

Heathfield Road Runners

Present the

British
Association
of Road
Races



MIDSUMMER 10K

Sunday June 28th 2009

10.00am Cross in Hand

A Sussex Grand Prix Event
Held under UK Athletics rules. Permit 20090261



Entries

Open to all over the age of 15 on the day.
Entries on the day will be £10 attached and £12 unattached; early arrival will be much appreciated by the organizers.
To secure your entry please send cheque and SAE as detailed on form below.
Race day entries subject to entry limit of 300.

Closing Date for postal entries: Friday June 19th

No numbers will be sent out for entries received after this date.
Limit reached in 2008; early entry advised.

Course

Accurately timed and measured along undulating, scenic rural lanes.
Route map and risk assessment will be sent with your number.
Course records 30:51 (male) & 36:59 (female).
This course is unfortunately not suitable for wheelchairs.
You can look at a map of the route and risk assessment by visiting our website: www.heathfieldroadrunners.com

Venue

Start and finish at Heathfield & Waldron Rugby Club adjacent to the Cross in Hand public house, one mile west of Heathfield on the A267.
Limited changing and showering facilities will be available.

Parking

200 metres east of race HQ. Look out for signs and marshals.
Overspill will be at race HQ.

Results

Results can be ordered on the day for 50p and will also be published at www.heathfieldroadrunners.com.

Junior Races

Informal junior races for under 15s (categories decided on the day) will take place on the field during the main event. Memento to all finishers and prizes for winners. All entries on the day.

Awards

1st prizes awarded in the usual categories (to V6)
Also: 1st Male Team (4 to score) 1st Female team (3 to score).
Club colours must be worn.

Spot Prizes Barbecue

Entries to:

Julie Price
Nomanswood New Pond Lane
Cross in Hand Heathfield TN21 0NA
email julie@heathfieldroadrunners.com



Entry Form

Surname

Forename

Sex Date of Birth / / Age on race day

Address

.....

.....

Postcode.....Tel:.....

email:.....
For HRR running event correspondence only, will not be passed to anyone.

UK Athletics Affiliated Club

UKA registration number

(not applicable to unattached runners)
club colours must be worn for team prize eligibility and SGP scoring.

I will enter this race only if fit to do so. My entry is made entirely is at my own risk and I will not hold the organizers responsible for any injury, loss or illness suffered as a consequence of my participation in the event.

Signed

Date

Entry fee enclosed £7 attached (member of affiliated club)
 £10 unattached

Cheques payable to 'Heathfield Road Runners'

Please enclose 9"x6" stamped addressed envelope for number and information. No numbers sent without SAE

Please ensure sufficient postage for weight as we cannot collect mail from Post Office.

Heathfield Road Runners gratefully acknowledge the support of those who have assisted with the staging of this year's event.

Spot Prizes

Supplied by

FINAL SCORE

Sports Shops at:

Heathfield

17 High Street 01435 867997

Uckfield

111b High Street 01825 761515

Crowborough

33 Croft Road 01892 613490

Winners' Prizes

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