



West Sussex Fun Run League

Beach Run

Arunners Running Club
www.arunners.co.uk

Wednesday 12th July 2017
 Junior Race (¾ mile) 7:00pm
 Senior Race (approx 5 miles) 7:30pm

There is a race limit of 800 runners (Senior and Junior) so please enter early

Junior Run (under 15) ¾ mile on grass and promenade Medals to all finishers Entries in advance £1 Entries on the day £1 (if available)	Senior Run (15 and over) approximately 5 miles, mostly on sand Spot Prizes Entries in advance from WSFRL clubs £3: others £4 All entries on the day £5 (if available)
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Entry Form for Senior Run / Junior Run [delete as applicable]

Postal entries [by 6th July with 9x6 SAE and correct postage] to
 Mark Gillott, Carlow Cottage, Crossbush Lane, Arundel, West Sussex BN18 9PQ
 or by email for collection on the day markiangillott@gmail.com

Disabled runners are welcome to contact the race organiser (philmcerlain@hotmail.com) to discuss suitability.
 No dogs please. As part of the run may involve running next to traffic, no personal music players either.

First Name _____ Surname: _____ Male / Female _____

Address: _____

Tel no: _____

Age [on day of race] _____ Club Name _____

Emergency contact name and phone number for this runner _____

Cheques payable to **ARUNNERS RC**

Entry Fee: _____

Directions / instructions will be sent with race number

I am medically fit to complete in the event and understand that I enter at my own risk and do not hold the organisers or race officials responsible for any loss or injury caused as a result of my participation in this race.

Signed: _____ (by parent or guardian if under 15 on race date)

Starting point: Littlehampton West Green next to
 The Windmill Harvester Restaurant, Littlehampton, BN17 5LH

Ample parking, St John Ambulance, public toilets, tea and coffee, cakes!