



West Sussex Fun Run League

Hedgehopper 5 Fun Run

Race Information

Sunday 7th May 2023 11.00am

www.portsladehedgehoppers.com

Venue	Portslade Sports Centre , Chalky Road, Portslade, Brighton, BN41 2WS
Course	A 5 mile course (approx) on undulating chalky paths over the South Downs, starting and finishing ½ mile from the Sports Centre. <ul style="list-style-type: none"> ● Not suitable for under 16's. ● No dogs. ● For safety reasons, headphones are not permitted.
Facilities	<ul style="list-style-type: none"> ● Changing facilities, showers and toilets available at the Sports Centre. ● First Aid in attendance. ● Please do not leave any belongings at the Sports Centre. ● WATER: There will be water available near the finish area, but please bring your own cup or reusable bottle.
Car Parking	Please <u>only</u> park in the lower car park at Portslade Aldridge Community Academy and allow a 5 minute walk to the Sports Centre. <ul style="list-style-type: none"> ● Do not park on grass verge outside the Sports Centre. ● No parking is available at the start / finish. ● ALLOW 20 MINUTES TO REACH START AREA FROM SPORTS CENTRE
Entry Fees	<ul style="list-style-type: none"> ● WSFRL Members ONLY - £5 Non-Members - £7 ● On the day - WSFRL Members ONLY - £7 Non-Members - £10
Race numbers	All race numbers will be available for club reps to pick up on the day from the sports centre. Numbers are sponsored by The Jog Shop , BN2 1RJ. Bring your number to the shop for 20% discount on all running shoes till 31st July.
Disabled athletes	Please contact the Race Director on 07966 295524 to discuss the event or email phh5hq@gmail.com . <i>The course is not suitable for wheelchair athletes.</i>

WSFRL club entry:

- Entry via club reps on SmartRrs entry form, emailed to phh5hq@gmail.com
- BACS payment to Portslade Hedgehoppers, A/C 11389939, Sort Code 40-47-23
- Closing date **1st May 2023**

Non-WSFRL runner entry:

- [Please enter online here](#), following the payment instructions to secure your place
- Closing date for £7 pre-entry **27th April 2023**
- Or enter on the day for £10

Entries limited to 400.

By entering this race, all participants agree that:

- I. The organisers of this event shall not be liable for any accident, injury, loss or damage arising from my participation in this event.
- II. **Portslade Hedgehoppers will publish my personal information as part of the results of this event** and may pass such information to the administrators of the West Sussex Fun Run League, to athletics governing bodies or to any affiliated organisation for the purpose of insurance, licensing, or for publishing results (either for the event alone or combined with or compared to other events). Results may include (but not be limited to) name, gender, any club affiliation and race times, and these details will be passed on to other clubs in the West Sussex Fun Run League and be published on websites (including, without limitation, West Sussex Fun Run League and Sussex Races).

Hedgehopper 5 Route Map

Note: There will be no announcements before the race start

