



WEST SUSSEX FUN RUN LEAGUE

FITTLEWORTH FLYERS 5

1 mile junior race 10:30

5 mile senior race 11:15

SUNDAY 07 SEPTEMBER 2014

Venue: Fittleworth Village Hall, School Lane, Fittleworth, West Sussex, RH20 1JB.

Senior Race: 5 miles – A multi-terrain course of scenic country lanes and woodland bridleways. It is unlikely, but possible, that runners will meet cars in the lanes. Some off-road sections are tricky underfoot. Runners with disabilities are welcome to discuss the course terrain with the Race Director. Should you decide to participate you must not rely on other runners for assistance, if in doubt, please arrange to run with a running “Buddy”.
Please take care. A Risk Assessment will be on display in the Village Hall before the race start.
Minimum age 16, no upper limit!

Junior Race: 1 mile. From the start in Limbourne Lane, about 50 yards on this quiet lane then off-road track through woodland. Due to the nature of the terrain, no babies or toddlers are allowed to compete.
Minimum age 7, maximum age 15.

Facilities: Refreshments, changing rooms, showers, toilets, first aid, spot prizes.
(Kit may be left in the hall, at the owner’s risk.) *No dogs are permitted on the recreation ground.*

Car parking: Owing to the rural venue car parking is limited. PLEASE BE GREEN AND CAR SHARE IF POSSIBLE.
Please allow at least 10 minutes to walk to the start, in Limbourne Lane, from the hall and car parks.

Entry fees:	WSFRL:	Senior race (16+):	£2.00	Junior race (7-15):	£0.50
	Non-WSFRL/Other:	Senior race (16+):	£3.00	Junior race (7-15):	£0.50
	Entries on the day:	Senior race (16+):	£5.00	Junior race (7-15):	£1.00

Cheques payable to: ‘Fittleworth Flyers’

Entries to: Wendy Fox, Race Secretary: 42 Greenway, Horsham, West Sussex, RH12 2JS.
By 24 August 2014.
Please enclose a 9”x6” S.A.E. with a Large Letter, 1st or 2nd Class stamp
Phone: 07411 213544, or email: eviesmagic@googlemail.com.

Results: www.fittleworthflyers.org.uk or www.westsussexfunrunleague.org.uk

New members are always welcome. Contact Angie Gardner: membership@fittleworthflyers.org.uk

Club:

Name: **Age on Race Date:**

Address: **Male / Female:**

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Post Code: **Telephone No:**

By signing this entry form, I declare that I, or my child, are medically fit to run. I have understood the course note above and understand that I, or my child, enter at my own risk. I hereby agree that the race organizers and the officials appointed by them will in no way be held responsible for any injury or illness incurred to me or my child during or as a result of the event, or any property lost or damaged on the course or in Fittleworth Village Hall. I understand and agree that some personal details will be published in the official results and that some information will be passed on to the West Sussex Fun Run League. No information will be passed to any other organization.

Signature: **Date:**

(Parent or guardian for under 16’s)

Fittleworth Flyer use only RACE NO: