

WEST SUSSEX FUN RUN LEAGUE
THE FITTLEWORTH FLYERS 5
SUNDAY SEPTEMBER 6th 2009 at 11.15 a.m.

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

Allow 10 mins. to walk to the start from the hall & car parks.

Course: 5 miles – Scenic country lanes and woodland bridle paths. It is unlikely, but possible, that runners will meet cars in the lanes. Some off-road sections are tricky underfoot. **Please exercise care. A Risk Assessment will be on display in the Village Hall before the race start.**

Facilities: Refreshments, Changing rooms, Showers, Toilets, First Aid, Spot Prizes
(Kit may be left in the hall, at owner's risk)

No dogs are permitted on the Recreation Ground

Car parking: Owing to the rural venue, some car parks may be several minutes from the start. Please allow for this.

Entry fee: WSFRL Adults: **£2.00**, Other Adults: **£3.00**

Juniors (14-16): **£0.50**

Entries on the day: Adults **£5.00**, Juniors **£1.00**

Minimum age for runners: 14 years.

Cheques payable to: Fittleworth Flyers

Entries to: John Bearman, 10 Crescent Rise, Thakeham, West Sussex, RH20 3NB

By 28th AUGUST - Please enclose s.a.e. 9"x6"

Phone: **01903 744971** or email: **johnbearman47@hotmail.com**

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

New members are always welcome, contact Virginia Roberts (01798 873254)

Club:.....

Name:.....Male/Female

Address:.....

.....

Post Code:..... Tel:..... Age on race day.....

I agree that the organisers of the FITTLEWORTH FLYERS 5 Fun Run shall not be liable for any accident, injury, loss or damage due to my participation in this event.

Signature (Parent/Guardian if under16)