

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



## “RUN FOR THEIR LIVES”

### HEART OF SUSSEX 5.5 MILE CHARITY RACE

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

**Event** – This is the second running of Heart of Sussex multi terrain race in aid of the British Heart Foundation and MacMillan Cancer Support.

**Venue** – St Helena Farm, Plumpton Green, East Sussex, BN7 3DH – Grid Ref TQ363182

**Course** – Multi terrain course – fields, footpaths and woods – around 5.5 miles - Min age 16. The route is on footpaths and over fields. Off road shoes with good grip are advisable if the weather has been wet.

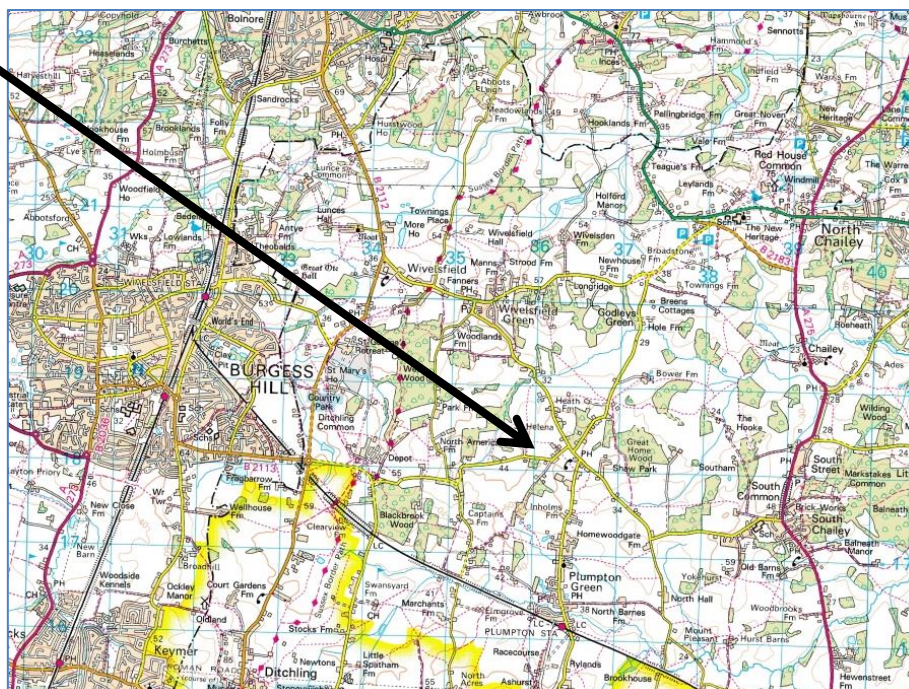
A map showing the course is available on our Facebook site however the course includes 2 sections over private farmland and competitors are kindly requested not to run these sections before or after the race.

The route will be well marked and there will be marshals at all road crossings – please obey the marshals instructions for your own safety and that of other people.

Unfortunately no dogs are allowed as the course includes two sheep farms where livestock will be grazing.

There will be a drinks station with water along the route.

**Parking** – The car park is a field next to the start and finish and is off St Helena Lane, about ½ mile from the Plough Inn at Plumpton



**Registration** – The registration tent will be open from 10.00 for collection of your numbers and entry on the day.

**Sponsorship** – Sponsorship is not required as the full entry fee goes to our charities. However if you wish to obtain sponsorship please let us know and we will obtain sponsorship forms for you.

**Start** – This will be at 11.00 from the field next to the car park – course closes at 12.30

**Finish** – The finish is opposite the car park

**1<sup>st</sup> Aid** – There will be a paramedic on site, plus trained 1<sup>st</sup> aider

**Facilities** – toilets, refreshments, sorry there are no changing facilities or showers

**Prizes** - Medals to all finishers and Rosettes to top 10 in each class.

**Entry Fees** - £8.50 in advance £10.00 on the day

**Closing Date** – 31<sup>st</sup> August 2015

**Classes** – Open men, Open women, Over 40's Men, Over 40's women, why not “Run around in red or green” and show your support for our charities.

**Sponsor** - Our event is kindly sponsored by HPS Corporate Ltd. HPS are a Sussex based building company who undertake all forms of construction including a specialist groundwork and landscaping team. Please see their website for more details [www.hpscorporate.com](http://www.hpscorporate.com)

**HPS' KIND DONATION MEANS ALL ENTRY FEES WILL BE 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) Entry Forms at – [www.sussexraces.co.uk](http://www.sussexraces.co.uk)

**Find us on Facebook – Heart of Sussex XC Run**



PROFESSIONAL CONSTRUCTION SERVICES

[www.hpscorporate.com](http://www.hpscorporate.com)