



Downlands Dash 2014

West Sussex Fun Run League

Saturday June 28th 2014

Venue: Downlands School, Dale Avenue, Hassocks, BN6 8LP (Parking on site)

Course: Multi terrain flat course – fields, footpaths and woods – around 4.8 miles. Minimum age 14

Facilities: Toilets, changing rooms and refreshments. Medals for Junior race finishers.

Runners have free entrance to the School Fayre, others pay £1

Start Times: 1200 for 1 Mile race for Juniors (U14's)

1230 for Downlands Dash (over 14's)

Entry Fees: Downlands Dash; WSFR League members £2.00 / non-members £3.00

Junior 1 mile race; WSFRL League members 0.50p / non-members £1.00

Entries on the day for Downlands Dash £5.00

Postal entries to: Sally and Trevor Symes, 6 Chatfield Road, Cuckfield, West Sussex, RH17 5BB, enclosing a S.A.E (9x6).

Club email entries to: trevor.symes@me.com

Closing date for postal entries 21st June 2014, after which collect numbers on the day.

www.bhrunners.co.uk for more up to date information about the race

-----**ENTRY FORM**-----

First Name: _____ **Last Name:** _____

Address: _____ **Post Code:** _____ **Telephone No:**

WSFRL Club (or Unattached): _____

Race Entry: *1 Mile /5 Mile

*Male / Female (delete as needed)

Entry Fee: £

Email address: _____

Cheques payable to 'Burgess Hill Runners'

Signed: _____ **Date:** _____

Parent or Guardian if under 16

All entrants understand that the organisers of this event shall not be liable for any accident, injury, loss or damage arising from participation in the Downlands Dash or junior 1 mile races. Athletes with disabilities wishing to enter the event are advised to discuss their entry with the race organiser, Steve Roberts, who can be contacted via sjp.roberts@gmail.com

Official Use Only - Race Number: