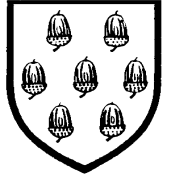


21st Annual 7Oaks7



Sunday 31 August 2014 at 10:30 am

Under UK Athletics Rules Licence: Pending
Limit 500 Runners

7

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

Bring the family and maybe a picnic; visit Knole House

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

7

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
First club teams: men (4 to count), women (3 to count)

Race HQ: Sevenoaks Rugby Club, Plymouth Drive, Sevenoaks TN13 3RP



ENTRY FORM (block capitals)

Name

Age (on day of race) Male/Female Club

Address

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

Fee: £11.00 (UK Athletics affiliated club members) £13.00 (others) £15.00 (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 27th August 2014

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, 9 Marlborough Crescent, Sevenoaks, Kent TN13 2HH
Please ensure correct value stamp used to post entry **No SAE, no race number**