**The Worthing Striders Highdown Hike 2019**

**West Sussex Fun Run League**

**Junior Race mini mile**

**Senior Race (approx. 4 miles)**

**Wednesday 7th August 2019**

**Venue:** West Worthing Tennis Club, Titnore Lane, Worthing West Sussex BN13 3RT (Parking on site) or alternatively at: Highdown Rise Upper Car Park, Littlehampton Road, Worthing, BN12 6FB

**Course: Juniors:** A race around the lower Highdown Field, mostly flat but with a short hill climb. **Seniors:** A hilly 4 mile trail run over Highdown on a summer evening with members of Worthing Striders acting as marshals.

**Facilities:** The tennis club hastoilets, changing rooms, bar with snacks/hot and cold drinks including alcohol**.** Cakes and soft cold drinks available on the lower field

**Start Times:**  7:00pm for Juniors mini mile race and 7.30 pm for Seniors (over 14’s only) approx. 4 mile race

**Entry fees:** Junior runners £1.00

Senior runners: WSFRL members: £3.00 Non- members: 5.00

Entries on the day available: WSFRL members £5.00/unattached £7.00

**Entry limit:** 500 runners/closing date postal and online 30th July 2019

**NB: Runners should allow 30 minutes if parking at WWTC as the start of the race is located at the bottom field at Highdown Rise, Littlehampton Rd, Goring-by-Sea BN12 6PG**

**Postal entries to: Race Secretary, 28 Herm Road, Ferring, West Sussex, BN12 5PS. Please enclose an A5 Stamped addressed envelope.**

**Club e mail entries to:** **jacky.brown33@hotmail.com**

***Last date 25th July 2019 numbers posted back, after which collect numbers on the day from 5:30 at Race HQ, WWTC***

[***www.worthingstriders.co.uk***](http://www.worthingstriders.co.uk) ***for more up to date information about the race***

**--------------------------------------------ENTRY FORM------------------------------------------------**

**First Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Last Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Telephone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Emergency contact: Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Telephone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**WSFRL Club (or Unattached):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Race Entry: please circle for either:** Junior mini mile **or** Senior 4 Mile Male / Female

**Entry Fee:** £

**Email address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Cheques payable to: Worthing Striders**

**Signed:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent or Guardian if under 16

All entrants understand that the organisers of this event shall not be liable for any accident, injury, loss or damage arising from participation in the Highdown Hike. Athletes with disabilities wishing to enter the event are advised to discuss their entry with the race organizer and Race Director, Tony Pearce, e mail: tonydpearce@hotmail.com

Official Use Only - Race Number: