



SEOA Sprint Championships  
 Sussex University  
 Sunday 3rd September 2017

<b>Venue</b>	University of Sussex, Falmer, Brighton. As used for the final of the 2011 British Sprint Championships (but extended for this event).
<b>Classes</b>	M/W10-12 M/W14-16 M/W18-40 M/W45-55 M/W60-65 M/W70+  You can enter, and be competitive in, any class but only participants that are members of SEOA, and run an appropriate class, are eligible for medals in the SEOA championships
<b>Map</b>	1:4,000 ISSOM. Map Updated in 2017 by Neil Crickmore
<b>Terrain</b>	University campus. A complex set of buildings on slopes. All courses will encounter slopes or steps and will be on a mixture of tarmac and grass with some open woodland. Shorts can be worn and rubber studded (not spiked) shoes are recommended.
<b>Format</b>	The event will consist of two rounds. Round A late morning and Round B early afternoon. Times will be added together to determine the class winners.
<b>Facilities</b>	The event centre will be based at the Falmer Sports Centre where we will have access to toilets, showers, changing rooms, vending machines and shelter. After the first round campus shops and cafes can also be visited.
<b>Entries</b>	Enter through Fabian4 <a href="http://www.fabian4.co.uk">http://www.fabian4.co.uk</a> . Deadlines: Sunday 13 <sup>th</sup> August £9/£3 Sunday 27 <sup>th</sup> August £10/£4 Late / EOD entries subject to map availability £12/£5
<b>Officials</b>	Planner: Alan Velecky Organiser: Will Heap: <a href="mailto:will@willheap.com">will@willheap.com</a>

