



SEVENOAKS SEVEN



Sunday 13th May 2007 at 10:30 am

Under UK Athletics Rules, Permit No. 7330
Limit 550 Runners

A 7 mile multi-terrain event in scenic Knole Park
By kind permission of Lord Sackville

Organised by Sevenoaks AC – www.7oaks-ac.org.uk
and supported by



Traffic-free course
Mixture of undulating tracks and grassy paths
Drinks stations

Medal for all finishers
Parking, changing and showers
Refreshments

Prizes for: First 5 men, first 3 women; M40, M50, M60, M70; F35, F45, F55

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

Overall winner by W.A.V.A. age graded tables

Bonus Prize £50 for new Course Record

Men's Record: D. Girbede 35:52 Women's Record: A. Fletcher 41:43

2500m Race for **Juniors** 11 to 16 years at 10.35. Entry on the day ONLY. Fee £2.00



ENTRY FORM (block capitals)

Name

Age (on day of race) Male/Female Club

Address

.....Post Code Tel. No. email.

Fee: £7.00 (UK Athletics affiliated club members) £9.00 (others) £11.00 (entries on the day)

Entries on the day will be accepted only if the limit is not reached

Closing date for postal entries: Wednesday 9th May 2007

I declare that I am an Amateur as defined by the UK Athletics rules and that I will be 16 years or over on the day of the race. I agree that the Organisers shall not be liable for any injury to my person, nor for loss or damage to my property as a result of my participation in the Sevenoaks Seven.

Signature

Date

Send entry with cheque payable to Sevenoaks AC and 9" x 6" **SAE** to:

Race Administrator, 19 Cavendish Avenue, Sevenoaks, Kent TN13 3HP

No SAE ☒ **no race number**