



West Sussex Fun Run League Beach Run

Arunners Running Club
www.arunners.co.uk

Wednesday 22nd May 2019
Junior Race (approx 1 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) 1 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 £5 All entries on the day £7 (if available)
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Entry Form for Senior Run / Junior Run [delete as applicable]

Postal entries [by 16th May with 9x6 SAE and correct first class postage] to
 Nick Rusbridge, 17 Kingfisher Drive, Littlehampton BN17 7GX with a cheque payable to Arunners RC
 or by email for collection on the day rusbridge4@sky.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

By signing this form, I confirm that:

- i) I am medically fit to compete and the organisers of this event shall not be liable for any accident, injury, loss or damage arising from my participation in this event.
- ii) Arunners 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).

Signed: _____ Date: _____ (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!