The course will be cleared of all signs and debris as soon after the race finish as is practicable
- Phoenix Emergency Medical Services personnel will be in attendance

## NOTES TO RUNNERS

- Obey marshals' instructions at all times
- The race is run on country roads. Back Lane will be closed to traffic as far as the first turn right (Browns Lane). After this point, make sure you keep to the LEFT hand side of the road for your own safety and the safety of other road users
- The race HQ is at the Heathfield and Waldron Rugby Club in Cross in Hand
- The start is in Back Lane which will be closed to traffic for the start of the race. The finish is on the rugby field
- Runners will be called to the start at 09.50hrs.
- The course is mainly run on narrow country lanes so be aware of other runners for the first 400m until the field begins to thin out. There are some uneven road surfaces, some deep

channels at the edge of the road due to rainwater erosion and there may be mud and other debris throughout the course.

- After the first turning on the right (Browns Lane), after a sharp right-hand corner, there is a steep descent.
- When approaching the Star Inn public house in Waldron, there is a 3-way junction at the site of the war memorial which may be busy due to church-goers
- The approach to the finish is through a tight space in the hedge surrounding the rugby club field and followed by a 162 metres run on grass which may be slippery if wet.
- Please ensure your number is clearly visible when approaching the finish line and until you have cleared the funnel and collected your medal
- The finish will be videoed in case of discrepancies
- **Rule TR55 S5 UKA Supplement Headphones 2024 to 2026.** The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted on this course. Headphones that work by conducting sound through bones and do not sit in or on the ears are acceptable but must leave the ear clear of obstruction to hearing. **Only this type of bone conducting headphones are allowed as they sit in front of the ears and some will also have the England Athletics Logo on them to show they are approved.**
- If you need to pull out of the race for any reason, please inform the nearest marshal
- Finally, please inform a marshal or Phoenix Emergency Medical Services personnel of any injuries or medical problems

**The Race Directors decision is final.**

We sincerely hope you enjoy the event. If you have any constructive comments to help us improve the organisation in future years, please email them to [markianrobinson1961@gmail.com](mailto:markianrobinson1961@gmail.com)

**Your safety is our priority. Your enjoyment of the event is our aim!**

Have a great run!

Mark Robinson

Heathfield Runners - Race Director



