



Haywards Heath Harriers

Event factsheet: West Sussex Fun Run League (WSFRL)

What is it?

A series of 18 events held across the year, with events hosted by a member clubs. Each event is open to any runner, regardless of whether they are affiliated to the league. Runners from member clubs are awarded points for participation as well as position. Clubs accrue points over the year and compete for the Norman Crook Memorial Trophy.

When is it?

The 18 events are held across the year, starting with the 'Hangover 5' on 1st January. Races for 2020 comprise distances between 5km (3-miles) and 10km (6-miles). Haywards Heath Harriers' event is the Great Walstead 5-mile race held in Autumn each year.

How does scoring work?

Individual: Each event has individual prizes for certain positions, age-grading etc – please refer to individual event pages. There is recognition annually of those completing all 18 events.

Team: Teams earn points for the position of their 'top ten' runners, the percentage band each runner finishes in (10pts for the top 10%, 9pts for the 11-20% band etc), and an additional point (up to 25pts) for each competing member of the team (so we ideally need 25 entrants per event). Scores are combined to provide a total score for each event.

Who is it for?

Everyone! All contribute towards the team's overall score and good participation is important. Most events also have a 1-mile junior race. If you are keen to take part, please give it a go!

Why is it good for the club?

Success in the league (and your individual performance) reflects well on the club, with the points you obtain counting towards our position – we need members to participate!

Why is it good for me?

As the competition name suggests, these events have a more relaxed feel about them. The events, held across the year, are an excellent way to incorporate events into your plans. It is also motivating to run as part of, and contribute to, the team!

How do I enter?

On the day entry to events is £5 for seniors, and £1 for the junior 1-mile race (note: most events have limits on entry numbers). However, the club offers the following benefit: If senior members wish to pay an upfront fee of £12 (on top of their annual subscription), they can enter as many (or as few) of the WSFRL events in the 2020 calendar year events as they want to. By taking part in just four events, costs for this entry would have been recovered.

How can I find out more?

Visit the event website: <http://westsussexfunrunleague.org.uk/>

Listen out for announcements at training or speak to a committee member or club members.