

## **PURSLOW SPORTS HILL RUN to be held on 26th August 2019**

Purslow Sports are held on the late August Bank Holiday every year at the sports field near Clunbury. Entrance to the field is just under half a mile from the Hundred House Inn on the B4385 Purslow to Hopton Heath road.

One of the events of the sports for many years has been a hill run, and this is to be repeated this year. The run starts and finishes on the sports field, passes through Clunbury Village and traverses almost the entire ridge of Clunbury Hill. The run has been measured at 3.7 miles (5.95 kilometres) and the total ascent is 650 feet (198 metres). The course will be indicated by marshals (who will also warn road traffic) and by a succession of marker posts carrying coloured tape.

A main aim is to allow much of the run to be viewed from the sports field for the interest and pleasure of the spectators.

The run is competitive. The overall male and female winners will each hold for one year a trophy donated by Mr and Mrs Whitehead of the Lawn Farm, Clunbury. The male trophy is known as 'The Edward Whitehead Memorial Trophy'. Modest prizes will also be presented to the winners of the following classes:

First, Second and Third under 16 male

First, Second and Third senior male aged 16 - 39

First, Second and Third veteran male aged 40 or over

First, Second and Third under 16 female

First, Second and Third senior female aged 16 - 39

First, Second and Third veteran female aged 40 or over

Please note that any entrant under 12 years of age must be accompanied for the whole run by a responsible adult who must countersign the entry form.

Each competitor who completes the course will be awarded a certificate.

A specific entry fee is not required with the entry forms. Competitors have to pay the standard Showground entry fee but will then be free to enjoy all the events of the Sports and Show.

Gate opens 12 noon Hill Run commences 3.00 p.m. Please register your entry by 2.30 p.m. at the starting point.