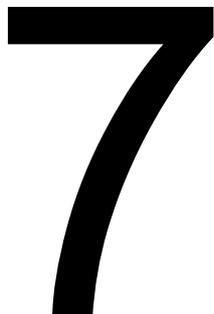


26th Annual 7Oaks7

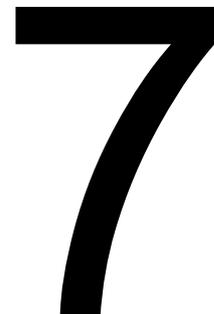


Sunday 14 July 2019 at 10:30 am

Under UK Athletics Rules Licence: 2019-37786
Limit 500 Runners



A scenic 7 mile multi-terrain event through the beautiful but challenging Knole Park
By kind permission of Knole Estates



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

Supported by

Specialist in running on road, trail & track

UP & RUNNING

150 High Street, Sevenoaks, Kent, TN13 1XE - 01732 743354

Medal for all finishers
Traffic-free course
Drinks station

Mixture of undulating tracks and grassy paths
Refreshments
Free parking, changing and showers

**Trophies for: First 3 men, first 3 women; M40, M50, M60, M70; F35, F45, F55, F65
First club teams: men (4 to count), women (3 to count)**

2500m Race for **Juniors** 9 to 15 years at 10.35. Entry **on the day only** £2.00

Race HQ: Sevenoaks Rugby Club, Plymouth Drive, Sevenoaks TN13 3RP
Race number and chip timer to be collected from Race HQ on the day

Entry will be confirmed by email/text/telephone



ENTRY FORM (block capitals)

Name Club:.....

Date of birth: Age (on day of race) Male/Female

Address

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

Fee: £14.00 (UK Athletics affiliated club members) £16.00 (others) £18.00 (entries on the day)
Entries on the day will be accepted only if the limit is not reached

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" to: Sevenoaks 7, c/o Sport Systems, Regency House, 61 Walton Street, Walton-on-the-Hill, TADWORTH, Surrey, KT20 7RZ