

SEVENOAKS SEVEN

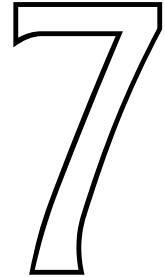


Sunday 9th May 2010 at 10:30 am

Under UK Athletics Rules Licence 2010-100498
Limit 600 Runners



A 7 mile multi-terrain event in scenic Knole Park
By kind permission of Lord Sackville



Organised by Sevenoaks AC
Online entry available (£1.50 processing fee)
at: www.7oaks-ac.org.uk

Supported by



Traffic-free course

Mixture of undulating tracks and grassy paths

Drinks stations

Medal for all finishers

Parking, changing and showers

Refreshments

**Prizes for: First 3 men, first 3 women; M40, M50, M60, M70; F35, F45, F55
First club teams: men (4 to count), women (3 to count)
Overall winner and runner-up by WMA age graded tables**

2500m Race for **Juniors** 11 to 15 years at 10.35. Entry **on the day only** £2.00



ENTRY FORM (block capitals)

Name

Age (on day of race) Male/Female Club

Address

.....Post Code Tel. No. Email

Fee: £8.00 (UK Athletics affiliated club members) £10.00 (others) £12.00 (entries on the day)

Entries on the day will be accepted only if the limit is not reached

Closing date for receipt of postal entries: Wednesday 5th May 2010

I declare that I am an Amateur as defined by the UK Athletics rules, am medically fit to run, that I shall be 16 years or over on the day of the race, and shall in no way hold the organisers responsible for any injury, accident or illness to my person, or loss of property, resulting from my participation in this race.

Signature

Date

Send entry with cheque payable to Sevenoaks AC and 240mm x 165mm max **SAE**
to: Race Administrator, 19 Cavendish Avenue, Sevenoaks, Kent TN13 3HP
Please ensure correct value stamp used to post entry **No SAE, no race number**