

Junior Race – information for runners, parents/guardians/carers

COURSE DESCRIPTION

This race of 1 mile has much less challenging terrain whilst still offering the variety of a real cross country. Starting and finishing at the rugby clubhouse the course loops around the pitches, exits via a small raised bank and proceeds through a section of woodland before returning to the pitches along a cinder path.

The course is flat and will be intensely marshalled. Parents/guardian/carer are welcome to run with their child.

The design of the route allows spectators to view their runner across the pitches to the exit ramp and taking a short jog around the pitches brings you to the cinder path to view your runner's return.

RESTRICTIONS

Under 16 years of age

Hove Hornets welcome entries from disabled athletes who should contact the Race Secretary in advance to discuss their needs and requirements at the address for entries or email : **mattpersonaltrainerlambert@yahoo.co.uk**

OUR SAFEGUARDING ARRANGEMENTS

On race day there will be a selected Hove Hornet responsible for overseeing all aspects of the junior event. She will be wearing a light blue hi-viz jacket for ease of identification.

In an emergency the rugby clubhouse will be used as the central location for coordinating activities .

Hornets will marshal the junior course and wear Hornet branded clothing or hi-viz jacket.

A Hornet "tail runner" will follow behind the last junior from the start to the finish line.

Water will be available at the finish

First aid staff will be in attendance at the start and finish of the race

WE REQUIRE YOU TO

Be responsible for your child at all times up to and after the junior race and to sign the consent on the entry form.

Ensure that your child is fit to participate and sign the declaration on the entry form.

Complete the Emergency Information on the reverse of your child's race number.

ENTRY FEE: £1

If you have any questions or concerns about the junior race please contact the Race Secretary at the address for entries or email : **mattpersonaltrainerlambert@yahoo.co.uk**