



**“RUN FOR THEIR LIVES”**

**HEART OF SUSSEX 5.5 MILE CHARITY RUN**

**SATURDAY 5<sup>TH</sup> SEPTEMBER 2015 – Start 11.00**

Venue – St Helena Farm, Plumpton Green, East Sussex, BN7 3DH

Course – Multi terrain course – fields, footpaths and woods – around 5.5 miles - Min age 16

Facilities – toilets, refreshments, Medals to all finishers and Rosettes to top 10 in each class

Entry Fees - £8.50 in advance £10.00 on the day – **ALL PROCEEDS SPLIT BETWEEN OUR 2 CHARITIES**

Postal Entries to – Race Secretary, 32 Chestnuts Close, Lindfield, W. Sussex, RH16 2AU

Enquiries to – [mikerobbins.xc.run@gmail.com](mailto:mikerobbins.xc.run@gmail.com) Further details at – [www.sussexraces.co.uk](http://www.sussexraces.co.uk)

**Closing date for postal entries 31<sup>st</sup> August 2015**

----- **Entry Form** -----

First Name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_ Post Code \_\_\_\_\_

Email Address \_\_\_\_\_ Phone No. \_\_\_\_\_

Club \_\_\_\_\_ Male/Female Age on 5/9/2015 \_\_\_\_\_

Classes Male Under 50 and Male Over 50 ----- Female Under 50 and Female Over 50

Entry Fee £8.50 in advance ----- £10 Entry on the Day -----

Cheques payable to – **BRITISH HEART FOUNDATION**

**Signed** \_\_\_\_\_ **Date** \_\_\_\_\_

I declare that I will be over 16 yrs of age on 05/9/2015 and I agree that the organisers of this event shall not be liable for any accident, injury, loss or damage arising from participation in the Heart of Sussex XC run. I also declare that I am medically fit at the date of this application and that I shall not participate in the event unless I am medically fit to do so. I will also obey all Marshalls and organisers instructions. If under 18 yrs of age, application should be signed by parent/guardian.



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