



New course for 2008

SHORNE WOOD 5

Sunday 7th September 2008 Start: 10.00am

A multi-terrain run of five miles using woodland tracks within the beautiful challenging grounds of Shorne Wood Country Park, near Gravesend, Kent.

The following trophies will be awarded
First 3 Male & First 3 Female finishers
First Veteran: Men 40/50 /60 Ladies 35/45/55
Teams: Men – First 3 to score. Ladies – First 3 to score.
STAN BARRETT MEMORIAL TROPHY

MEMENTO TO ALL FINISHERS

Entry Fee: £8 Affiliated to a running club/ £10 Unattached
An extra £1 is payable for entries on the day
(Entry fee includes car park charges)

Please return the completed form together with cheque payable to “Istead & Ifield Harriers” with S.A.E (A5 9”x 6”) to: Race Secretary, 49 Churchside, Vigo Village, Meopham, Kent, DA13 0SJ

Alternatively enter online at: www.runnersworld.co.uk (there is an additional charge for online entry). Visit our club website: www.isteadandifield.org.uk for latest news

Data Protection: Your details will be stored on computer for purpose of race administration only and will not be passed onto third parties. Your name, age and finishing time will be published on the internet but no other personal contact details

ENTRY FORM:- SHORNE WOOD 5
Closing date for entries is Tuesday 2 September 2008

Surname:	First Name:
Male / Female: M / F	

Address:
Post code:

Day Tel no:
email Address:

Unattached / First claim Affiliated club:

Date of Birth:	Age on Day:	(minimum age 15 yrs)
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I declare that I am an amateur as defined by UK athletics and that I will abide by the laws and rules of UK Athletics. I agree that I will not hold the organisers responsible for any injury, loss or illness to my person or property as a result of entering this event. I further declare that I will not compete unless I am in good health on the day of this event and that I do so at my own risk.

Signed.....

Date.....

UK Athletics licence applied for