



# 24<sup>th</sup> Annual 7Oaks7



Monday 28 August 2017 at 10:30 am

Under UK Athletics Rules Licence: 2017-27730  
Limit 500 Runners



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



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, F65  
First club teams: men (4 to count), women (3 to count)**

2500m Race for **Juniors** 11 to 15 years at 10.35. Entry **on the day only** £2.00

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 .....

I agree that my contact details can be passed to the main race sponsor (and no other third party)

Fee: £14.00 (UK Athletics affiliated club members) £16.00 (others) £18.00 (entries on the day)  
Entries on the day will be accepted only if the limit is not reached

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, 5A Stock Hill, Biggin Hill, Westerham, Kent TN16 3TJ