



Race Director: Ben Adams
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Haywards Heath Harriers Hickstead Gallop

West Sussex Fun Run League
Sunday 9th October 2016

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 signposted, 15 miles south of Gatwick Airport, and 8 miles north of Brighton. Ample parking is available.

Entries limited to 800. 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), £5 (Other) | £5 (WSFRL), £7 (Other) |

The course: All races are off-road within the grounds of the Jumping Course and are traffic free. Regrettably, the course is unsuitable for wheelchairs. No dogs are permitted.

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 races A and B.

Refreshments: Free water for runners. Other refreshments will be on sale.

With special thanks to our sponsors



NewRiver Retail is a specialist AIM listed Real Estate Investment Trust focused on the UK food and value retail market and has quickly become the leading value-creating retail property investment platform in the sector.



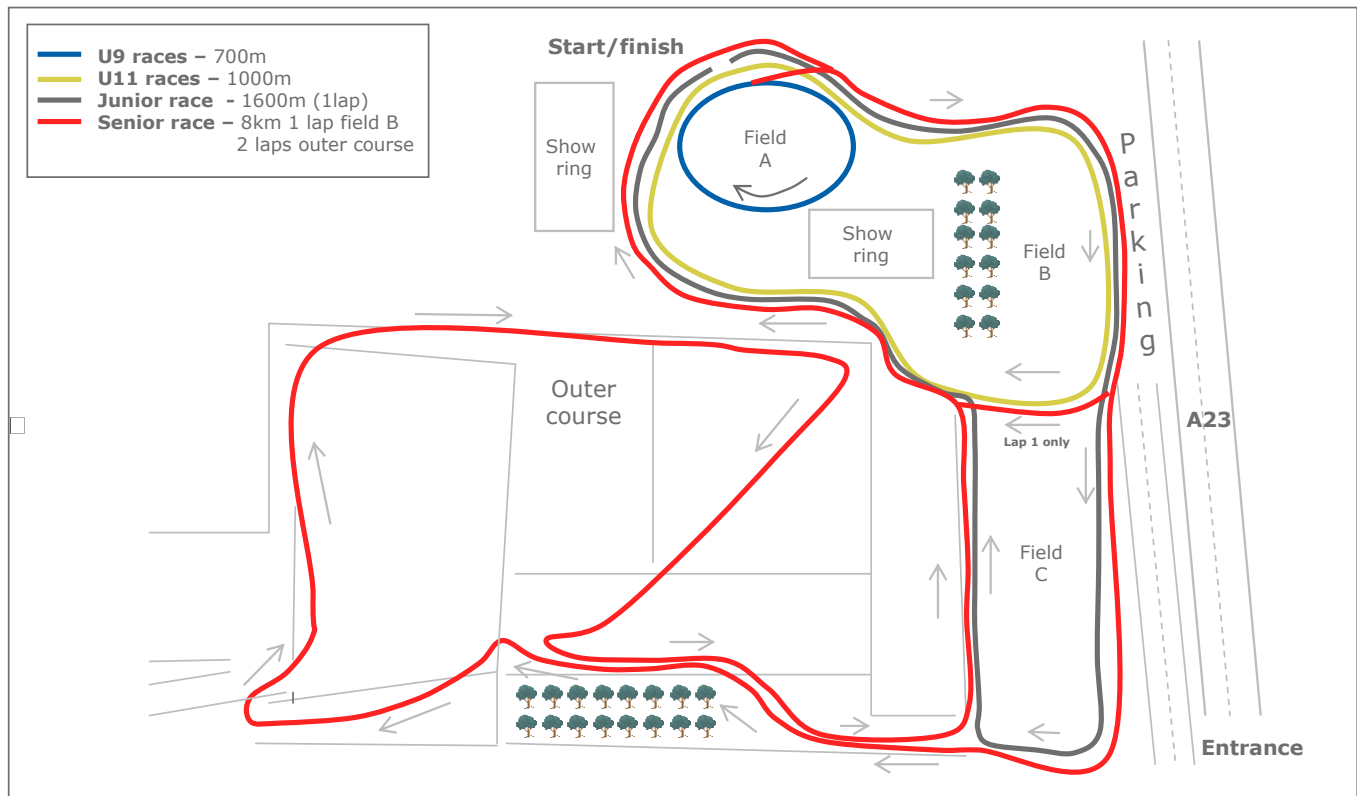
French has been established for over forty-five years as Nationwide Principal Contractor to the Restaurant Sector. French's national award winning sites are developed with specialist in-house joinery from its Newick base in Sussex.



Optimum is a division of Seventy One Group Limited, an established company with over 40 years experience selling and repairing domestic appliances. With Optimum you can buy with confidence, secure in the knowledge that our target is excellence, offering honest customer service and advice.

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 3rd October 2016 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).