



Steepdown Challenge

Sunday 27th October 2019



GARDNER SCARDIFIELD

- Venue:** Lancing Manor Leisure Centre, BN15 0PH, off A27 at Lancing.
- Course:** **Trail Race** over hilly chalky tracks and paths to Steepdown trig point and back. Runners are not permitted to wear any headphones or to take dogs.
Minimum age for 8.5km race is 16 years.
- Facilities:** Toilets, changing and showers area available at leisure centre. Refreshments will be provided. Spot prizes will be awarded for senior race. Medals awarded for junior event.
- Start Times:** 10:30am for 1 mile race for Juniors (U16) 11:00am for 8.5km race.
- Entry Fees:** 8.5km race, WSFRL members - £3.00 / non-members - £5.00. Junior 1 mile race - £1.00
- Entries on the day** (if available) £7.00. 1 Mile - £1.00

Race entries in the 8.5km event are limited to **500 runners maximum.**

Closing date for postal entries is 13th October 2019

Please send a large A5 size stamped addressed envelope and cheque for race details and number to: Race Secretary, 36 Brooklyn Avenue, Worthing, West Sussex, BN11 5QJ. Queries to dglittle@ntlworld.com

WSFRL club entries: To dglittle@ntlworld.com no later than **20th October 2019.**

Website: www.lancingeagles.co.uk. If inclement weather is forecast please check website for race updates and further information on race, location and Lancing Eagles RC.

Charity: Lancing Eagles RC will make a donation from the proceeds of the race to a charity: Bluefin play team. Please indicate on the entry form below if you wish to make your own donation

We welcome new members and meet at Lancing Manor leisure centre at 6:30pm on Wednesdays.

First Name:		Last Name:
Address:		
		Postcode:
Telephone no.:		E-mail:
WSFRL club (or <i>unattached</i>):		Male / Female (delete as appropriate)
Race Entered: 1 mile / 8.5km		Cheques payable to <i>Lancing Eagles RC</i>
Entry Fee: £	Donation to Charity: £	Total : £

By signing this form, I agree that:

- The organisers of this event shall not be liable for any accident, injury, loss or damage arising from my participation in this event.
- Lancing Eagles RC will publish my Personal Information as part of the results of this event and may pass such information to the administrators of the West Sussex Fun Run League, to athletics governing bodies or to any affiliated organisation for the purpose of insurance, licensing, or for publishing results (either for the event alone or combined with or compared to other events). Results may include (but not be limited to) name, gender, any club affiliation, race times, and age category, and these details will be passed on to other clubs in the West Sussex Fun Run League and be published on websites (including, without limitation, West Sussex Fun Run League and Sussex Races). For further information please see the Privacy Policy on www.lancingeagles.co.uk.

Signed Date

(parent or guardian if under 18) Age on 27/10/2019.....