



## WEST SUSSEX FUN RUN LEAGUE

### Lewes AC Easter Monday Fun Runs



Monday 18th April 2022

Races will start at the athletics track at Lewes Leisure Centre, Mountfield Road, Lewes BN7 2XG.

**COURSE:** **10k race (for those aged 15 or over) Chip timed start from 10.40 to 10.50am**  
Starts on the running track, leaves the track area and finishes back at the running track. The course is multi-terrain and mainly traffic free using tracks and footpaths to the south of Lewes. It is well signed and marshalled. Some of the course is on private land so please do not run it at other times of the year.

**Junior race: Approximately 1 mile start time 10.15am**

Starts on the running track takes a half mile detour out through the Priory School grounds and Ham Lane. Finishes back on the track. .

**Toddlers Trot 400m start time 10am**

One lap of the track

**ENTRY ADVANCE ENTRIES ONLY FOR 10K AND 1 MILE**

**10k race**

<https://www.nice-work.org.uk/races/Lewes10k/2022>

SMART R's entry sheet to be emailed to [easter@lewesac.co.uk](mailto:easter@lewesac.co.uk) by Saturday 9 April 2022.

**1 mile race**

**WSFRL members only**

SMART R's entry sheet to be emailed to [easter@lewesac.co.uk](mailto:easter@lewesac.co.uk) by Saturday 9 April 2022.

**NAME CHANGES WSFRL only**

Please email your name changes to [easter@lewesac.co.uk](mailto:easter@lewesac.co.uk) on Monday 18<sup>th</sup> April. Draft results will probably not include the name changes, they will be processed as quickly as possible.

**COST**

**10k race**

£7 WSFRL

£10 UKA Affiliated

£12 Standard Entry

**1 mile Junior race £1**

WSFRL members only ADVANCE ENTRY ONLY

**Toddlers Trot**

Free to enter, no registration

**SUSTAINABILITY:** In an effort to make this event sustainable the event will be as cup-less as possible. Please bring a reusable water bottle or cup.  
(A very limited number of cups will be available at the finish)

**CAR PARKING:** Parking is free but limited so please car share if possible. There are three car parks all owned by the local college on or just off Mountfield Road. **Please do not park in the Leisure centre car park.**

**RACE HQ:** In the main sports hall, access is via the track only.  
**NO ACCESS THROUGH THE LEISURE CENTRE**  
Please walk around the side of the leisure centre and go through the side gate.

**FACILITIES:** Toilets – portaloos by the track.  
Changing in the main Sports hall. **All kit left at your own risk.**  
Refreshments

**ENQUIRIES:** All enquires to be emailed to [easter@lewesac.co.uk](mailto:easter@lewesac.co.uk)

**NOTE: In line with WSFRL requirements, no headphones are permitted. You will be disqualified if you are found to be using them.**