

Butser Hill Challenge

Sunday 15th September 2019

In aid of **Fitzroy** www.fitzroy.org reg charity No 1011290

The following details will help you enjoy the day so please take a little time to read.

Venue. Queen Elizabeth Country Park, (PO8 0QE), signed just off the A3 south of Petersfield

Race Times. All Juniors compete in school year groups NOT ages.

Event	Distance	<i>please arrive at least 40 mins before the start</i>	
		Start Time	Approx trophy presentation
School Year 3	Approx. 1km	09:50 am	10:25
School Year 4	Approx. 1km	10:00 am	10.25
School Year 5	Approx 1km	10:10 am	10:25
School Years 6 & 7	Approx 2km	10.50 am	11.20
School Years 8 -11	Approx. 3km	11.35 am	12.15
Senior (min age 16) and Vets (40+) Men's & Ladies Race	Approx 5 miles	12.30 pm	13.45

Course. A grass course of about 5miles with 3 steep ascents and descents of the 888ft hill, the highest point on the South Downs.

The 3-7Yr races will take place on the lower slopes of the hill, whilst Yr8 and above will complete 1 ascent close to the Trig point in their 1.5m event.

The main senior course is of a Grade 'B' short course standard and is marked and marshalled. It is a demanding run and it is therefore essential that competitors are both medically and physically fit. Runners must ensure they wear suitable footwear. The course is rutted in places, with badger scrapes, rabbit holes and flint. It can also be slippery on bare chalk and if the grass is wet. If the conditions are dry then trainers, road shoes and off road studs (not football) will be suitable. In wet conditions off road studs are recommended, although road shoes with plenty of tread will suffice, but caution will be needed, as with all shoes at all times.

No Spikes Will Be Allowed. Any runners caught will be disqualified.

Please note that in the Event of inclement weather the Race Director reserves the right to shorten the course for the health and safety of runners and marshals.

Clothing – Shoes

The grass slopes of Buster Hill can be slippery so good trainers are essential. The weather can also be cold and wet so please wear sensible clothing during the event and something warm and dry to change into after.

Facilities. Toilets, First Aid, Free parking, Refreshments. Please Note there is NO changing and limited bag facilities.

Results. Should be online at www.butser.org within 48hrs

Numbers. MUST BE WORN ON THE FRONT WITH CONTACT AND MEDICAL DETAILS FILLED IN ON THE BACK OF THE NUMBER. PLEASE DO NOT SWAP NUMBERS.

Late Info info@butser.org or call 07976 426247