



Fittleworth Flyers Running Club

FITTLEWORTH FLYERS 5

1 mile junior race 10:15

5 mile senior race 11:00

SUNDAY 2nd SEPTEMBER 2018

Venue: Fittleworth Village Hall, School Lane, Fittleworth, West Sussex, RH20 1JB.

Senior Race: 5 miles. A multi-terrain course of scenic country lanes and woodland footpaths. It is unlikely, but possible, that runners will meet cars in the lanes. Some off-road sections are tricky underfoot. The route this year will revert to the classic route for which both map and gpx files will be available on the website for download. Runners with disabilities are welcome to discuss the course terrain with the Race Director. Should you decide to participate you must not rely on other runners for assistance. If in doubt, please arrange to run with a running buddy and please take care.

Senior Race Number Limit 400 - See entry form re: Entries on the Day

Route Map will be on display in the Village Hall before the race start together with the Risk Assessment. **Minimum age 16, no upper limit!**

Junior Race: 1 mile. The race proceeds approx. 500m on this quiet lane then changes to off-road track through woodland. Due to the nature of the terrain, **no babies or toddlers are allowed to compete.**

Children under the age of 7 must be accompanied by an adult (parent or guardian), who takes responsibility for their health, safety and welfare.

Max. age: 15.

Parents or guardians may run with their child if they wish.

Facilities: Refreshments, changing rooms, showers, toilets, first aid, spot prizes (Kit may be left in Fittleworth Village Hall, at the owner's risk.)
No dogs are permitted on the recreation ground.

Car parking: We are hoping that car parking will be in a field, close to the village hall. If the weather is bad we may have to revert to parking in the roads around Fittleworth village. Please car share if possible.

PLEASE CONSULT THE CLUB [FACEBOOK PAGE](#) THE DAY BEFORE THE EVENT FOR FINAL PARKING DETAILS.

Allow 10-15 minutes to walk to the start, in Limbourne Lane, from the hall and car parks.

Bib collection & EOD Bib collection and Entry on the Day will be at the Village Hall.



Fittleworth Flyers Running Club

INDIVIDUAL ENTRY FORM:

Send Jan Ireland, Race Secretary:
Entries to: 2 Kenilworth Place, Billingshurst, West Sussex RH14 9UB.
Preferred contact: Email: jannion@me.com Phone: 01403 780447 before 7pm.

Entry fees: WSFRL: Senior race (16+): **£3.00** Junior race (7-15): **£1.00**
Non-WSFRL/Other: Senior race (16+): **£5.00** Junior race (7-15): **£1.00**
Entries on the day: Senior race (16+): **£7.00** Junior race (7-15): **£1.00**
Cheques payable to: 'Fittleworth Flyers'

When collecting personal data, we have a responsibility to make sure you are aware of how your personal information is being used in line with data protection law.

We are collecting your data to process your entries to produce the race results

Data you provide to us to process your entry will be held for 1 month after the date of this event and then it will be deleted.

Your information will not be shared with anyone else.

If you want your Race bib sent back to you please enclose an SAE with your entry.

ENTRIES ON THE DAY (EOD) - Will be available If the race number limit has not been reached by 30th August Please check the website for number of places still available after this deadline.

ALL POSTAL ENTRIES MUST BE RECEIVED BY FRIDAY 24TH AUGUST

Name: **Gender:** Male / Female

Club: **WSFRL:** Yes / No

Race: Senior / Junior Race (delete accordingly)

Address:

Post Code: **Email address:**

Telephone No: **Mobile No:**

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 Fittleworth Village Hall. 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.

Signature: **Name:**
(Parent or guardian entrant under 16)

Date: **Fittleworth Flyer use only:** RACE NO: **CHQ / CASH**

Results www.fittleworthflyers.org.uk or www.westsussexfunrunleague.org.uk



WSFRL CLUB ENTRIES

These must be sent to Jan Ireland jannion@me.com

Please do not send to the club rep or any other name you may have set up for Fittleworth Flyers.

Entry fees:	WSFRL:	Senior race (16+): £3.00	Junior race (7-15): £1.00
	Entries on the day:	Senior race (16+): £7.00	Junior race (7-15): £1.00

Please send your SmartRs spreadsheet to Jan no later than Thursday 30th August.

If you normally print your entry list and send via post rather than sending a digital spreadsheet by email, it must be received no later than Sunday 26th August.

Preferred payment: Transfer to Fittleworth Flyers Account:

Account name: Fittleworth Flyers

Sort Code:

Account Number

Please contact Jan for account details if you do not have them already.

ENTRIES ON THE DAY (EOD)

Will be available if the race number limit has not been reached by 30th August. Please check the website for number of places still available after this deadline.

Senior Race Number Limit: 400

POST RACE CHANGES AND QUERIES

Please send these to Jan Ireland jannion@me.com

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