



Race Director: Ben Adams
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Haywards Heath Harriers Hickstead Gallop

West Sussex Fun Run League
Sunday 11th October 2015

At the World Famous All England Jumping Course Hickstead

www.haywardsheathharriers.co.uk

Directions: The All England Jumping Course, Hickstead, West Sussex, RH17 5NU. Situated on the A23 and well sign posted, 15 miles south of Gatwick Airport, and 8 miles north of Brighton. Ample parking is available.

Race detail: Please arrive in plenty of time to collect your race number where applicable.

| Race | Age | Distance | Start Time | Postal Entry | On the day Entry |
|----------|-----------------------------------|----------|------------|------------------------|------------------------|
| A | Year 4 and below – girls and boys | 700m | 1015 | £2 | £2 |
| B | Years 5 and 6 – girls and boys | 1000m | 1030 | £2 | £2 |
| C | Junior Under 16 | 1600m | 1045 | £1 (WSFRL), £4 (Other) | £1 (WSFRL), £5 (Other) |
| D | Senior | 8km | 1100 | £3 (WSFRL), £4 (Other) | £5 |

The course: All races are off-road within the grounds of the Jumping Course and are traffic free. The course is unsuitable for wheelchairs. No dogs are permitted. Disabled runners should contact us to discuss the suitability.

Facilities: Changing and toilets. No showers. Bags are left at owners' risk. We are pleased to have the support of the medical services of the British Red Cross.

Results and Medals: Results will be posted online on the Haywards Heath Harriers web page. Medals for all finishers in the U9 and U11 races.

Refreshments: Free water for runners. Tea, coffee, sandwiches and cakes will be on sale.

With special thanks to our sponsors



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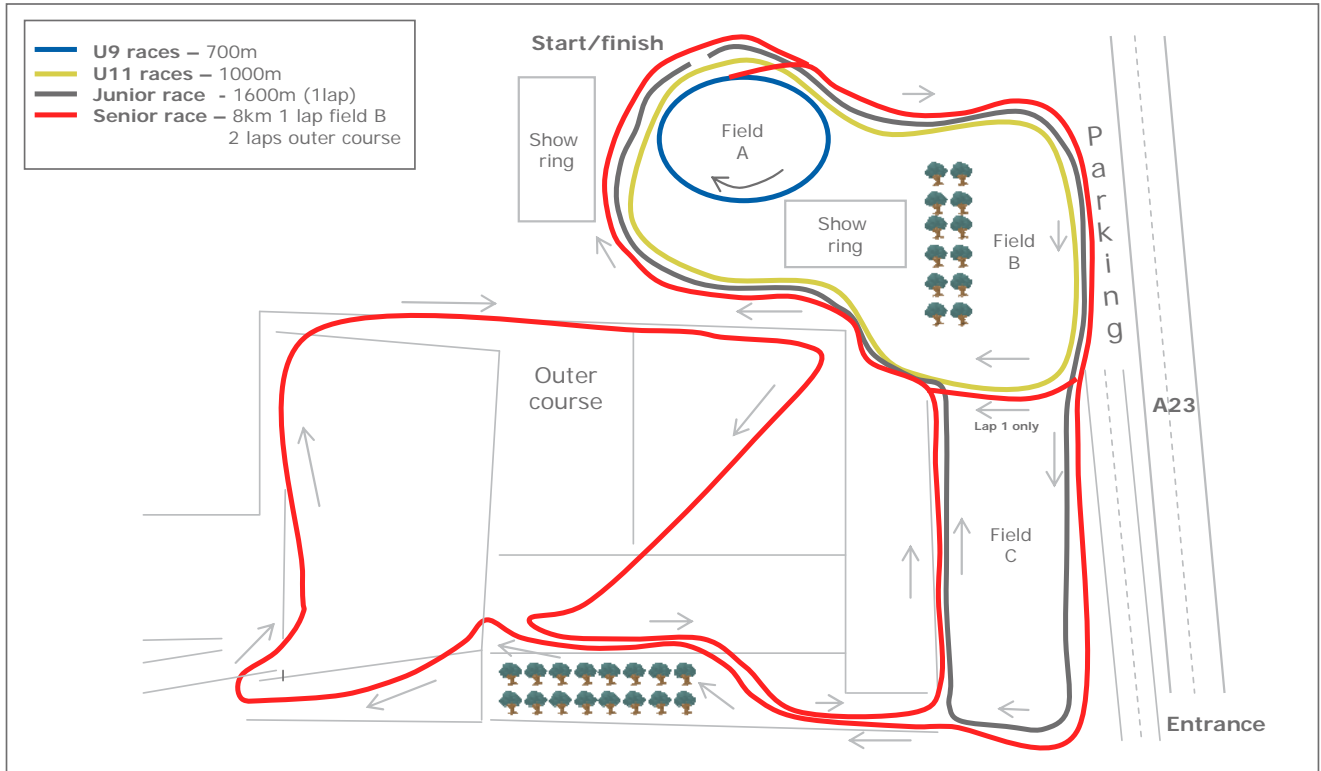


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Showrooms in Haywards Heath & Southwick

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Course map:

Please note that the course may be subject to change due to weather conditions.



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Please detach

Entry Form:

Closing date: Postal entries received after 6th October 2015 cannot be processed.

Entries to: Hickstead Gallop, 37 Oathall Avenue, Haywards Heath, RH16 3ES
(Please enclose C5-size, 229 x 162 mm, Self stamped addressed envelope)

First name..... **Surname**..... **M/ F**..... **Date of Birth**..... **Age**.....
Address.....
Postcode..... **Tel**..... **Club/School**..... **WSFRL club – Y/N**

| | | | | |
|-------------------------------------|----------------------------|-------------------------|-----------------------------|------------------|
| Race entered (Please circle) | A: Year 4 and below | B: Years 5 and 6 | C: Junior (Under 16) | D: Senior |
|-------------------------------------|----------------------------|-------------------------|-----------------------------|------------------|

I enclose a cheque for £(Payable to Haywards Heath Harriers)

I am medically fit to run and I understand that the organisers of this event will not be liable for any accident, loss or damage arising from my participation in the event. I am aware that the race results will be published on the Haywards Heath Harriers club and other websites and that the finish area may be filmed for results purposes only.

Signed:..... (Parent/Guardian, if under 16 years).