



20th Annual 7Oaks7



Sunday 1st September 2013 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

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Supported by



Traffic-free course
Drinks station

Refreshments
Free parking, changing and showers

Special 20th anniversary memento for all finishers

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 or MR TQ533550

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

✂

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 28th August 2013

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, 19 Cavendish Avenue, Sevenoaks, Kent TN13 3HP
Please ensure correct value stamp used to post entry **No SAE, no race number**