Worthing Splash Point 5K

**Presented by Worthing Rowing Club, Marine Parade BN11 3PN**

**Wednesday 19th April 2023**

# **Start 7:30pm**

**An evening race over a measured flat 5 kilometre course**

**along Worthing Seafront**

**Run as a team, or if you wish individually. There is no limit to the number of runners in each team, but only the fastest four runners for each team count. The team with the lowest combined time for their first four runners wins the category, as does the fastest individual.**

**The categories are listed below:-**

* **Women’s Team**
* **Men’s Team**
* **Individual Male**
* **Individual Female**

**Entries** **to**: Bastien Leclair, Worthing Rowing Club, Splashpoint, Marine Parade, Worthing BN11 3PN or by email to bastien.leclair@gmail.com

**Entry fee £5.00** for each runner made payable to: Worthing Rowing Club – to be received by Monday **10th April 2023**

**Late entries (on the night) £6.00**

For administration purposes it would be convenient if team managers could return one list and cheque with their team.

**Numbers will be issued on the evening, available from 6.15 pm, please ensure you allow enough time to collect your number before the race starts.**

**Prizes**: 1st prizes for the above categories.

**Prize giving** will be in the clubhouse after the race. Bar will be open.

**Results**: www.worthingrowingclub.com

**Refreshments and changing facilities** will be available before and after the event at the clubhouse.

**GOOD LUCK!!!**