



WEST SUSSEX FUN RUN LEAGUE

RUN YOUR HEART OUT



Sunday 16th February 2020

(Seniors start at 11.00 am, Juniors start at 10.30 am)

COURSE: **Seniors:** Approximately 8K (5 miles), starting on the track at K2 leisure centre then on a mixture of trail and pavement paths around Tilgate lakes, with some hills. The route will have a water station around 2.5 miles.
Juniors: Approximately 1 mile starting on the track at K2 then out into a trail path and turning before the entrance into Tilgate Park and back to K2. The Moova Mile!

SUSTAINABILITY: In an effort to make this event sustainable the event will be as cup-less as possible. The water station on route will not have cups you will need to bring your own. A limited number of cups will be available at the finish, please use a reusable water bottle where possible.

CAR PARKING: Is at the K2 Leisure Centre. **Please note there will be K2 parking attendants as there is another events taking place at the same time. If you wish to park at K2 please do not arrive before 10.00 am.** Alternative parking is available at Tilgate Park, Tilgate Drive, Crawley, RH10 5PQ.

RACE HQ: Is on the track at K2 Leisure Centre, Pease Pottage Hill, Crawley, RH11 9BQ

FACILITIES: Toilets, showers and changing facilities are available in the leisure centre. Kit may be left at Race HQ and in the start/finish area, at your own risk.

REFRESHMENTS: A selection of cakes will be available for purchase at Race HQ.

COST: In advance: WSFRL affiliated Seniors: £3, Juniors (U16): Free
On the day: WSFRL affiliated Seniors: £7, Juniors (U16): Free

CLOSING DATE: Friday 31st January, numbers will be available for collection at race HQ.
E-mail entries to runcrcwsfrl@gmail.com

ENQUIRIES: All enquires to be emailed to runcrcwsfrl@gmail.com
This race is sponsored by Moova Removal Services



There MAY be entries available on the day, please check our Crawley Run Crew Facebook page the week before the race to check whether any on-the-day places are available. On-the-day entries will be priced at £7 for WSFRL affiliated Seniors, and £10 for non-League Seniors; Free for all Juniors.

NOTE: In line with WSFRL requirements, no headphones (including bone conductor) are permitted. You will be disqualified if you are found to be using them.