



in association with



Seven Stiles Fun Runs

Kindly sponsored by Coles Automotive

www.colesautomotive.co.uk

10.15 am (1 Mile Junior Race), 11.00 am (4 mile)

Sunday 30th July 2017

- Course:** A four mile run, starting and finishing at Henfield Leisure Centre. Mainly flat country footpaths including the occasional stile along the river and old railway line. Medal to all finishers. Minimum age: 15 years.
- Juniors:** A one mile (approx.) course starting and finishing at the Leisure Centre. Medals to all finishers.
- Facilities:** Changing rooms, showers, cakes and coffee will be on sale. PLEASE NOTE: Car Parking is VERY limited. Please park in the main village Car Parks (Budgen & The Library) from where it's a 10 minute walk
- Entry Fee:** Adults £4, WSFRL members £3.00 adults, £1 under 15. **All** entries on day £5.00 (4 mile) or £1.00 (1 mile).
- Entries:** FAO: Race Secretary, 1 Faircox Cottages, Faircox Lane, Henfield, West Sussex, BN5 9PD.

Please enclose a stamped, addressed envelope. Closing date for postal entries is 23rd July 2017. Entries received after this date may be collected on the day. **Email: sevenstiles@henfieldjoggers.co.uk**

Athletes with disabilities wishing to enter the event are advised to discuss their entry with us first

Results: Will be available at www.westsussexfunrunleague.org.uk

Entry Form - Please complete using Block Capitals

Delete as applicable: 4 mile course/Junior course

Delete as applicable: Male/Female/Junior (Under 15)

Age on race day:

Surname: _____ First Name: _____ Title: _____

Address: _____

Post code: _____

Phone No: _____ E-mail address: _____

West Sussex Fun Run League Club/Other Club: _____

DISCLAIMER: I declare that I am medically fit to compete in the event and I understand that I compete at my own risk. I confirm that the organisers shall not be liable for any accident, injury, loss or damage that may occur as a result of my participation

Signed: _____ Date: _____

Signature of parent, if runner under 16