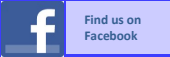




GARDNER + SCARDIFIELD



Steepdown Challenge 5 mile
Sunday 28th October 2018
Lancing Eagles Running Club

Race Sponsors: Gardner & Scardifield Ltd, 2-16 Penhill Road, Lancing, BN15 8HJ
 Basepoint Business Centres Ltd, Little High Street, Shoreham-by-Sea, BN43 5EG

Venue: Lancing Manor Leisure Centre, BN15 0PH, off A27 at Lancing.

Course: **Trail Race** over hilly chalky tracks and paths to Steepdown trig point and back. Runners are not permitted to take dogs. **Minimum age for 5 mile race is 15 years.**

Facilities: Toilets, changing and showers area available at leisure centre. Refreshments will be provided. Spot prizes will be awarded for senior race. Medals awarded for junior event.

Start Times: 10:30am for 1 mile race for Juniors (U16) 11:00am for 5 mile race.

Entry Fees: 5 mile race, WSFRL members - £3.00 / non-members - £5.00. Junior 1 mile race - £1.00.

Entries on the day (if available) WSFRL members - £7.00 / non-members - £7.00. 1 Mile - £1.00

Race entries in the 5 mile event are limited to **500 runners maximum.**

Closing date for postal entries is 15th October 2018

Please send a large A5 size stamped addressed envelope and cheque for race details and number to: Race Secretary, 36 Brooklyn Avenue, Worthing, West Sussex, BN11 5QJ. Queries to dglittle@ntlworld.com

WSFRL club entries: to dglittle@ntlworld.com no later than **22nd October 2018.**

Website: www.lancingeagles.co.uk . If inclement weather is forecast please check website for race updates and further information on race, location and Lancing Eagles RC.

Charity: Lancing Eagles RC will make a donation from the proceeds of the race to two charities: Safe in Sussex and Guild Care (Ashdown Centre). Please indicate on the entry form below if you wish to make your own donation.

We welcome new members and meet at Lancing Manor leisure centre at 6:30pm on Wednesdays.

| | | |
|---------------------------------|---------------------|---|
| First Name: | | Last Name: |
| Address: | | |
| | | Postcode: |
| Telephone No: | | Email: |
| WSFRL club (or unattached): | | *Male / *Female (*delete as appropriate) |
| Race Entered: *1 mile / *5 mile | | Cheques payable to <i>Lancing Eagles RC</i> |
| Entry Fee: £ | Donation to Charity | Total : £ |

By signing this form, I agree that:

1. The organisers of this event shall not be liable for any accident, injury, loss or damage arising from my participation in this event.
2. Lancing Eagles RC will publish my Personal Information as part of the results of this event and may pass such information to the administrators of the West Sussex Fun Run League, to athletics governing bodies or to any affiliated organisation for the purpose of insurance, licensing, or for publishing results (either for the event alone or combined with or compared to other events). Results may include (but not be limited to) name, gender, any club affiliation, race times, and age category, and these details will be passed on to other clubs in the West Sussex Fun Run League and be published on websites (including, without limitation, West Sussex Fun Run League and Sussex Races). For further information please see the Privacy Policy on www.lancingeagles.co.uk.

Signed Date

(parent or guardian if under 18) Age on 28/10/2018.....