

# Heathfield Road Runners

Present the

British  
Association  
of Road  
Races



# MIDSUMMER 10K

## Sunday June 22nd 2008

### 10.00am Cross in Hand

*A Sussex Grand Prix Event*

*Held under UK Athletics rules. Permit 10196*

### Entries

Open to all over the age of 15 on the day.  
Entries on the day for all will be £10; early arrival will be much appreciated by the organizers.  
To secure your entry please send cheque and SAE as detailed on form below.

**Race day entries subject to entry limit of 300.**

### Closing Date for postal entries: Friday June 13th

No numbers will be sent out for entries received after this date.  
Limit reached in 2007; early entry advised.

### Course

Accurately timed and measured along undulating, scenic rural lanes.  
Route map and risk assessment will be sent with your number.  
Course records 30:51 (male) & 36:59 (female).  
This course is unfortunately not suitable for wheelchairs.  
You can look at a map of the route and risk assessment by visiting our website: [www.heathfieldroadrunners.com](http://www.heathfieldroadrunners.com)

### Venue

Start and finish at Heathfield & Waldron Rugby Club adjacent to the Cross in Hand public house, one mile west of Heathfield on the A267. Limited changing and showering facilities will be available.

### Parking

200 metres east of race HQ. Look out for signs and marshals.

### Results

Results can be ordered on the day for 50p and will also be published at [www.heathfieldroadrunners.com](http://www.heathfieldroadrunners.com).

### Junior Races

Informal junior races for under 15s (categories decided on the day) will take place on the field during the main event. Memento to all finishers and prizes for winners. All entries on the day.

### Awards

1st prizes awarded in the usual categories (to V6)  
Also: 1st Male Team (4 to score) 1st Female team (3 to score).

**Club colours must be worn.**

### Spot Prizes Barbecue

### Entries to:

Julie Price  
Nomanswood New Pond Lane  
Cross in Hand Heathfield TN21 0NA  
Tel: 01435 862349 email [julie@heathfieldroadrunners.com](mailto:julie@heathfieldroadrunners.com)



## ENTRY FORM

Surname .....

Forename .....

Sex ..... Date of Birth / / Age on race day .....

Address .....

.....

.....

Postcode ..... Tel: .....

email: .....

For HRR running event correspondence only, will not be passed to anyone.

UK Athletics Affiliated Club .....

club colours must be worn for team prize eligibility and SGP scoring.

I will enter this race only if fit to do so. My entry is made entirely is at my own risk and I will not hold the organizers responsible for any injury, loss or illness suffered as a consequence of my participation in the event.

Signed .....

Date .....

Entry fee enclosed  £7 attached (member of affiliated club)

£9 unattached

Cheques payable to 'Heathfield Road Runners'

Please enclose 9"x6" stamped addressed envelope for number and information. No numbers sent without SAE

*Please ensure sufficient postage for weight as we cannot collect mail from Post Office.*