



LANCING EAGLES RC
STEEPDOWN CHALLENGE
SUNDAY 29th OCTOBER 2017
 West Sussex Fun Run League



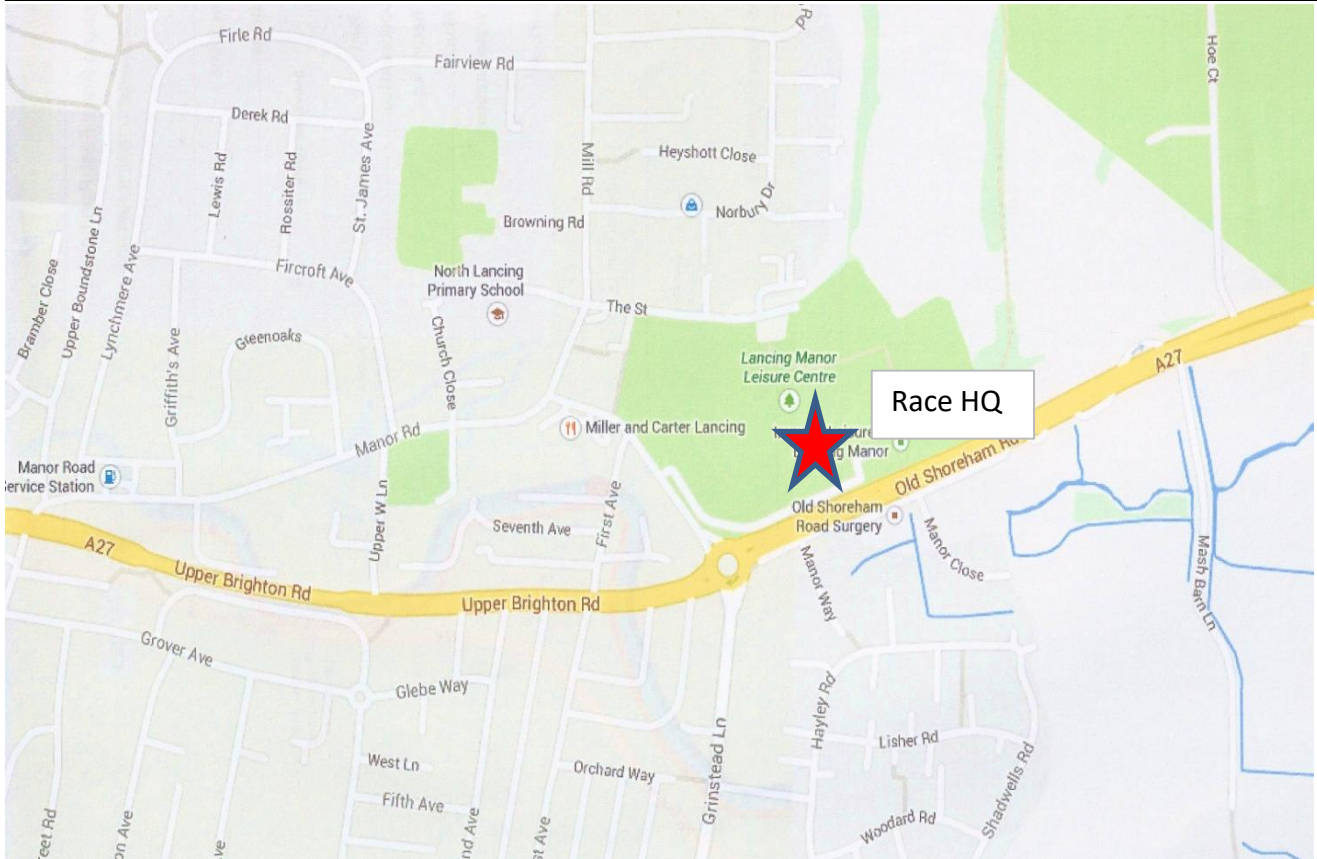
Race Instructions and information

Race Times	10:30 - Junior 1 mile event, 11:00 - Senior 5 mile event
Race venue and HQ	Lancing Manor Impulse Leisure Centre, Manor Road, Lancing, BN15 0PH, off A27 at Lancing. Race HQ will be open from 09:30 to 11:00 on race day. MUDDY SHOES MUST BE REMOVED BEFORE ENTERING THE LEISURE CENTRE.
Number collection and registration	If you have entered too late for number to be posted then you will need to collect your race number between 9:15 and 10:45 from Race HQ. Please bring safety pins and ensure that your number is clearly visible on the front of your race vest.
Race Rules	The races will run under West Sussex Fun Run League Rules.
Parking	Please car share. Only limited parking is available at Lancing Manor. Additional parking has been arranged at North Lancing Primary School. Follow the signs to school car park, see attached map. Please park considerately in the surrounding streets if the car parks are full.
Toilets	Toilets and changing facilities are available at the leisure centre. Personal items left are at the owners risk. MUDDY SHOES MUST BE REMOVED BEFORE ENTERING THE LEISURE CENTRE.
Competitors	Running with dogs is not permitted. The course for the 5 mile race is not suitable for baby buggies. Disabled competitors should make contact with race secretary to discuss suitability and will run at their own risk.
Junior 1 mile race	This race will start at 10:30 and will be confined to the Lancing Manor Grounds. The course will be marked and marshalled.
Senior 5 Mile Race	This race will start at 11:00 and will follow an undulating downland, off-road course on public footpaths and bridleways climbing 160 metres to Steepdown Trig point. The surfaces are uneven and include trip and slip hazards. Runners are to exercise the usual care for a cross country course. The course will remain open to the public so please be considerate of other users. The route will be marked and marshalled.
Water Station	There is no intermediate water station on the course. There will be water at the finish.
First Aid	St John Ambulance will be in attendance on the course and at the finish.

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Prizes	There will be medals for all finishers in the junior 1 mile race. There will be spot prizes for the senior 5 mile race.
Race Results	Results will be posted at www.lancingeagles.co.uk and www.westsussexfunrunleague.org.uk
Race Sponsors	We would like to thank our generous sponsors: Gardner & Scardifield Ltd, 2-16 Penhill Road, Lancing, BN15 8HJ www.gardnerandscardifield.co.uk Basepoint Business Centres Ltd, Little High Street, Shoreham-by-Sea, BN43 5EG www.basepoint.co.uk
Charity	Proceeds from the race entries will be donated to the charity - Worthing Churches Homeless Projects. www.wchp.org.uk
Race Updates	For further information and updates please visit www.lancingeagles.co.uk . You can also find us on Facebook or email

Lancing Eagles running club welcomes new members (over 18s only please). We meet at 18:30 every Wednesday evening at the Lancing Manor Impulse Leisure Centre. You are welcome to come and run with our club regardless of running ability, whether you are a novice runner or more experienced. If you would like more information go to www.lancingeagles.co.uk or telephone Judy on 01903 249900.



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