



# 23<sup>rd</sup> Annual 7Oaks7

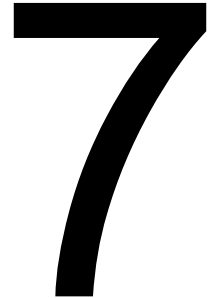


Monday 29 August 2016 at 10:30 am

Under UK Athletics Rules Licence: Pending  
Limit 500 Runners



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 may be applied)  
at: [www.7oaks-ac.org.uk](http://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  
First club teams: men (4 to count), women (3 to count)**

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

**Race number with attached 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: £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: Thursday 25th August 2016

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:  
Race Administrator, 9 Marlborough Crescent, Sevenoaks, Kent TN13 2HH