

Race Sponsored by RS Heating and Plumbing 07900397884

Goring Road Runners

West Sussex Fun Run League

Hangover 5 Monday 1st January 2018

Venue: Hill Barn Lane, Worthing. Opposite entrance to Worthing College (BN14 9FD)

Registration: Registration will be in the sports pavilion. On the day entry will be available here as well up to 11:00am when registration closes

Parking: Worthing College have kindly agreed to the use of their car park. Please follow the marshal's directions. **Please note:**

- 1) We only have use of the College car parks. All the College buildings are off limits.** Please do not stray into the College grounds and do not attempt to enter any of the buildings as the doors will be locked and alarmed. Attempted entry may trigger the alarms which will result in a call out charge, possible attendance by the police and loss of the parking facility in future years.
- 2) The car park will be locked promptly at 13:00 after the race**

Course: Hilly chalky tracks and paths, which will be slippery and muddy if wet or frosty, up to Cissbury Ring and back. Not suitable for U16's. Athletes with disabilities wishing to enter the event are advised to discuss their entry with the race organiser, Dave Harris, who can be contacted at the email address below.

Facilities: Toilets, changing rooms and refreshments. Spot prizes. Medals for Junior race finishers

Start Times:

- 11:00 for 1 Mile race for Juniors (U16's)
- 11:30 for 5 mile race

Entry Fees:

- 5 mile race: WSFR League members £3.00 / non-members £5.00
- Junior 1 mile race: WSFR League members £1.00 / non-members £1.00
- Entries on the day: WSFR League members £5.00 / non-members £7.00. All juniors £1.00
- **Please note: all on the day registration will close at 11:00am. Please register before this time.**

Web site: www.goring-roadrunners.org.uk. If inclement weather is forecast, please check the web site for race updates. This web site also has more information about the location, parking and the race itself.

Postal entries to D. Harris, 75, Arundel Drive, Thornlea Park, Littlehampton, West Sussex, BN17 7PY, enclosing a S.A.E .(9x6).

Closing date for postal entries: 16th December 2017. After this date, collect numbers on the day.

WSFRL Club email entries to dharris@uwclub.net

Goring Road Runners will make a donation from race proceeds to the Chestnut Tree House Charity. If you wish to make your own donation, please indicate on the entry form below.

✂-----**ENTRY FORM**-----

Official Use Only	Race Number:
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First Name:		Last Name:	
Address:			
Post Code:		Telephone No:	
WSFRL club (or Unattached) :			
Race Entered: *1 Mile / 5 Mile		*Male / Female (*delete as appropriate)	
Entry Fee: £	Chestnut Tree House Donation: £	Total: £	

Cheques payable to 'Goring Road Runners'

Signed _____ Date: _____
 Parent or Guardian if under 16

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 Recreation Ground changing rooms. 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.