

THE 23rd KINGS HEAD



CANTER 5K



Open Road Race under UK Athletics (UKA) Rules

UKA Licence: 2020-39167



BANK HOLIDAY MONDAY 31st AUGUST 2020 at 11:00 am

RUN STORE Sussex Road Race Challenge



Sponsored by

RUN STORE Sussex Road Race Challenge



THE KINGS HEAD, home of the 1648 Brewing Company,
with help from **THE JOG SHOP, BRIGHTON**

THE JOG SHOP

In aid of the East Hoathly & Halland Carnival Society



The 4980 metre point to point course is a measured (Cert. No. 15/306) undulating rural course with an overall climb of 20 metres, **starting in Chiddingly** and finishing in East Hoathly.

The 5 kilometre race is part of the **RUN STORE Sussex Road Race Challenge**.

Course Records: Men, Kevin Moore 14:58, 2019. Women, Caroline Hoyte 17:10, 2002.

The Race Director offers you **A FREE PINT OF BEER** or soft drink courtesy of the Kings Head (if you finish the race!). Prizes, trophies and East Hoathly Village Team competition.

Fees £10 affiliated, £12 unattached, £10 East Hoathly resident, **entry on day £14 but 275 entry limit.**

Cheques payable to: East Hoathly and Halland Carnival Society Ltd. No need for SAE this year.

Race information on website. Race numbers collected on morning at Chiddingly Village Hall.

The Race Director, 14 High Street, East Hoathly, East Sussex, BN8 6EB. (Tel. 01825 840653)

Race Enquiries: info@kingsheadcanter5k.org.uk Race Info: www.kingsheadcanter5K.org.uk

Postal Entry Closing Date: Wednesday 26th August 2020.

Entries on the day will be taken between 9:30am - 10:30am at Chiddingly Cricket Pavilion.



SURNAME DATE OF BIRTH

FIRST NAME AGE ON DAY OF RACE

MALE OR FEMALE TELEPHONE

EMERGENCY CONTACT NAME

EMERGENCY CONTACT PHONE NUMBER

E-MAIL ADDRESS

UKA CLUB NAME..... UKA REG. NUMBER

EAST HOATHLY TEAM NAME (Teams of 3).....

I declare that I am medically fit to run, and will not hold the organisers responsible for any loss or injury however caused.

SIGNED DATE