

# EASTBOURNE HOSPITALITY ASSOCIATION

## JUNIOR FUN RUN 2017

SEAA Permit (applied for) Run under UK Athletic Rules

Sunday March 5th 2017

Dear Runner,

Thank you for entering the fifth Eastbourne Half Marathon Junior Fun Run, which we hope you will really enjoy. The aim of the event is not only to ensure that all of those people taking part have a great fun and a challenge but to also help towards raising lots of money for our benefitting causes including the RNLI and Southern FM's 'help a local child'. Although obviously getting sponsorship is not obligatory, we would urge you to try and get some sponsors. No amount is too small. Even if every runner could raise £20, we could be giving a massive £20,000 to the charities.

Please read the enclosed race details sheet carefully as there is important information regarding the event.

Good Luck, Event Organisers

### RACE NUMBER

Your race number is enclosed. **DO NOT LOSE IT.** It should be secured to the front of your top with 4 safety pins. **(PLEASE REMEMBER TO BRING SAFETY PINS).** Please do not fold or mutilate it in any way as doing so is contrary to the UK Athletics rules. It is disposable after the race.

### THE START

The Start for the Junior School (under 12 years on the day) is 10.15am.

The Start for the Secondary School (under 17 years on the day) is 10.15am

There is no need to register on the morning if you already have your number.

Runners in the first race should start assembling in the starting area under the gantry once the half marathon runners have started and left the park. Please listen out for the announcement calling you to the start line.

Runners in the older race should start assembling in the starting area under the gantry once the juniors have finished. Please listen out for the announcement calling you to the start line.

### THE FINISH

In order to assist with the smooth and efficient running of the finish line, please remember to ensure that your number is visible as you cross the finish line. Please be aware of stewards directing you in to particular funnels. Once in the funnel, please stay in your finishing positions until you have cleared the funnels. Try to keep moving and pay attention to stewards' instructions.

### REFRESHMENTS

There will be drinks posts at the finish. There will be an opportunity to purchase food and hot drinks etc in Princes Park.

### RESULTS

Results for the first 3 boys and first 3 girls will be available for you shortly after the race. Complete results will also be uploaded to our web page later the same day, ([www.eastbournehalf.co.uk](http://www.eastbournehalf.co.uk)), and winners will be published in the Eastbourne Herald.

### PRIZES

There will be medals for all finishers and prizes for the top boy and girl in each race.

### HOW TO FIND US

The Start and Finish of the race will be at Princes Park, Royal Parade Eastbourne (BN22 7LH) - by Sovereign Centre eastern end of seafront).

*Approaching from the coastal A259.* Follow signs to seafront. Follow seafront to Sovereign Centre.

*Approaching from the A27,* follow the signs to Eastbourne seafront, where you arrive at the Sovereign Centre roundabout.

*By rail.* Princes Park is a 40 minute walk from the Eastbourne railway station.

### PARKING FACILITIES

There is limited street parking around Princes Park. **(PLEASE do park legally and respect local residents).** Extra parking will be available in the Fishermans Car Park on seafront (Free parking but limited spaces - must display parking permit which will be handed out (space permitting) as you enter the car park. All other car parks on the seafront are **pay and display and there will be delays on exiting the car park opposite Princes Park at Fort Fun whilst the run is still in progress.**

**PLEASE DO NOT LEAVE ANY VALUABLES IN YOUR CAR, WE CANNOT BE HELD RESPONSIBLE FOR ANY LOSS FROM YOUR CAR.**

### THE COURSE

The course is a lap of the park which will be marked by marshals and barrier tape. One lap is (approx) 1k. The under 17 race will be two laps.

### MARSHALS

Please respect the marshals and all the helpers on the day. Please obey the instructions of the marshals and do thank them and remember that they have given up their time in order to make the race possible

### FIRST AID

We are very grateful to St. John's for providing First Aid for our event with a team of their trained staff in the park.

### CHANGING

There will be limited changing facilities on the day.

### TOILETS

There are toilet facilities at Princes Park.

### Note to all runners

Please write any relevant medical information on the reverse of your number

