

Race Sponsored by RS Heating and Plumbing

Goring Road Runners

West Sussex Fun Run League

Hangover 5 Tuesday 1st January 2019

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 up to 11:00am when registration will close.

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 muddy and slippery 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 co-ordinator, 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: Senior Race Limit: 500 runners. 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.

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: Friday 21st December 2018. 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:
-------------------	--------------

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 form I agree that:

I or my child is medically fit to run. I have understood the course notes 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.

The Race organisers will publish my Personal Information as part of the results of this event and may pass such information to the administrators of the West Sussex Fun Run League, to athletics governing bodies or to any affiliated organisation for the purpose of insurance, licensing, or for publishing results (either for the event alone or combined with or compared to other events). Results may include (but not be limited to) name, gender, any club affiliation and race times, and these details will be passed on to other clubs in the West Sussex Fun Run League and be published on websites (including, without limitation, West Sussex Fun Run League and Sussex Races).